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## **The Bates Student - volume 150 number 06 - January 22, 2020**

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# the Bates Student

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President of debate team, Lillian Chang '20 steps up to speak during Bates-Morehouse Debate  
JAMES MACDONALD/THE BATES STUDENT

## Seeking Room in Male-Dominated Spaces: Women in Debate

Christina Perrone, Editor-in-Chief

It is no secret that debate teams in higher education have struggled with upholding equal representation of women and gender minorities. At Bates this is no exception. With incoming classes, the gender ratio is usually balanced in debate practices; however, after their first year many women decide to leave, shifting the balance. The reasons as to why these individuals leave are often due to complex, uncomfortable truths about today's world. In search of how to address these problems, I spoke to current and former debate team members about their experiences with discrimination in the debate circuit.

I first spoke to former debate team member Trisha Kibugi '21, who left debate during her sophomore year, after many of her other peers had left debate. For her, the few women remaining in debate are often tokenized as "diversity."

"So [people on the team will say] we're not problematic because we have this one right here. And then they place the values on that team member based on them bringing diversity to that team rather than their skills. And then a lot of the work to make the team better is placed on the people who are affected by all of those things."

While on the team, Kibugi

worked as an equity officer. Part of her role as an equity officer was to investigate any claims of inappropriate behavior or reductive statements made in debate rounds. According to Kibugi, "For the past couple years [the equity officer] has been a woman of color. Which makes it even more difficult because when I was equity officer and when someone has an equity complaint against me, it's like I'm investigating my own equity complaint which makes me even more vulnerable. I can't really do anything about things that are done to me because I'm the person who is supposed to take care of those things, and it causes a circle."

Within discussions among fellow debate team members, Kibugi also found that her opinions were not held seriously. As she put it "I think it's even worse for women of color, because we talk a lot about race and gender in debate and [people on the team] are not willing to take it from a woman of color...Like, it's much worse when they talk about all these serious issues in such a skewed perspective... We're always told to speak as if someone was present in the room and will hear you, but even that won't stop people from saying really problematic things that are very based on stereotypes."

Quotas for tournaments also

factor into the discrimination felt by many women on the team. I spoke with the current president of the debate team, Lillian Chang '20 to understand more about the effectiveness of equity measures in debate.

"There is one tournament every year that's like the world championship for debate," said Chang. "It's where all the major schools go...and they've instituted a quota for every school that one-third of the people who you're sending to debate have to be non-cis men. This was implemented last year but they've been talking about it for multiple years."

According to Chang, the debate team has never needed to make decisions based off of this quota. Instead, candidates for debating abroad are evaluated through a trials process, in which team members debate and send footage to a third party to judge who made the best arguments. However, people will still assume that some are chosen because of their gender. This was the case for Chang in her sophomore year.

"I was the only person picked off that initially and there was all this uproar that was like, 'she's not actually better, they just have to send her because of the quota'—even though the quota hadn't actually been implemented yet...So that was super

demoralizing because I felt that it undermined a lot of my ability."

Like Kibugi, Chang is cognizant of less experienced debaters' tendencies to generalize and make reductive statements in debate rounds. She attributes this to many things, including the fact that Bates can be an echo chamber when debating about things like racism and sexism. This is compounded by the fact that debaters only have 15 minutes to prepare once they have heard the motion in Bates' chosen form of debate.

"[T]he thing about debate is that you don't get time to look up things ahead of time, you're just kind of going off of what you know, and often times if you don't know things, you either make stuff up or you panic and say something. It turns into like a wild conversation where no one is objectively right because we don't actually know what's going on."

Another source on the debate team, who wishes to remain anonymous, stated that it is common for underclassmen on the team to forget themselves. As she put it, "I think the people who come into debate don't necessarily recognize the space that they

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## BCSG Asks the Hard Questions on Tuition Hikes

Vanessa Paoletta, Managing Editor

Last Wednesday, Jan. 15, the Bates College Student Government (BCSG) welcomed Bates Vice President for Finance & Administration and Treasurer Geofrey Swift to their first meeting of the winter semester to discuss the bane of Bates—the rising cost of tuition. While this is an issue affecting just about every institution of higher education, few colleges like Bates are a part of the \$70,000-plus club, and with just under 60 percent of Batesies paying full cost, students are concerned at the increasing expense.

In the 1996-1997 academic year, the comprehensive fee to Bates was \$27,415. When adjusted for inflation, this cost would have been equivalent to \$45,628 in December of 2019. Now, 23 academic years later, the cost of attending Bates is \$71,388, not including travel, personal or extra academic expenses. In 23 years, the current "value" of a Bates education has increased by more than \$25,000.

From 2004 to 2009, tuition rose at a steady rate of about five percent each year. This declined beginning in the 2009-2010 aca-

ademic year when tuition hikes slowed to just under four percent. It is unclear why this shift happened then, however the current rate of increase now hovers around three percent.

Student organizations have in the past pressured and pleaded with the administration to cease raising tuition. Upperclassmen students on campus may remember Bates Student Action (BSA), a coalition of students which existed for two to three years, ending sometime in the 2018-19 academic year. BSA staged protests outside of Commons and gathered signatures for a petition, however the group had little impact beyond raising awareness on campus.

BCSG has picked up the torch this year, giving concerned students an institutional legitimacy previously lacking with other student efforts.

Academics Committee Chair William Hibbitts '21 and BCSG Representative Kush Sharma '23 began working on stemming the rising costs at Bates last fall. They are tackling this issue so far on two fronts: textbooks and

tuition. Hibbitts explained that their ideal situation would be for tuition to increase only as much as inflation, so it would be "no real increase."

"First and foremost we are supposed to advocate for the interests of the student body," Hibbitts said. "But what that's going to concretely look like in terms of this project is probably going to be talking with the administration requesting to see some specifics and giving our own viewpoint."

Hibbitts reached out to Swift in December to begin the conversation on tuition increases at Bates, scheduling the January discussion.

During the almost two-hour long conversation, Swift broke down two major areas of Bates' budget, describing specific areas responsible for driving the increase in tuition. He also described the sources by which Bates draws its operating budget from, answering questions from Hibbitts and other BCSG member.

Two-thirds of costs are directly related to the staff, faculty and administration at Bates, in-

cluding payment, benefits and taxes. Part of the reason that people take up such a large proportion of the budget is because Bates primarily chooses to support its own staff rather than contract services, like dining and facility services, to outside organizations, Swift explained.

Following this, the next greatest cost is related to maintaining facilities on Campus. This includes debt payments on recently constructed and refurbished buildings, capital costs, operating costs and maintenance and takes up a little less than 20 percent of Bates's operating budget.

Twenty minutes after the start of the discussion and just a few minutes past his talk of facilities, the fire alarm in Pettengill Hall went off and the BCSG meeting was moved to a classroom in Hedge Hall. This also costs Bates money, he said.

Swift listed two main sources of funding for Bates' opera-

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# Ben Ayers '99 Kicks Off BOC Centennial

Margy Schueler, Staff Writer

On the evening of Wednesday Jan. 15, students, alumni, and others from the Bates community gathered in the Benjamin E. Mays Center to celebrate the kickoff of the Bates Outing Club (BOC) centennial. Members of the audience, of various different age, backgrounds, and interests, appeared united by the same sentiment shared by the night’s speaker, Ben Ayers ’99, who remarked that “my time at the Outing Club had a profound impact on my life.” As the only club that automatically includes the entire Bates community as members, the BOC has impacted many since its conception in 1920.

The BOC touched Ayers’ life deeply, and he has since gone on to touch countless others after his time at Bates, which made him the perfect candidate for the Bates Alumni Community Service Award, which was presented to him before the commencement of his talk. During his talk, he highlighted some of his tremendous humanitarianism and shared some pertinent advice in his presentation titled: “‘The Letting Go:’ What Nepal’s Most Isolated Villages Have to Teach Us About

Changing the World.”

Ayers began his talk by discussing his experiences growing up in his hometown of Gilford, New Hampshire. During high school, Ayers committed himself to the daunting sport of ski jumping. For him, the difference between a good jump and a bad jump is a singular moment in which a skier must throw themselves over their skis and trust that the air will carry them down the mountain. Despite his dedication to the sport, Ayers had trouble finding success, because he struggled with that crucial moment of trust. In the following years Ayers’ interests diversified, and upon coming back to the sport with the intention of having fun, he experienced significantly better results. He notes, “The harder you try to do something, sometimes, the more you get in the way of yourself.” He found this to be a recurring lesson in the rest of his life.

Soon after arriving at Bates, Ayers became involved with the BOC. During short term his senior year, Ayer and a group of other students constructed the famous BOC lean-to, a visible

representation of the legacy of his time in the club. In part due to the love of adventure fueled by the BOC, Ayers signed on to a junior semester abroad program in Nepal. His experiences in the country and interacting with the people of Nepal irrevocably impacted Ayers and upon returning to the United States he knew he had to return. During his study abroad program Ayers was introduced to porters whose jobs were to carry loads throughout the rural areas of Nepal. Struck by the grace and wisdom of the porters, Ayers took a hand at porting as an independent study. From the porters Ayers said, “I began to learn about the importance of grace, and the importance of tolerance.” Upon returning to Nepal he and his friend started Porters’ Progress, an organization that loaned cloths and advocated for porter’s rights.

In 2006 Ayers left Nepal to return to the United States, but jumped at the opportunity to go back three years later to work with the dZi foundation. The dZi foundation worked with the rural communities where the porters and families resided. Along with

the help of the Nepalese, dZi has been able to introduce sanitation systems, schools, new farming practices, and much more to these regions. “We have been a part of a transformation in these communities where there has been a transition from poverty to true prosperity,” says Ayers. “If you don’t treat people like they are poor, you find that they are incredibly wealthy.”

One aspect of the wealth of the Nepalese were their stories. Ayers had the opportunity to create a documentary and feature for National Geographic called “The Last Honey Hunter.” Ayers and his team dangled off cliffs to follow a man named Mauli Dhan Rai as he harvested special honey with hallucinogenic properties. Ayers showed the audience a photo of him repelling off a cliff surrounded in a shroud of mist and bees. While laughing, he instructed the audience to “do dangerous things that you are bad at.” He elaborated, saying that all of the great things he has done have been by accident: “it just happened through the fact that I chose to do things I was really bad at, I took a leap of faith

that helped me learn, and listen, it helped me connect with people who were different than who I was, and that’s what led to these really rewarding experiences.”

By letting go, Ayers was able to accept help. He believes that by accepting the help of others it in turn enables one to go about learning how to help others. Ayers certainly has done a lot to help his community, and some of the principles he learned from the BOC have helped him get there.

In order to further celebrate the anniversary, the BOC has planned a year chalked full of special events and activities. Throughout the year, there will be one hundred trips and events taking place nation and worldwide led by students and alumni. The closest approaching large event will be the Winter Carnival torch run and puddle jump on January 31.

# Annual MLK Debate Sparks Deep Reflection

Madeline Polkinghorn, Managing News Editor

As part of its lengthy program of events for Martin Luther King, Jr. Day, Bates College hosts its annual Rev. Dr. Benjamin Mays Debate comprised of students from its own debate team and those from Morehouse College, the alma mater of King himself. The debate connects the two institutions together through Mays – an advisor to King and an instrumental figure in the American Civil Rights movement as a whole – who graduated from Bates in 1920 and took on the role as President of Morehouse College in 1940.

Every year, the motions of the debate are centered on questions that evoke the themes of Mays’ work. This year, debaters were asked to either support or object a particularly culturally germane claim: “Social movements should propose policies that radically reimagine society rather than prioritizing incremental change.”

Affirming this claim were Lillian Chang ’20 and Daniel Edwards ’21, of Bates and Morehouse, respectively. “The moral arc of the universe is long,” started Edwards. “But it has wholly

diverged from the path of the poor, the workers of this country, black America, the LGBT community, and those who occupy the margins of society.” Attempts at reform rather than complete structural overhaul, argued Edwards, would not satisfy the dire social needs of oppressed communities.

“We believe that in a radically unequal world, that we need to be radical in our response; and that the incrementalism that the opposing team is going to advocate for is an abdication of each and every one of our duty to speak truth to power and uphold the basic protections that are fellow men and women are owed in today’s society.” Chang and Edwards advocated for policies that would disturb the sociopolitical status quo; such as abolishing prisons and the police, Medicare for all, and an end to housing and educational discrimination.

On the opposing team sat Samuel Melcher ’21 of Bates and Caleb Strickland ’23 of Morehouse. “On opposition, we provide to you a different perspective,” Melcher began. “We use the quote of MLK, when he famously said: ‘If you cannot fly, then run. If you cannot run, then

walk. And if you cannot walk, then crawl.’” Melcher remarked that he understood, on a basic level, the impulse toward radicalism in a radically unfair society, but stressed the importance of allies in social change. “It only appears natural to want to address issues of extreme injustice with extreme solutions. But on opposition, we think that ultimately if we’re not protecting those who are involved in our movements, then we’re doing our job, first and foremost... We think it is ultimately the case that we need concrete goals that you can propose and allow for people on the margins to benefit from.”

In rebutting the opposition’s claims, Chang emphasized the importance of marginalized communities taking efforts into their own hands at a time when mainstream institutions appear to lack efficacy. “It took our illustrious government months to decide whether to ban just fruit flavored vape pods or just mint. This is an example of how ineffective politics can be... If we believe that incremental change needs to happen, and that it needs to happen in an additive effect such that we are actually going to see the effects of it, we are going to be waiting for-

ever.”

Conversely, Strickland emphasized the necessity of pragmatism in effecting social change. Addressing Chang’s quip about vaping regulations, Strickland remarked that “We see [regarding] something as micro as just a Juul pod, our government moves slow. So, imagine how slow an already divided government on concepts such as the abolishment of the police... We need to make solutions that are most likely to be accepted by those already in power.”

While the debate did not end with any formal resolution

on the issue, both participants from Morehouse expressed pleasure in their experience at Bates. Strickland, who is only in his first year at Morehouse, expressed a desire to return to campus. “We actually do a domestic exchange with [Bates]. I’m actually now considering coming up here for a semester because the students have been really awesome.” Edwards, who has been debating since middle school, remarked that his experience at Bates has “been cold, but the people are incredibly warm.”



# Bobcats Adjust Back to Bates Life, Hibernation Comes to a Close

Isaac Williams, Staff Writer

Vehicles pour into student parking, suitcases roll through the halls, and the occasional snowman is constructed on the quad. You guessed it: the Bates College student body has returned to campus from the winter break. After a refreshing month with friends, family, and holiday cheer, most students scurry back to campus with excitement and wonder. New classes, reuniting with friends, and re-discovered independence are a smattering of the delights one’s return to college offers. However, once settled into a routine, life at Bates presents a myriad of adjustments that take some getting used to; some good, some bad, but overall a significant change. To get a general perception of how students were adjusting back to college life, I interviewed a handful of first-year peers on the matter.

One shift that has probably been noticed by many students was expressed by Caleb Ireland ’23, “My biggest adjustment was my sleep schedule.” He expanded upon this by saying that “over break I stayed up super late and slept in late, but now that I have an 8:25am class Monday, Wednesday, Friday, I’ve had to force myself to get to bed earlier than my body is used to.” Having the absence of academic strains and stresses certainly introduces the temptation of late nights and erratic sleep schedules, and while unpleasant at first, the early classes establish a healthier sleep routine.

Meteorological matters presented an additional set of adjustments to Bates students this first week. Elias Veilleux ’23 noted that “freezing temps make walking to class and Commons more of a commitment.” Veilleux, a native of Maine, serves as a reminder that even if one has grown up in these conditions, brisk Maine temperatures are not for the faint-hearted.

For some students, the new semester has welcomed many

different activities that the revisited feeling of being overwhelmed has been a significant adjustment. Jake Lamb ’23 shared his thoughts on the topic stating, “I’m having to start doing homework again, work on trying to find a summer job, look into being a JA, and also deal with the social adjustment of getting back into campus life.” Returning to any professional setting, whether it is school or work, provides countless responsibilities and duties that are often forgotten during a break period. Lamb, a student involved in theater and music expressed how those ventures pose their own set of adjustments as well. “Auditioning for different shows/groups I’m interested in is another adjustment. The uncertainty and potentially semester changing results of whether I get into those groups and shows or not requires one to have a focused and healthy mindset.”

While some adjustments incite stress and pressure, there are plenty of activities that students engaged with during the first week that they had truly missed. After grimacing about the early get-up times, Ireland ’23 continued his interview talking about the joys of reuniting with his A Capella group. “One of my fun adjustments was getting back into the routine of having Deansmen rehearsals in the evenings.” Ireland further discussed that the group is in preparation for their February tour, and while stressful, is still great fun. “We’re working really hard and have a ton of songs to learn because we’re going on tour. They’re a great group of guys to sing and hangout with; we have a lot of laughs. Over break I missed having rehearsals with them.”

In sum, moving back onto campus presents a significant change from the month long winter break. With a combination of challenges and merriment, the general consensus is that it’s good to be back.

## TUITION CONTINUED FROM PAGE I

tions: tuition and philanthropy. However, he later went on to discuss other sources indirectly bolstered by these two, including the endowment and the annual fund. Approximately 75 percent of our operating budget comes from tuition, 20 percent from donations, 12 percent from the endowment and six to seven percent from the annual fund.

Bates like other institutions of higher education is trying to balance the need to retain and recruit talented staff, faculty and administration by offering competitive pay, facilities and benefits, while at the same time trying to minimize increases in tuition. This balance makes it extremely difficult to give both sides exactly what they want, Swift explained.

In some instances, Bates has been able to save money by changing accounting firms and becoming more efficient with its energy consumption through the work of the EcoReps. However,

other recent initiatives have left their mark on Bates’ finances, such as the building of the new Bonney Science Center which is set to open fall of 2021.

While Swift reported numerous statistics to explain Bates’ finances during the discussion, Hibbitts explained that he is frustrated that this kind of information is not readily available for Bates students and the BCSG to consider. Moving forward, Hibbitts hopes to work with the administration and get more specific information regarding where money is being spent at Bates.

“We would like to know more specifics because these costs are increasing and we want to know why is the cost increasing. I can’t say we can be wholly satisfied with a very generalized answer like that, because Bates’ tuition is going up... we’re not going to be satisfied with the very surface-level answers.”

# Bates Gets the Flu

Elizabeth LaCroix, Contributing Writer

## FULL DISCLOSURE: Madeline Polkinghorn is the Managing News Editor of The Bates Student.

At the beginning of finals week, Madeline Polkinghorn ’21 felt the dreaded symptoms of extreme fatigue, a bad cough, and nausea. Like most dedicated Bates students, she attempted to ignore her symptoms and tried to push through the stress of finals week. However, when her fever began to climb to severe levels, Madeline went to Health Services in hopes of a reason behind her debilitating symptoms. Madeline had received the flu vaccine earlier this year, and so it came as a shock when she found out that she tested positive for the flu.

Madeline’s story is one of many in the last few weeks. Kathy Morin, the Office Manager and RN at Bates Health Services, reported prior to winter break there had been nine cases of the flu on campus. Strangely enough, all except one patient had received the flu shot prior to testing positive. Since returning from break, there has already been five cases of the flu last week and two that are still awaiting further testing to confirm the diagnosis.

“The first positive result was seen in December when we normally see an outbreak in January and February,” Morin said on the atypicality of this year’s flu season.

Last week alone, the CDC announced the percent of hospital visits for ILI (Influenza-Like Illness) in Maine were up to 3.36% and the number of ER visits for ILI were at 3.8%. Maine is above

the New England predicted baseline for the 2019 to 2020 flu season and it is also higher this month than it was in January of last year.

The outbreak extends beyond Maine and has also impacted other places in the United States. A total of thirty-three states including Maine have high reports of flu cases. The CDC reveals the overall cumulative hospitalization rate was 14.6 per 100,000 cases.

The biggest question that has arisen among those trying to avoid contracting the flu virus, is if this year’s flu vaccine will actually prevent them from contracting the virus. The specific flu virus causing illness around campus as well as nationally is the influenza B virus. This type of virus is not usually seen until the later months of the season. Although this type of influenza virus was part of this year’s vaccinations, the vaccine only contains a prediction of the virus strains that will be present. This means one can still get the flu even if they are vaccinated, but there is still a significant decrease in the likelihood they contract the virus with vaccination.

“There are always outliers in the flu season,” Morin says referring to the early presence of influenza B. It is important to recognize the flu virus protects you from other influenza strains including Influenza A virus subtypes H1N1 and H3N2. The flu

## DEBATE CONTINUED FROM PAGE I

judges have their biases.”

“However,” she continued, “At the same time, there’s something very addicting about debate as well. The fact that when I was there, I knew that this wasn’t a space made for me...and I wasn’t very represented that much in that space either...And, I knew that I wasn’t experienced, but even just like standing up there and saying ‘Yeah I’m debating in this round, yeah I can have a strong voice, like, yeah I’ll be just as loud as you are’ that just like says a lot to yourself and to other people that you’re not going to be intimidated or moved in this space.”

Lastly, I spoke to the director of the debate team, Dr. Jan Hovden to hear her take on issues surrounding women in debate. In addition to debate, Hovden also works as a lecturer in Bates’ Rhetoric, Film, and Media Studies Department.

To Hovden, a lot of the prominent issues in debate are also present in the workplace and other places in today’s society: “It’s just that debate is kind of... you can’t escape it, because of what’s happening in the rounds. You’re there, you know, and we have equity officers at all the tournaments, and we have equity officers on the teams that help negotiate some of those things, but they’re clearly reactionary to a certain extent.”

As to reasons why women choose to leave debate team, one prominent factor, according to Hovden, is the double standard held against “assertive” women. “Women struggle more in the ac-

vaccine isn’t perfect, but it is the best shot at avoiding the illness.

“The best way to avoid the flu is to get the vaccine and wash your hands,” Morin explains. She also says the sharing of drinks is one of the biggest ways students get sick with any illness in college.

It is not too late to receive your flu shot! Health Services still has flu shots available to anyone who still has yet to receive their vaccination. It is still early in the flu season and within a week or two after vaccination, you will be more thoroughly protected from the virus.

“If you are coming in with a backache and a fever I can almost guarantee that you have the flu,” Morin says. If you are currently experiencing these symptoms, Health Services will provide the testing and necessary treatment.

When Madeline was suffering from the flu during finals week, the school was extremely sympathetic to her condition and provided her with any essential extensions. “Bates clearly took my illness seriously, which I really appreciated,” she said.

During this year’s flu outbreak, get the vaccination and take the necessary precautions to avoid contracting the flu. However, if you do end up getting the flu, know that both Bates and Health Services are prepared to assist with any of your needs.

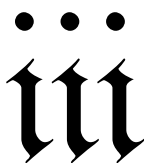
tivity in terms of being aggressive and assertive. When men do that it’s considered powerful, women do it, and too often they’re considered ‘bitchy’ or ‘shrill’...So there are just a number of barriers in the activity that women have to overcome that men don’t have to overcome and it’s probably the worst for gender minorities.”

This double standard is a product of what Hovden calls “cultural lag,” a term coined by literary theorist, Kenneth Burke which is the idea of society clinging onto old values as major social changes happen in the world. Here, Hovden cited how women were not allowed to be credit card holders until 1970. “So if you think about that to where we are now, a lot of social change has certainly happened, but a lot of those ingrained beliefs are still passed down. And so even as each generation may try to remove some of those, they still hold on to a lot more of them just because that’s how they were raised, that’s what they’ve learned and it’s really hard to unlearn things...part of the reason it’s so hard to change your behavior and learn things is that it forces you to be self-reflexive and be willing to admit that ‘hey maybe I was not a good person in that situation, maybe I shouldn’t have done that and that’s hard.’”

Special thanks to Ben Klafter ’21 for assisting me in interviewing these women.

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## What Does MLK Day Mean to You?

Kyle Larry, Forum Editor

This past Monday, January 20, 2020, Bates College celebrated MLK Day through various workshops and performances. This MLK Day was titled “From the Ground Up: Inequity, Bias, Privilege, Structure, and Death.” And instead of talking about my own experience, I thought it would be best to use my platform to show the Bates community why MLK Day is important to students of color.

“To me, MLK day is about so much more than just commemorating MLK. It is about recognizing the impact he’s had on this country and how his politics have changed the world. On top of that, this day provides us with the opportunity to recognize the labor, contributions, and doggedness of all folks who made the dream he envisioned possible. This is inclusionary of black women who did the work until the day they died.” Josh Redd ‘21

“MLK day allows for various and diverse discussion about marginalized voices and communities. It means a lot as students and faculty come together to facilitate these discussions that students and participants can talk with them” Precious Johnson ‘20

“I think that MLK day gives everyone the opportunity to talk about and interact with relevant issues that may not always be discussed in our classes. Like even though Bates is a liberal arts school, some classes/ de-

partments don’t tackle things like race, equality or equity. It’s a chance for people to show that they care or they’re willing to learn about these things and hopefully delve deeper into the cliché and surface level MLK rhetoric a lot of people were taught in school, like engaging with King’s message and legacy in a way that can be uncomfortable and, hopefully transformative. I also think about it as a way to try to hold people accountable, like I look at the white/ non-black students who attend these workshops and hope these aren’t just presentations that they may need to attend for class credit or something. Like I think it’s a really important day, but also question how effective it is and what students are actually taking away from it. But try to hope for the best” Mayele Alognon ‘20

“It is a reminder for me to step back and reflect on how far black people have come in their place in society. Part of this reminder stems from the struggles that people of color have endured throughout history. I embrace MLK day, it makes me proud of who I am and of my identities.” Maya Church ‘20

“To me, MLK Day means realizing that people come from different backgrounds and taking the time to actually understand those differences” Jennifer Bouzy ‘21

“MLK day is a celebration of

a revolutionary time period that commenced the start of the fight to achieve full rights of freedom and liberty for black people in America” Dawrin Silfa ‘21

“MLK day means a day of reflecting not only on our past but the ways in which we as a people have progressed. Reflecting on the ways in which injustice has taken different forms but also recognizing that we have the tools to dismantle any obstacle that crosses the paths of Black Americans.” Layla Dozier ‘21.

The reasons why I shared so many quotes from students of color are because: 1) I wanted to recognize the duality of students from marginalized backgrounds not all being the same, but facing similar sentiments being at a predominantly white institution 2) I wanted to highlight the importance of allyship 3) I wanted to emphasize that MLK Day is more than just a day, it is a small part of a larger conversation.

For starters, I am defining duality similarly to that of a paradox. I believe that as an institution and a student body, we have to consider that students from marginalized backgrounds do not all experience race the same or gender or sexuality or classism. However, because these students are not white or cis-gendered or heterosexual or upper class, they are all devalued and oppressed in some form. The ways in which we see students from marginal-

ized background isn’t always intersectional, even though it should be. These students are just put into one big circle of oppression, even if they face oppression at different rates. Now, the duality comes into play, because to an extent, this can be beneficial because it means more students have the opportunity to work together and dismantle the -isms that have caused trauma within their lives. However, the issue comes into play when identities are being forgotten, even though the oppression still exist for a specific identity. This MLK Day was supposed to remind us all of the forgotten, or as the Black Student Union put it “invisible identities.” It was to remind us that the only way to truly talk about oppression is through an intersectional approach. And if you think I’m not talking about this school, guess again. The workshop on “Dismantling the Dangers of White Feminism” talked about how our ideas about feminism even here in very white-washed and American-centric, while “A Discussion of Race and Bias In Lewiston Public Schools” made evaluate the racial and xenophobic bias we have about the Lewiston community.

Outside of recognizing the levels of marginalization, it’s important to note that students facing oppression shouldn’t always be the teachers. Some of the quotes listed previous indi-

cated that what makes this day special, is that students and staff come together to discuss issues on oppression. Now, with that being said, this shouldn’t be a day where white students interrogate students of color, but instead they should come to the conversation with an open mind and an open heart, as well as hold themselves accountable for how they may participate and uphold systematic oppression. A big part of allyship is not only the ability to recognize that you have more privilege, but also putting yourself on the line so that people more vulnerable than you do not have to risk everything. Being an ally is about knowing that whatever punishment you get would be less harsh than those more vulnerable. It’s about addressing issues instead of waiting for the person who is being harmed to talk about that issue. It’s about continuing the conversation, so that students from marginalized backgrounds don’t feel neglected or alone. And that’s why this day is so important. This day is just the start of a much deeper conversation. We need allies to start speaking up more and putting themselves on the line because MLK Day is more than just about discussing -isms in a classroom, it’s about making a change.

## Jumpstart January with CHEWS

Fernando Rojas, Contributing Writer

New Year.  
New me.

A typical saying that is easier said than done.

Fulfilling a New Year’s resolution is no easy task. The process of developing new habits involves improvements, setbacks, frustrations, and more. Oftentimes, we relapse into the same routines as before because that is where we feel most comfortable. And that is okay. However, it is important to not lose sight of the ultimate goal. These resolutions are inspirations for a reason. Unfortunately, a barrier in the pursuit of growth is how someone

perceives the challenges ahead.

The mindsets behind certain New Year’s resolutions are adverse as they gravitate towards the negatives of a situation rather than the positives. From how I see it, I believe it is critical to move towards an attitude that consistently encourages growth while simultaneously acknowledging obstacles and failures. Actively learning from our mistakes is essential to this process.

For example, the New Year’s resolutions of eliminating desserts from one’s diet can be considered in two different ways.

The punitive and unrealistic interpretation is to never eat desserts again. On the other hand, an effective and practical interpretation is to consider healthier dessert options. In this way, desserts are not as tantalizing and it assumes dessert to be a normal part of a person’s choices. There are healthier substitutions that are feasible in the long run, and this approach leaves the door open for an individual to make mistakes without feeling too much guilt.

As a member of Bates CHEWS, our goal is to always promote healthy eating and well-

ness in Commons. With the start of a new semester, we believe this is a great time to develop new, healthy habits. The second semester can be a tough period because of the freezing temperatures and constant snow. It is important to take care of yourselves by any means possible because we always want to practice self-care and self-love. Moreover, healthy eating can fight against the start of flu and cold season, minimizing any effects from such illnesses.

Our event for this month is Jumpstart January on Tuesday, January 28th from 5-7 pm. This

is an opportunity for students to focus on new Commons habits that will make everyone’s experience better. Examples include sanitizing in and out, remembering to bring your reusable container to Commons instead of leaving with Commons mugs, mindful eating, and more. We encourage students to share their Commons creations by submitting them to us! During our event, we will be hosting a shuffleboard-inspired game that promotes positive habits for the New Year. We encourage everyone to come out and learn something new!

## Letters to the Editor

### Bates Employees Deserve At Least \$15 an Hour

To the Editor:

As you may have heard, Bowdoin College has recently raised their starting wage to \$17 an hour for all employees. It is long overdue that Bates also raise our wages for both students and staff to a minimum of \$15 an hour. Those who clean our dorms and dishes, cook our food and keep our campus beautiful deserve the dignity to earn

a living wage. Student employees are also crucial to the functions of our college operations and are adults who oftentimes must pay their own bills for college. They too deserve a living wage of at least \$15 an hour. Bates prides itself on being progressive and forward thinking, and yet we are keeping our hardworking staff in poverty. Bates need to address this problematic behavior and help lead our peer institu-

tions in the war on poverty. We are one of the largest employers in Lewiston, and the 33rd biggest employer in the State of Maine. We owe it to our community to pay our employees a living wage.

However, raising our wages isn’t just about dignity, this is about the health of our community both physically and economically. A study released in early 2020 by the National Institute of Health suggests that raising

the minimum wage in every US state by \$1 between 1990 and 2015 could have prevented somewhere in the region of 27,550 suicides in the United States. The mental health of our employees, as well as our students, should be an utmost priority for Bates. Furthermore, raising wages for our employees will pump thousands of dollars into the Maine economy and the Lewiston/Auburn community. As Student

Body President, I am calling on our administration and the Board of Trustees to raise the starting wage at Bates to at least \$15 an hour for all employees. We cannot pretend to be a progressive institution while letting our staff make abysmal wages. This is a moral issue just as much as it is an economic one. No one who works 40 hours a week at Bates College should be living in poverty.

Ryan Lizanecz ‘20

Letters to the Editor must be received by 6 p.m. on Sunday for Wednesday’s publication. Letters should be under 750 words. Please email them to the Editor-in-Chief, Christina Perrone (cperrone@bates.edu).

# Second Chance Semester

Georgina Scoville, Assistant News Editor

Google searches containing the words “adjusting back”, “second semester”, and “homesickness” returns a series of articles providing advice for college students struggling to return to college after a sluggish winter break. Weirdly enough, the majority of articles are targeted towards first years (or, more accurately, the concerned mothers of first years). Barely stated is the fact that for many college students – not just first years – second semester represents many challenges.

I’m writing this not to further bum people out amidst the snow and black ice of Bates winter, but to let students know that the “post-break blues” is a real and formidable force.

Simultaneously one of the best things about college and one of the worst is the fact that each semester represents a completely fresh start. Bombed one of your finals or got into a huge fight with a friend? Now’s your chance to move on and (try to) forget what happened. However, the fresh start can also be disorienting.

As a routine-based person, this is a big deal. It feels strange to arrive at Bates and be thrown into different classes, all at different times and in different academic buildings.

Last semester, it took months to settle into the atmosphere of each class and build relationships with professors and class friends. Now that process starts over, and it inevitably takes time to adjust.

Also disorienting is the sudden lifestyle shift from home to college. First off is the location change – especially if you’re from a city, sunny climate, or different country altogether. But there’s also the fact that you had a whole month to settle into your home routine. If you’re anything like me, you’ve spent the majority of the past month watching loads of Netflix, getting used to being around indulging family, and reminiscing with high school friends.

For first years especially, the lead-up to second semester can be a hot mess. Your home friends are ecstatic about returning to parties, hook-ups, and all their new friends. You, on the other hand, can’t stop thinking about what a bummer it is that you once again have to share a bathroom, go to the dining hall, and – the clincher – do homework.

The best advice I can give you about “post-break blues” is that they are only temporary. Adjustment often happens faster than you



think, and second semester provides loads of opportunities to look forward to. Pretty soon comes Winter Carnival, and with it Puddle Jump, when people dress up in crazy costumes (be prepared to see at least a few guys pretty much naked) and brave the ice.

There’s also 90s dance and more lowkey events like Village Club Series every Thursday night, which runs all year but is especially cozy during the winter months. Being able to hear genuinely great art-

ists (last semester welcomed groups including the Ballroom Thieves and Tall Heights) and enjoy free chai, hot chocolate, and cookies is truly a blessing. If sports are more your speed, you might as well head to the Outing Club now to rent free boots and skis in preparation for endless weekend trips to Lost Valley and Sunday River.

Also don’t forget the fact that the blistering cold also means more nights staying in. Good thing there’s a tidal wave of new TV shows and movies

hitting Netflix and theatres alike. Do me a favor and hit up Sex Education and You on Netflix (both have second seasons now!). You won’t regret it.

Yes, second semester is disorienting and wild and cold. But it is also a welcome second chance; an opportunity to start over if you need it – whether that is with friends, extracurriculars, or academics – and throw yourself into new experiences. Welcome back.

# Democratic Debate

Naja Crockett , Contributing Writer

The 2020 presidential election has been on people’s minds since the last election four years ago. The Democratic hopefuls began as the most diverse group in history in terms of race and gender, yet by the Jan. 14 debate, it was an all-white stage. Though this could be for many reasons, it is important to ask why democratic voters felt a person of color could not beat Donald Trump in November.

Elizabeth Warren, the leading woman in the Democratic primary, is often discredited by prominent voices, including those in her progressive wing, as not being a promising match against Donald Trump. These standards could be rooted in sexism, or possibly in a low expectation of who American voters deem acceptable, since this election has very high stakes.

In response to the question of electability, Stephanie Kelley-Romano, Associate Professor of Rhetoric, Film, and Screen Studies, said, “Based on identity categories people are or are not electable. This is insulting to voters, the mid-term elections showed us that these people are all electable. We’re electing Somali candidates in Lewiston, Maine,”

a city that has seen generations of white leadership.

This understatement of what people find appropriate for public office has happened before. Barack Obama faced a lot of resistance from the left because of his name and race. In December of 2018, while in London for her book tour, Michelle Obama said that though she supported her husband’s 2008 bid, she did not believe that he would win, saying, “I didn’t believe that America was ready for a Black president, let alone a Black president named Barack Hussein Obama.” The 44<sup>th</sup> President followed George W. Bush; a conservative president who pushed legislation, which held ideals that are now being re-evaluated by the modern progressive movement.

The United States regularly swings the other way when electing a government that goes far in one ideological direction. Take Jimmy Carter’s liberal government being proceeded by Ronald Reagan in 1980 and George W. Bush beating liberal Vice President, Al Gore, in 2000. Following this trend it would seem that Donald Trump, an extremist choice for republicans,

would be proceeded by a more progressive choice. Electing a person of color, possibly a Black woman, would be a considerable shift from the Trump administration’s history with racism.

Some voters’ fears of Elizabeth Warren not being able to beat out the incumbent in the battleground states as a woman could be due to memories of the 2016 election. *The New York Times’* forecast reported that Hillary Clinton had an “85% chance to win” on election night, many other reliable sources predicted that she would win with more than 30 points. Americans were sure Trump would lose, and when he didn’t, the traditions of communication and discourse surrounding politics radically changed.

Professor Kelley-Romano recalled holding watch parties with the Rhetoric department where they could typically predict any given address in the manner of oration and messages. Trump, disrupting this normalcy along with political extremism increasing around him, has changed the landscape of political discourse. This huge change is shocking to many,

and the discourse around reversing that change is largely focused on choosing a more moderate, hence safe, option.

Populations of color, an increasingly large target of violence since the Trump administration in terms of policy and influence, do not believe that the pendulum of American presidents will swing towards a progressive choice. On Jan. 11, *The Washington Post* reported, “On the question of which Democrat has the best chance to defeat Trump in November, Biden is cited by 53 percent of African American Democrats, compared with 18 percent who name Sanders. All the other candidates are in single digits.” Similar trends are seen among Hispanic communities in the Quinnipiac University poll done on Dec. 18. Though a very diverse field with varying levels of education and income brackets included, this voting block is very beneficial for Biden’s campaign to present itself as the favored option among Democrats.

Since the share of voters that believe Biden has a better chance of beating Donald Trump is more diverse, Biden appears as the more progres-

sive candidate. Considering Biden’s history with busing restrictions in the 1970s, his treatment of Anita Hill, the contentious Violent Crime Control and Law Enforcement Act and his support for the invasion of Iraq, he is considered moderate when compared to Sanders and Warren. Rather, Biden is campaigning on the nostalgia of eight years of the Obama administration, his emphasis on the middle class, and being popular among people of color. This is without considering the potential distrust rooted in their support of a moderate candidate.

Support from communities was not as present for Cory Booker or Kamala Harris, despite their many attempts to discuss Black issues, like Harris’ famed confrontation of Biden regarding his previous position on busing as a means of integrating schools. The rightful distrust in communities of color, other disenfranchised groups and democrats concerned with pressing, and timely, progressive policies likely produced a stage of candidates deemed electable when faced with a possibility of four more years of the Trump administration.



Curly fries in Commons

Somehow curly fries will always be more tasty



January as a concept

Why are we going to a school in Maine?



Wearing all your new X-Mas clothes during the first week back

Bobcats be serving some lewks!



Selling your organs to buy textbooks

Do you really need two kidneys?

**Up-Downs!**

Student staff reflects on the news



# Coming Full Circle: Returning From Studying Abroad

Miles Nabritt, Assistant Forum Editor

I believe that if a student ever has the chance to study abroad, it is a precious opportunity that cannot be taken for granted. As we are in a new decade, it is important to realize that our society is on the tipping point between order and chaos. Every day, people being hurt by global crises such as climate change, political corruption, and violence. It pains me to read how the world seems to become more and more dangerous as time passes. For me, having the chance to study abroad has allowed me to experience life in a different country but has also inspired me to accomplish more goals both at Bates and beyond.

This past fall semester I had the great pleasure of studying abroad in Madrid, Spain. During that time, I felt that I grew not only as a student but also as a person. Before I traveled to Spain, I had many reservations about going to a different country. During my sophomore year at Bates, I endured a lot of difficult challenges, both academically and emotionally. Unfortunately, I didn't have a great year and I felt as though Bates wasn't the right place for me. I believed that my sophomore year was filled with a lot of stress, pain, and pessimism. When I realized that I was going abroad, one of my main goals was to improve my overall outlook on life and be more positive.

Additionally, one of my few reservations about going to Spain was whether or not I was going to meet like-minded people and make friends. Especially last year at Bates, I found it difficult to maintain the friendships that I made during my freshman year and create new friends as well. However, I was relieved to find out that my reservations were just mere misconceptions about study abroad.

For me, Madrid, Spain was not only a great place to study abroad it was one of the greatest experiences of my life. While some may think it may be cliché to study abroad in Spain because I major in Spanish for me though, it was much more than simply speaking and learning another language. Traveling to Spain was a wonderful opportunity for me because I had the chance to do something that I never was able to be at Bates last year: being happy and enjoying my surroundings. Whether it was taking classes, or going out to dinner, or traveling to a historical site, there was always something new to experience in Spain. Additionally, one of the many ways that Spain surprised me was how hospitable and generous the people were.

While I was abroad, I lived in a dorm with other Spanish-speaking students and I was able to connect with many of them in a profound and amicable way. Now as I am here and

back at Bates it is hard not to miss Spain. The warmth, the excitement, and the diversity of Spain has allowed me to develop a new mindset of the world and society. In Spain, I met people who had suffered greatly from economic hardship and political corruption. Similarly to the United States, many people in Spain are angered by the social imbalance in the country. It was emotional to hear the stories of those who were affected by the country's historical economic crisis in 2008. I felt as I was engaging in those conversations, I was able to learn not only more about the culture in Spain but also people's lives as well. More importantly, I was able to converse with people on a personal and emotional level which was a humbling and heartwarming experience.

Study abroad isn't just a time to spend off-campus, it is a time to explore a part of the world that you didn't even know existed. It was an incredible opportunity to get out of my comfort zone and become more aware of a global society. Spain is a beautiful country with so many energetic people. Hopefully being back at Bates, in the shivering weather of Lewiston, Maine, I hope to find warmth in such a cold place.



## Comic Corner

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

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

Jack McLarnon, Staff Cartoonist



# Uncovering a Historic Bates Tradition: The Pipe Orations

Carly Harris and Katy Boehm, Contributing Writers

Non-Native (and predominantly white) Americans have a long history of appropriating Native culture. Despite hundreds of years of destruction of Native peoples and assimilation into white settler culture, white Americans have held a fascination towards Indigenous traditions.

From the foundations of many American summer camps and scouting troops, to movies like Pocahontas and Dances with Wolves, to the use of Native American faces and imagery in the branding of products and sports teams, Native appropriation is deeply ingrained in American society. Bates' history is not immune from this.

Starting in the late-1800s, all the way through at least 1969, Bates' graduating seniors maintained a tradition called the "Pipe Oration." Supposedly based on a Native American custom, all members of the graduating class listened to a speech from one of their classmates and smoked a "peace pipe" which, each year, was specially crafted for the occasion.

The 1915 leader of the Oration explained the tradition: "To the American Indian the 'Pipe of Peace' symbolized good will and eternal friendship. As the pipe is smoked by the members of this class, may the same spirit be awakened in our hearts and may the mingling smoke carry into oblivion the memory of all that is

unpleasant and preserve a never dying fraternal love."

On Graduation day, the ceremony was supposed to unite students and dissolve any remaining tensions. While these may be good ambitions, the ceremony itself was deeply problematic. It stereotyped and appropriated Native peoples, and should be acknowledged by members of the current Bates community.

Even though Bates students may not have recognized these problems at the time, both the speeches and pipes included in these ceremonies were racist. F.A. Nevers, the speaker from 1912, said: "the redman has left us a heritage" as the reason for carrying on the Peace Pipe tradition. In 1933, the speaker said: "Primitive people develop simple means of expression," one of which was the Peace Pipe ceremony.

Though not all of the Peace Pipes remain, a small collection lives in the Muskie Archives. Some of the pipes are simple, while some are adorned with whatever the students saw fitting—feathers, ribbons, and carvings were included on many of the pipes. One pipe, from 1969, was etched with the face of an unidentified Native American man.

This tradition raises questions about troubling aspects of Bates' history. So little information remains, and it is rarely



KATY BOEHM/COURTESY IMAGE

brought up by students or professors—most have never even heard of the Oration. Why did this tradition start? Why did it stop? Did everyone on campus condone the ceremony, or was there ever resistance? These questions remain open, although there are some possible answers.

Historian Philip Deloria offers insight as to why this may have appealed to Bates students. In his book *Playing Indian*, Deloria traces white Americans' appropriation of Native culture to

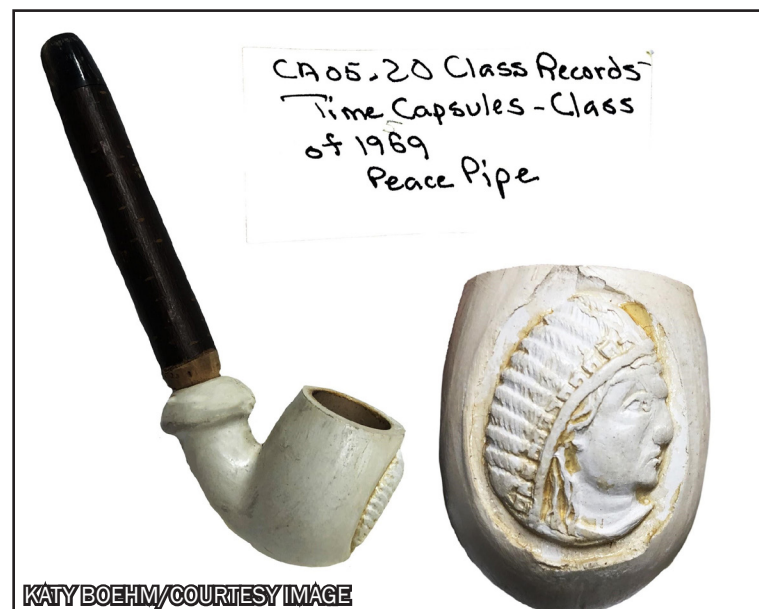
before the establishment of the United States. He suggests that as white settlers searched for a national identity outside of traditional European values, they used Native appropriation as a way to claim parts of Indigenous culture as their own.

Throughout the time that this tradition carried on at Bates, all across America, white people "played Indian." From white Patriots dressing up as Natives in the Boston Tea Party, to so-called "Indian Hobbyists" (whites who

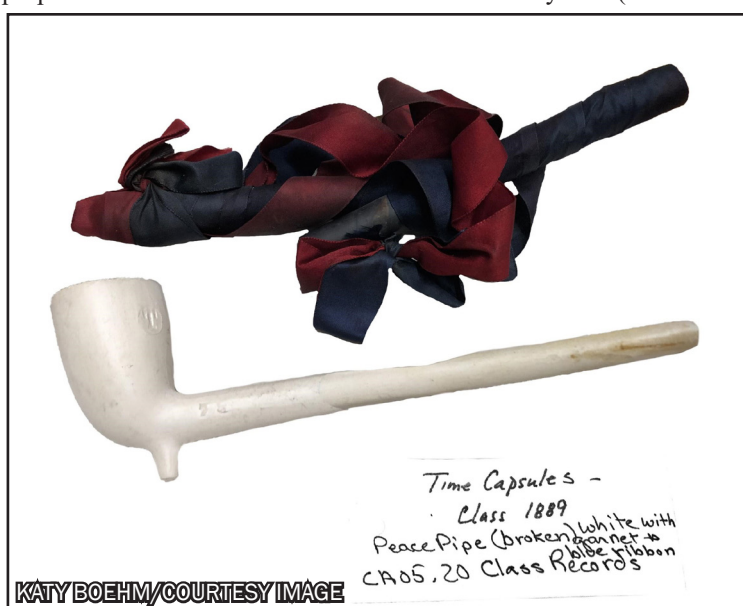
dressed up and "acted" as Native Americans) in the 1950s and '60s, non-Natives objectified and appropriated Indigenous culture.

While the ending of the Bates tradition could have coincided with the growing momentum of the Red Power Movement in the 1960s and '70s, there are no clear answers for when or why it ended. It may have been met with resistance from students on campus, or the members of subsequent graduating classes could have grown up at times when this was seen as more problematic than in generations before.

Uncovering and remembering this tradition can spark discussion and deep thinking about this part of Bates' history, and may also inspire learning about other hidden and problematic pieces of Bates' past. In addition, Bates needs to reflect on current actions that prevent a completely inclusive community.



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KATY BOEHM/COURTESY IMAGE

## Weekend Playlist

Carolyn Snow, Contributing Writer

Here's some weekend songs!

They get chiller as you go down the list, kind of like the weekend does.

1. **It's Strange - Bee's Knees Remix** (Louis The Child, K. Flay, Bee's Knees)
2. **Champagne And Pools ft. blackbear and Kyle** (Hoodie Allen, blackbear, Kyle)
3. **What A Man Gotta Do** (Jonas Brothers)
4. **Public Enemy** (Marcus Charles)
5. **She** (Hayley Kiyoko)
6. **Girlfriend** (Rae Khalil)
7. **Bounty** (Bensbeendead)
8. **Resonance** (Home)
9. **Late nights** - Alexander 23 edit (mxmtoon)
10. **Waiting on a Ghost** (Left at London)



# The Benefits of Meditating in College

Pippin Evarts, Managing Arts Editor

Meditation is a practice that has become increasingly popular in mainstream culture due to its extraordinary health benefits. Throughout the middle ages, meditation became popular as a religious tradition. It became popular in western culture in the late 1900s, when medical researchers such as Dr. Hubert Benson, a professor at Harvard Medical School, studied meditation in 1967 and found that while people meditated they used less oxygen, had increased brainwaves and lower heart rates, making it ideal for aiding with sleep. Since then, celebrities have also worked to further meditation's popularity such as The Beatles famously practicing Transcendental Meditation. Multiple celebrities follow meditation guru Deepak Chopra, who became famous after going on Oprah. There are now multiple apps that offer guided meditation, such as Head Space (which has also partnered with Jetblue to ease travel anxiety for their passengers). Here at Bates we have the Dharma society, which practices meditation and mindfulness daily.

Meditation is the practice of training the mind to be more

attentive and aware. In some practices this is done by quieting the body, and focusing the mind on one specific thing. Most often, people sit to meditate, either cross-legged on the floor or in a seated position. While meditating, people actively work on focusing on one particular object, activity, or thought or practicing mindfulness. Mindfulness is a part of meditation as it centers around the idea of focusing on the present moment.

There are many benefits of practicing meditation in your day-to-day life. The purpose of this article is to raise awareness for these benefits on a college campus where students are often experience stress and anxiety. There have been multiple studies on how meditation works to reduce stress and combat anxiety. In a psychology study done by researchers at the University of Wisconsin-Madison, found that mindfulness meditation helped to reduce inflammation brought about by stress. Another study by doctors at the University of Massachusetts Medical Center in Worcester followed up with 18 study volunteers three years after they completed an 8-week

outpatient physician-referred stress reduction program based on mindfulness meditation. The study found that many of the volunteers continued to practice meditation after the program due to the health benefits they received. These patients also maintained lower anxiety levels over the three year period in which they practiced mindfulness meditation. This study highlights how meditation is a powerful asset for reducing anxiety and stress as patients continued to practice mindful meditation on their own accord.

Along with stress and anxiety relief, other benefits of meditation include lengthening attention span, promoting restful sleep, and strengthening mental and emotional health. In a study published in June 2007, three professors from the University of Pennsylvania researched how mindfulness training could help with focus and attention skills. The results of their findings suggest that mindfulness meditation helps to modify the subsystems of attention by "enhancing functioning of specific subcomponents of attention." As mentioned previously, Dr. Hubert Benson of

Harvard Medical School, found that when people meditate they use less oxygen, had increased brainwaves and lower heart rates, making it ideal for aiding with sleep. Meditation also works to increase melatonin levels in the body, resulting in a deeper sleep post-meditation. In regards to mental and emotional health, multiple studies have shown that those who practice meditation are less likely to experience depression and for those with depression, there was a decrease in their depression.

In conclusion, meditation is an extremely beneficial practice, one that students should be more apt to participate in. In the busy life that we lead as students, it is important to take time for yourself to make sure that you are maintaining your health and well-being. Dr. Hubert Benson recommends just twenty minutes a day of meditation in order to reap its benefits. In the age of cell phones and computer screens commanding multiple hours of our day, taking the twenty minutes to yourself can make a world of a difference.

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## The Rise of Tik Tok: Trends, Controversies, and Opinions

Sophie Mackin, Staff Writer

If you are like me and decided to download Tik Tok, chances are you have lost MANY hours scrolling through the popular video-sharing app since then. I commonly hear from my friends that they downloaded Tik Tok as a joke or out of temporary curiosity and have now become thoroughly invested in the app, checking it multiple times a day. For those of you unfamiliar with the app, you may be wondering what "Tik Tok" is and how it has become a global platform among multiple age groups.

In August 2018, the Beijing-based company ByteDance bought the video-sharing app Musical.ly and transferred all its contents to Tik Tok. While Tik Tok and Musical.ly share some similarities, Tik Tok's videos of-

fer a wide selection of sounds, special effects, and other features that were not available on Musical.ly. Unlike Musical.ly, Tik Tok has become a platform for a variety of videos ranging from dance trends to political satire and dark humor to recipes and life hacks. Many users aspire for Tik Tok fame, which in some respects is not an unattainable goal. If your Tik Tok profile is public, your videos can easily end up on the "For You" page after enough views and likes. Teens and young adults around the globe have created names for themselves by consistently creating viral Tik Tok content. Some of the most famous Tik Tok users are even hosting 'meet and greets' in which they invite fans to appear in Tik Toks with them.

Many celebrities, news reporters, and even political candidates have found themselves on Tik Tok as well. Scrolling through my "For You" page, I've seen videos from the Jonas Brothers, Post Malone, Reese Witherspoon, the Washington Post, Jimmy Fallon, and more. Tik Tok has become integrated into popular culture as it spreads choreographed dance challenges, songs that end up on Spotify's top charts, and memes that we talk about all the time. Anyone can become involved in this Tik Tok movement; there have even been physicians and gynecologists who have gone viral on Tik Tok for their videos on medical advice or tips for teens. It is clear that this is now an acknowledged space for outreach with over 500 million users worldwide.

An important aspect of Tik Tok is the very nature of its "For You" page, which is catered to your preferences and continues to show you videos along the lines of what you want to see. Tik Tok has a formula for tracking the types of videos that you like or spend a significant amount of time watching, so your "For You" page may look noticeably different than your friends' pages. Tik Tok also collects information about your location, so when travelling, you may start to see some new content. For example, since coming back to Bates from break, I've seen many videos centered around "fun things to do in Maine" or "Maine check" or "small liberal arts college check." While it sometimes feels intrusive and even creepy, Tik Tok is successful in presenting a feed of videos that I find myself relating to.

Tik Tok certainly has a presence at Bates, especially after this past summer. Several students that I interviewed explained that they had downloaded Tik Tok just prior to or upon arriving to campus in September. For some students, making Tik Tok videos is just a fun pastime or a chance to bond with friends. "I think Tik Tok connects people in our generation. It has become a new 'thing' to do when hanging out," notes Courtney Tally '23. Additionally, students have

pointed out that Tik Tok differs from other forms of social media today because there is much less emphasis on what your profile looks like, how many followers you have, and how many likes you get. As Mia Gates '22 articulates, "I think Tik Tok is a lot less structured than other social media apps. I care a lot less about my own profile on Tik Tok than I do on Instagram. I like that about Tik Tok-- it feels less individual and more just about enjoyment." While Instagram and Snapchat motivate teens to edit, filter, and hide their authentic selves, Tik Tok users are celebrated for sharing their weirdest stories and revealing awkwardness.

However, other students turn to Tik Tok for the community conversation: "I use the app to cope with the precarious state of our world because my feed is full of political commentary and satire. And I deal with fear by making life a joke," says Julia Raboy '22. In a world of violence, racism, environmental collapse, and hatred in so many forms, teens and young adults who are struggling with current events have started to use Tik Tok as an outlet. On Tik Tok, they can receive validation for their fears and engage with peers around the world who are grappling with similar questions. Notably, during the recent crisis with Iran, many people turned to Tik Tok to create memes and satire about the possibility of an impending "World War 3" and what a draft could entail. Similarly, the fires in Australia have prompted significant content regarding climate change and outrage with the lack of political response to these events.

Still, the reputation of Tik Tok has become increasingly controversial despite its ever-growing appeal to Gen Z. In November 2019, the United States opened a national security review after U.S. lawmakers expressed concerns about the app's censorship. Some Tik Toks with political themes, specifically the protests in Hong Kong, had been removed by Tik Tok moderators. Additionally, other lawmakers worry that ByteDance is collecting personal data through Tik Tok that may be accessible to foreign

governments. However, ByteDance has taken steps to prove that all data is safely stored and is publicizing its efforts to assure the online security of children, modifying some of its policies.

Amid these controversies, several investigations have been launched to look into the potential vulnerabilities of Tik Tok's current design. The U.S. Army has also issued statements of warning regarding hacking. Ultimately, it is always important to be cautious and read the terms of agreement on social media apps like Tik Tok. We live in a digital world where our personal data is of interest to all kinds of companies, governments, and entities. Tik Tok is primarily a platform for comedy, creativity, and global connection, but make sure you are being careful with your information and what you put out there!

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MAC GAITHER/THE BATES STUDENT

# Bates Student Creates Upcycled Clothing

Pippin Evarts, Managing Arts Editor

Talia Spurduto is a junior here at Bates College and the owner of the upcycled clothing company Tal and Mai Design. I was able to catch up with Talia this past week to hear about her background in clothing design and creation, her inspirations for starting Tal and Mai, and what is plans to do next. Tal and Mai design started freshman year. Ever since she was little, Talia would make scrunchies for herself and others out of old clothing she had around her house. Once she got to Bates she began making them for her friends and soon began receiving requests from people around campus for them. Due to their growing popularity, she decided to start selling them and made an Instagram account so she could post photos of them and people could direct message her to claim different colors and patterns. After starting the Instagram, she began sewing other aspects of clothing such as shorts, shirts, jackets and dresses, all out of upcycled material that she either already owned or found through thrifting.

Talia has been sewing since she was a young girl, when took sewing classes with her mom. Her mother, another expert seamstress, would sew Talia and her American girl doll matching dresses. Talia started off with knitting and embroidery but soon moved onto sewing after taking a sewing program through 4H, a youth development and mentoring organization. In the program she was able to be mentored by an amazing seamstress who worked at a fashion house in New York. Since then Talia has worked in many clothing creation environments, she works at the Bates Seam Shop and spent her last summer interning at the Drift Collective, a clothing company in Portsmouth, New Hampshire. Talia spoke to

me about how she was drawn to working at the Drift Collective due to their design principals as well as their environmental perspective. While interning there she helped to design a couple of clothing items, helped with their sewing work, and researched new materials for them to use for Drift to use for their bathing suits. Currently they only have bikinis but are working towards a male line in the near future. The Drift Collective aims to create a connection between the products that they are creating and the people coming into their shop. The goal in creating this connection is that people will have a more personal experience with the products and stop the fast paced consumption that often happens when you buy bathing suits. Talia helped to find the new material of their bikinis, a material called econyl fabric. The fabric is made in Italy, where the producers work with fishermen to take old fishing nets on the ocean floor (as well as carpet going to landfill) and redesign the material and turn it into new nylon strands that can make new stretch fabric. The work that Talia has done at Drift Collective has inspired her to keep up with her passion of creating clothing and has also taught her skills that she will one day apply to her own company, such as learning how to communicate with other companies. Next summer she will be designing their next line of swimwear.

At Bates, most of Talia’s work is commission based, meaning that people come to her to plan out what they would like for her to create and then she creates it for them and charges them for her labor. The materials she uses for her own clothing creations are almost exclusively upcycled pieces made out of natural fabrics. “I thrift a lot, find things that are unused in the places around

me and draws inspiration from that” that says. “For instance a lot of the scrunchies I make are inspired by old lace doilies, I had a ton of excess doilies from my grandmother and found more lace like that from vintage and consignment shops”. Talia’s focus on natural fibers stems from the threat of micro plastics on the environment and human health.

“If you wash your clothes and they are not made of natural fibers such as nylon, every time you wash it the particles break off and go into the water stream. These particles eventually go into the ocean and lakes and ponds, which destroys ecosystems that are there and creates new bacteria in these spaces and disrupts the animal and plant life. We are drinking it too. The average person consumes about a credit card’s worth of plastic every week just from the water they are drinking. Try to stay away from fabrics that have those stretch materials in them or if they do have to use stretch fabric, I want to work with a source that is using material that is already there rather than creating new material.”

When asked if she has found a strong market for her upcycled clothing at Bates, Talia says that yes she has. People often reach out to her and are interested in the message that she has of being more sustainable with clothing. Talia often receives direct messages on social media from people asking her to advise them on clothing they should buy or brands they should follow that have similar sustainable messages. Talia is currently abroad in Spain for the winter 2020 semester, but I would encourage all students to follow her Instagram @tnm\_design to see the work she has created.



Talia creates clothing out of the items that she finds around her or ones  
**TALIA SPERDUTO/COURTESY PHOTO**

# Bates Vegan Chocolate Chip Cookies

This month I would like to feature one of our most popular made from scratch cookies. We serve over 1200 of these delicious delights and yes ... they are vegan. I would like to start by dispelling the most common myths, rumors and biases I hear about vegan foods. At the top of this list is that vegan foods are only for vegans, that these foods are less flavorful and are only for those following a “healthy” lifestyle. To this I say BALONEY!!!! Not only are vegan foods delicious and found in all cuisines, they also provide additional food options for individuals with special dietary needs like lactose intolerance, religious dietary restrictions, and, in many cases, for those who are gluten free.

I hope you enjoy the recipe below!!  
Owen Keene  
Executive Chef  
Bates Dining, Conferences & Campus Events

Bates Vegan Chocolate Chip Cookies  
Makes 24 cookies

- 1 stick margarine
- 1 cup sugar
- ½ cup + 1 tbsp. silken tofu
- 1 tbsp. pancake syrup
- ½ tsp. vanilla extract
- 1 ½ cup flour
- ½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 cup semisweet chocolate chips

1. Preheat oven to 350 degrees
2. Mix flour, baking powder and baking soda together in a small bowl.
3. Beat margarine and sugar in a mixing bowl until fluffy.
4. Combine tofu, pancake syrup and vanilla extract until smooth. (We use a food processor.)
5. Add the pureed tofu mixture to the margarine and sugar mixture and beat until incorporated, being sure to scrape the bowl so there are no large margarine chunks.
6. Add dry ingredients and mix.
7. Scrape the bowl and add the chocolate chips. Mix until incorporated.
8. Scoop onto a baking sheet lined with parchment.
9. Bake for 12-14 minutes, or until done.



Julie Rancourt (left) and Jane Herrick (right) from the bakery.  
**CHERYL LACEY/COURTESY PHOTO**

# Track and Field Season Highlights: The Story So Far

Ellie Boyle, Staff Writer

Major winter storms with freezing temperatures have already swept across campus making it almost impossible to want to go out and enjoy it the winter. However, the weather has not stopped the Bates Track and Field teams as you can still see them running around the college as they begin their season.

Over the past two weekends the Bates Track and Field Teams have competed in two meets: A tri-meet with MIT and Colby and the second the Bates Invitational, a two day meet consisting of the hept- and pentathlon on one night and the remaining events the following day.

At the Tri-meet, the men and women both took second, and at the Bates invitational, both improved to first. These first two meets have showcased the first years, as they have shown their depth and talent in both meets.

In response to how the first years have added to the team, Captain Olivia LaMarche '20 responded that, "They bring a refreshing energy to the team... Every meet is completely new, and while that can be intimidating, it is also exciting. The first years have really embraced this excitement."

Captain Jeremy Bennett '21 agreed and added that "the first years have added a lot of personality to the team as well as challenging the team as a whole in performance with their potential. In the middle distance group we have gained a strong miler in Gabe Coffey, in the 800-1000m group with Daniel McConnell, and in the 400-800m with Owen Glover. In the distance group we have strong 3k-5k runners

of Eli Boesch-Dining and Ryan Smith." He made sure to include that "these are only a few of the many young talented athletes that have joined [the] team this year."

In the season there's a one meet in particular that gets these teams excited: The Maine State Championship. Captain Ashley Pratt '20 says that she personally finds the meet "to be the most exciting meet of the indoor season... this is the last meet of the indoor season in which every athlete is entered in an event, and it includes many teams that [the Bates Track and Field team] see[s] regularly throughout the indoor season." The women's team has won this meet for the past six years.

Pratt continued and said that "regardless of the outcome, the team always gets pumped to compete with the knowledge that every athlete's contribution to points makes a difference, and this encourages a lot of energy and support among teammates."

LaMarche commented on how the meet has become sentimental for the women's team.

"The girls state meet is on a Friday night, which makes it feel a little more special than a typical meet. We all get together and make t-shirts before the meet and it seems to bring us together as a team."

Bennet added that the men also have success with this meet as that "last year [the men] won this meet with dominance, as [they] won every running event from the 600m to the 3,000m." He continued and said, "we hope to keep up the same intensity and to win the meet again this year. From the past we know that Bow-



Paul Speliakos '22 is off to a great start after being injured all of last year.  
THEOPHIL SYSLO/BATES COLLEGE

doin is a strong team and they will have a chip on their shoulder to win this meet as they have lost to us last year in both track seasons as well as cross country this past fall. Colby is also a strong group with their recent success in the cross country season in the fall and USM is ranked highly in the past few years in track and field so the meet will be very competitive."

For a sport that seems both uniquely individualized, but also team oriented the captains discussed why they believe that Track and Field is unique among other sports. Pratt argued that "the diversity of events, as well as the individual nature of competing and scoring, are definitely unique aspects of this sport. I've heard some people compare track meets to a circus, because there are always so many different events going on in what can feel like a very chaotic setting, and I

think this idea definitely applies to practice as well. There are so many variations of athletic ability that are tested across events, from throwing to distance running, which allows for everyone to find a niche in this sport."

Pratt went on to add, "Across events, finding such a niche can make training and competing feel very individual-focused. For this reason, many people find it surprising to learn that track athletes are also uniquely supportive of one another. There's a great mix of diversity and support across athletes and events, which I think allows for a unique celebration of many different types of athletes within one sport."

LaMarche added that she doesn't "think many people realize how strong of a team atmosphere we develop throughout the season. We are all there to support each other whether at prac-

tice or at meets and every athlete is valued on the team. Because we only compete for a portion of every meet it really gives us time to cheer on our teammates. It is such a special feeling to watch your teammate get a [personal record] or watch them beat out a competitor at the last second, and we all share in the energy and excitement of such moments.

Bennet said that what makes Bates special is that "we really are a family in that our team complement each other in every event group from the throws to the distance events. Everyone is out on the track supporting each other, and this generates an atmosphere that encourages the success of our team as a whole."

That energy seems to be working since, as of now, both teams have strong performers from sprinters to distance runners, and jumpers to pole vaulters.

# Nordic Skiing Begins Season on the Right Foot at Harvard Carnival

Vanessa Paoletta, Managing Editor

On Jan. 17-18 the Bates Nordic Ski teams kicked off the competitive season with the Harvard Carnival held in Craftsbury, Vt. The Bobcats placed sixth out of 15 teams with a combined Nordic and Alpine score of 420 points.

The Harvard Carnival was originally supposed to take place at the Dublin XC Ski Center in Dublin, N.H., yet lack of snow earlier last week pushed organizers to move the carnival to Vermont. With frigid temperatures of 11°F on Friday and 16°F on Saturday plus wind chill, the weather conditions were far from ideal for the long ski races.

"Combatting the cold [was] definitely a challenge. We raced in zero or sub-zero temperatures this past weekend, which was tough on the body and the soul," Team Captain Carter Ros said.

To stay warm, skiers not only wear lots of layers, taping their face to protect against frostbite, he said. They also bring extra clothes to wear before and after their race so they don't have to stay in their sweaty race clothes for long.

The freestyle races began with a 30-second interval start

for each athlete, while the classic races supported a mass start.

Team Captain Kaelyn Woods '20 led the women's team in both races, placing 28th in the 5K skate (14:55.2) and 20th in 15K classic (48:41.2). Olivia Skillings '22 and Sarah Gallagher '23 crossed the finish in 56th (15:54.1) and 67th place (16:15.2) to help earn 41 total points for Bates in the 5K skate. Gallagher and Rebecca Feist '22 rounded out the team scoring the next day in the 15K classic, placing 50th (52:35.8) and 68th (55:47.6) to win 47 more points.

Although Annie Blakslee '20 placed 62th (54:38.6) in the 15K classic, she was not part of the six-member-scoring carnival team for Bates.

In total, there were 88 skiers competing in the women's 5K skate, and 80 in the 15K classic.

On the men's side, Henry Raff '22 led the Bobcats on the first day in the 10K skate placing 58th (27:55.4), followed by first-years Zander Martin in 61st (28:17.8) and Cal Schrupp in 6th (27:48.8). These same three skiers scored for Bates on day two; Schrupp in front led Bates in the 20K classic finishing in 37th (58:12.6). Martin soon crossed the line to grab 48th (58:55.2) and Raff followed less than a minute later in 54th (59:45.1).

There were 92 skiers in the 10K skate and 88 in the 20K classic overall. Bates earned 26 carnival points in the men's

skate and 37 points in the classic. Two Bobcats additionally earned NCAA points: Woods received five points in the skate and 14 in the classic, while Schrupp grabbed three in the classic.

Underclassmen played an out-sized role in this carnival; besides Woods, a senior, every one of the other six point scorers is an underclassman, half of which are freshmen.

Schrupp noted that one challenge during his first collegiate carnival was gauging his pace after the interval start. In this type of start, a single athlete begins the race after a set period of time, in this case every 30 seconds.

"Having everyone start at the same time made it easier to see how you are doing, because you can see where everyone else is," Schrupp said, "But [the interval start], on top of the fact that the race was an hour long, made it very hard to read how I was doing with how I was feeling. In the end though, I think I managed to weigh and time all of this correctly and I am very happy with the weekend all together."

For both the men's and women's teams, Bates won slightly more points in the classic technique than in the skate. Overall, the nordic team amassed 151 of Bates' total 240 carnival points to earn sixth, beating Williams by 29 points. The University of Vermont (UVM) took first with a total score of 867.

"Our biggest strength [this

season] is the positive energy and cohesiveness that exists around this team," Ros said. "We have eight first years this season, who bring constant energy and passion allowing the team to feed off this energy and reach new heights."

"We are also guided by two of the best coaches in the business, Becky Woods and James Upham, which gives us a leg above the competition as we receiving in-

valuable guidance and coaching from these two amazing coaches," he continued. "This all comes together perfectly with the fresh, young energy that the first years bring and should set us up for another fun and successful season."

This weekend, Bates Ski will once more travel to Bradbury, Vt. for the UVM Carnival. This event will feature shorter, faster events than the Harvard Carnival.



Kaelyn Woods '20 races to a team-leading finish in both of her events this weekend  
Courtesy of flyingpointroad.com



# Men’s Basketball Starts Off Hot: A Sign of Good Things to Come?

Cameron Carlson, Managing Sports Editor

The Bobcat men’s basketball team is off to a great start in NE-SCAC play as they sit at 2-1 after two weekends of games, putting them in 3<sup>rd</sup> place in the conference behind just Colby and Tufts. In their opening NESCAC game, Bates relied on some last-second heroics from Kody Greenhalgh ’20 to steal the win on the road at Wesleyan. This past weekend the Bobcats fell to Amherst on Friday but responded in a big way on Saturday, taking down Hamilton in a relatively lopsided victory.

One of the biggest catalysts behind the hot start in league play has been first year Omar Sarr ’23. In conference play, Sarr is leading the NESCAC in both rebounds and blocks per game and he has made his presence felt in the paint thus far.

“I think that we saw a huge coming out party this weekend for Omar” said senior point guard Nick Gilpin ’20. “It’s huge for us to have someone who can protect the rim the way that he did.”

Sarr has come a very long way as a player even since just the beginning of this season: he has gone from being a somewhat rough around the edges center with raw athleticism to one of the most valuable rim protectors in the league with good touch on the offensive end.

Fellow first year Stephon Baxter ’23 has also been a huge

addition to this year’s squad. The defensive spark that Baxter brings off the bench is huge for Bates and allows Coach Furbush to mess around a bit with some of his defensive matchups. Baxter is also lightning quick and has displayed an impressive ability to create his own shot and make tough finishes.

This is not meant to overshadow the fact that the senior backcourt quartet of Nick Gilpin ’20, Jeff Spellman ’20, Tom Coyne ’20, and Kody Greenhalgh ’20 have looked much improved from last season and have done a very nice job leading the team to this point.

Starting the year 2-1 in NE-SCAC play when your first three games are against Wesleyan, Amherst, and Hamilton is not a bad place to be in. These three teams are typically towards the top of the league and have had good starts to the season so far.

It also bodes well for the Bobcats that they were able to quickly shake off the loss to Amherst and come back to trounce Hamilton less than 24 hours later. The Amherst game was a battle most of the way but it got a bit out of hand late and had the potential to be very discouraging at the end of the day.

“I felt like we responded extremely well to adversity” added Gilpin. “After losing Friday to Amherst, the

Saturday game against Hamilton was a huge one for us and we came out and played probably our best game of the year.”

Bates’ next NESCAC contest is on Saturday on the road at Tufts. They follow that up the next weekend by taking on Colby and Bowdoin on Friday and Saturday, both at home. This is going to be a crucial stretch

for the team as they’ll go up against the top two teams in the conference in Tufts and Colby.

If they can find a way to at least take one of those two games and then take down Bowdoin, who they’ve already beaten once this year, there’s a chance they could be playing the last four games of their season with the opportunity to host a first-round NESCAC

Tournament game on the line.

This has been a very exciting start to the year for the men’s basketball team, but it would be too early to start getting ahead of ourselves like that. Crazy things happen in NESCAC basketball, so who knows what the next 7 games over the course of January and February will bring. See you on Saturday in Medford.



# The Everlasting Battle Between Academia and Athletics

Do Athletes Face Stigma from Professors?

Jackson Elkins, Assistant Sports Editor

Bates is far from perfect. No student, professor, administrator, or staff would ever admit to or try to argue that it is, and that is part of what makes it a special place. Acknowledging one’s flaws is a critical aspect of self-improvement, something that is a part of the very fabric that makes up Bates and its community.

This article is not intended to pit student-athletes against professors. To say outright that professors or teaching assistants look down upon athletes would be an utter falsehood. I have created some of my best bonds with my professors at my own competitions that they have gone out of their way to attend, as well as receiving copious support from professors in order to help keep the delicate life that is that of a student-athlete’s in balance.

However, in the light of being imperfect and seeking self-improvement, one would be remiss to believe that the relationship between student-athletes and the academic leaders here at Bates has always been amicable and supportive.

On both sides, rumblings of not dislike, but discontent with respective treatment can be heard. whether it be the student-athletes that, out of a perceived idea of superiority, ‘never try’ in a professor’s seminar, or be it the student-athletes who feel slighted when a professor ‘refuses’ to understand the circumstances of a weekend-long, mul-

tigame road trip that kept them from completing an assignment.

Such rumblings are difficult to ignore, and it is worth acknowledging them – as well as the fault that both student-athletes and professors should assume – in order to begin improving upon them. To sim-

el schedules for competition.

To recommend a student-athlete drop a class rather than trying to accommodate and come up with a feasible solution is irresponsible from a professor at this type of institution. I’d like to say this is an isolated story, but unfortunately this is not the first

blame must still be shared between student-athletes and professors for the creation of this negative culture. While many, many student-athletes both at Bates and elsewhere in the NCAA are hardworking, contributing members of the community, there is al-

However, just as it would be unfair to not criticize those student-athletes who don’t respect their academics, it is equally unfair for professors to generalize all student-athletes into such a category when it is documented time and time again that student-athletes are not just excellent students, but also manage to have a resounding impact on those around them at school, as well as in their greater communities.

All of this said, there is no reason for this negative culture of disdain between student-athletes and professors. While this culture may always exist, it is worth discussing and addressing, because it will never go away without acknowledging it.

I’m not anyone’s parent, so I’m not going to lecture you all in this article about how to behave yourselves and respect others, particularly in the relationship of professor to student, but I will leave you with some parting words from one of my favorite country singers, Kenny Chesney.

Going forwards, I think it would be best for everyone if we all relax, cut each other a bit of slack, and “Get Along.”

**“To say outright that professors or teaching assistants look down upon athletes would be an utter falsehood... However, in the light of being imperfect and seeking self-improvement, one would be remiss to believe that the relationship between student-athletes and the academic leaders here at Bates has always been amicable and supportive.”**

ply continue to ignore them would go against the mission and goals of the institution.

One student, who wishes to remain anonymous, gave a testimony about the treatment of one of their teammates by a professor, stating that their teammate was told to drop a class due to some conflicts with class time and trav-

time I’ve heard this type of story.

This, along with the stories of professors who cannot stand athletes because they believe that they are ‘entitled’ or ‘lazy’, essentially labeling student-athletes as unintelligent without explicitly saying it. These types of generalizations and stereo-typing are unacceptable.

Despite the stories, the

ways bound to be a bad batch.

The batch that I’m talking about is the group of student-athletes that believe themselves to either be better than – or simply don’t care about – their academic work, complicating the life of both professors and other students alike, while also managing to paint a tarnished image of student-athletes across the board.

# Women's Track and Field Dominate DII, DIII Competition at Bates Invite

Quinn Troy, Staff Writer

Under the fluorescent lights of the Merrill Indoor Track on the campus of Bates College, colleges and universities from around New England spent two days battling it out for athletic supremacy.

Although it was merely the Bobcats' second meet of the season, there were little signs of rust as the 'Cats completely dominated their DII and DIII opponents. The men's team won a staggering twelve events while the women's team won thirteen. The Husson University Eagles, Saint Joseph's College Monks, and Franklin Pierce University Ravens simply could not handle the onslaught of athletic talent exhibited by the Bobcats on Friday (1/17) and Saturday (1/18).

The women's team owned the track on Saturday—winning the majority of events and obtaining several clean sweeps. From the beginning, it was all Bates as Paige Rabb '20 won the 400-meter dash with a time of 1:01.05, followed by 3 more Bobcats to obtain a 1-2-3-4 sweep—a rare feat suggesting that this year's season could be something truly special. The 'Cats continued their supremacy on the field by triumphing in the 200-meter dash, won by Cici Conroy '23, and the 1000-meter, won by Vanessa Paoletta '21. Elise Lambert '22 lead a Bobcat 1-2-3 sweep in the 600-meter dash with a time of 1:39.96. Winning three events and sweeping two was certainly a milestone for the

Bobcats, but the team remained hungry for more as dominant performances were abound.

In her second meet as a Bates student, Lily Harding '23 rebounded from her disappointing 4<sup>th</sup> place finish in the 3,000-meter last week by winning the mile outright with a time of 5:29.10, followed closely by sophomore Tara Ellard '22. Additionally, the Bobcats won the 3000-meter dash after first-year Jordan Wilson won with a blistering time of 10:35.51. The 'Cats women's relay teams followed a similar trend, with both the 4x400 and 4x800 teams taking home first prize.

Off the track, the 'Cats excelled as first place was taken home in the long jump (Adelaide Armah '23), high jump (Jordan Tveter '22), and pole vault (Lily Simmons '22).

The Men's Track and Field Team also responded to last week's second place finish by convincingly and authoritatively dismantling their New England opponents across many events.

The 'Cats middle-distance runners especially showed out over the weekend, completely dominating the majority of running events. Peter Ackley '23 won the 400-meter dash with a time of 52.40, while John Mieszcanski '22 won the 800-meter with a time of 2:00.52 and Jackson Elkins won the 1000-meter with a time of 2:37.90.

On the whole, one of the best performances on the day



Megan Lacey '23 races to the high jump and arches over the bar for a clean run.  
THEOPHIL SYSLO/BATES COLLEGE

was from Senior captain Beau-fils Kimpolo-Pene '20 who won the 60-meter hurdles (8.83), the high jump (6'0.75"), and the long jump (20'11.25"). Kimpolo-Pene's convincing performance gave him the most points of any Bates athlete, male or female.

Another notable performance was that of Justin Levine '21. Finishing first in the 5000-meter run, Levine secured a personal record (PR) time—14:58.75. Levine's

marvelous performance averaged a mile time of 4:49. This incredible feat places Levine at #14 nationally amongst DIII men.

The men's relay teams, much like the women's, completely eviscerated their competition. The men's 4x400 and 4x800 each took first place with times of 3:43.72 and 8:18.05, respectively.

Local strongman and mover-of-worlds John Rex '21 continued his supremacy in the weight

throw with yet another first-place finish. Rex is currently ranked at #2 nationally for this competition and ranked #1 for most intimidating person on Bates campus.

The Bobcats will look to continue their winning ways as they travel to Boston University this Saturday (1/24) to continue the upward trajectory in the John Thomas Terrier Classic.

# Bates 'Safe Ride' Shuttle Driver Releases Newest Book, Gives Key Credit to a Bates Student-teacher

Contributed by Paul Baribault

This month the Safe Ride evening driver for students on campus, Paul Baribault, released his newest book. A writer since his early-twenties (circa photo), with a number of plays, screenplays, a collection of poetry and children's books written and a number produced, this is his first venture into the world of nonfiction.

The book's title is 'Our Brilliant Eternity', and quoting from the book's subtitle – it is about "Our Soul's climb toward Enlightenment, and how the Earth is a schoolroom, not a courtroom, in this journey." It wasn't a planned project and overall it's not light reading, which the writer wants to make clear to everyone. But he intersperses humor throughout the work and doesn't always take himself seriously (as evidenced by the pic he provided). And as more evidence, there is an original knock-knock joke in one of the chapters, an ode to Robin Williams with a smiling aside to 'Mrs. Doubtfire' later, and a cool skit with the Beatles' Paul McCartney described below.

More seriously, here are excerpts from the book's back cover, which also appear on its website at, [www.Ourbrillianteternity.com](http://www.Ourbrillianteternity.com).

com:

*"It will take eternity to understand Eternal Mind, and even Heaven will not be a place of stagnation. There will be deeper schools of consciousness to attend, soul-expanding celestial music to absorb, higher and more beautiful states of Being to be realized."*

*'In the Light of Omniscience, what a hurtful thing would be the gift of free will from God's Heart to us, if in its giving eternal suffering was for many souls foreordained.'*

*'Truly there must be rents in the fabric of space and time – portals of Grace into other spiritual dimensions – which exist as a frequency of Love that is all about us, unseen but there...'*

*'... and ultimately we will all get there, to our present destination, back to our Home – to our brilliant Eternity.'*

The book's official publisher, John Hunt Publishing, out of London, will be putting the book out in the fall of 2020. But the author as copyright owner has the option to make the book available in advance of that date, and has chosen to do that. Free-to-the-author publishing on Amazon, made that decision easy.

In addition to the book being available online through the book's website – even easier,

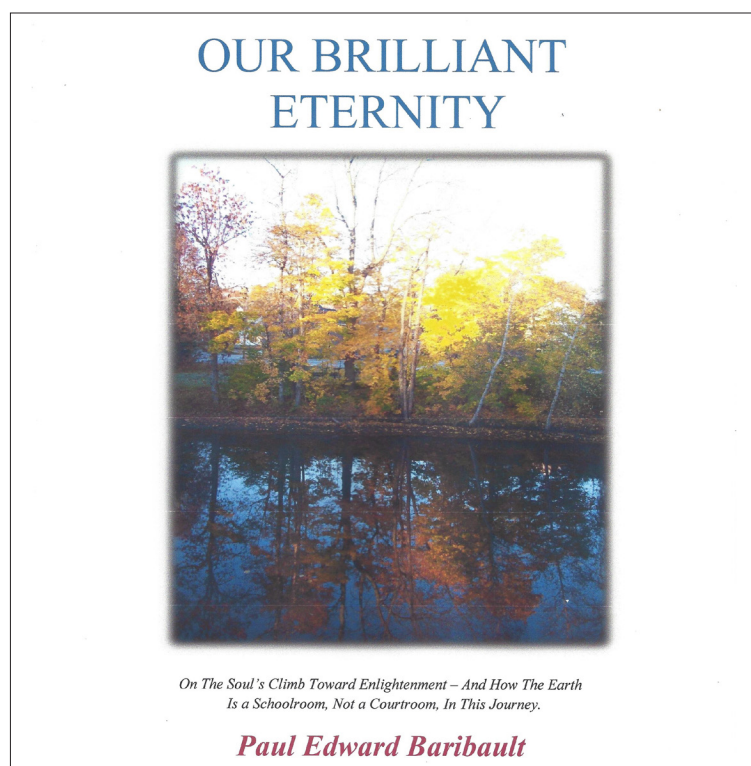
it will soon be available at our bookstore, and also in the Ladd and community libraries.

Book signings and other events may happen in the future, but in the interim Paul invites anyone wanting a book signed to just come for a shuttle ride any Thursday through Saturday night. (On quieter nights, he can also be found waiting for safe-ride calls in the Chase Hall Lounge.)

When getting a ride though, he just asks to please not address him as Sir when you tell him where you'd like to go, as some politely do, because he prefers Paul. And Sir Paul is taken, as the many Beatles' fans he has discovered on campus know. The author says that familiarity with his favorite band came as a nice surprise to him last year, though maybe it shouldn't have.

It's the Beatles after all, who get more than one reference in 'Our Brilliant Eternity' – including in one of the more humorous sketches, that between two opposed and entrenched camps of thought, atheism and fundamentalism, in which Sir Paul McCartney appears as arbiter between them, wearing his thinking cap, a helmet.

The author also wanted to be sure that included in this article is the fact that it was a Bates student teacher, a senior English major when he was a junior at Lewiston High School, whose private encouragements played a key role, he believes the pivotal one, in his decision to pursue a writing ca-



reer after college.

Early last year with the assistance of a high school classmate possessing a better memory (the author recalled the student teacher's first name started with an S... his friend knew her last name was Smyth), and with one of the yearbooks in the Bates library he found her, and he will meet with her a second time in Camden this summer, where she retired after a professional career in NYC – to give her a copy of his latest work.

When they first re-met over lunch and coffee last summer in the village of Camden, after nearly 50 years had passed, he gave her a copy of his illustrated children's book, 'Sleepyheads' –

*Telling Dreams'*, and promised her that should another of his comedy plays be performed in Maine someday, she will have a front row seat. Her name is Sally Smyth, Bates Class of 1965, and someone the author says he owes a debt of gratitude to that he can never repay, for warmly telling him as an English major from a college he revered – an aspiring young writer for whom English was his second language – to "keep at your writing."

More at: [www.Ourbrillianteternity.com](http://www.Ourbrillianteternity.com)