



MIGUEL GALLEGO FOR SPECTATOR

CERTIFIED FRESH | Tineo Roque, owner of Harlem's Finest Mini Market, said customers are buying more of the produce he sells.

Fresh, local produce comes to Harlem bodegas

BY GINA LEE
Spectator Senior Staff Writer

Bodegas are known for their convenience, but a environmental initiative is looking to make them known for their fresh food, too.

Fresh Bodegas, a GrowNYC program, is installing refrigeration units in Harlem bodegas and bringing fresh fruits and vegetables to the locally owned convenience stores.

At Harlem's Finest Mini Market on Adam Clayton Powell Jr. Boulevard at 120th Street, which recently received one of the new refrigeration units, owner Tineo Roque said he's pleased with the customer response.

The additional fresh produce has helped him sell the few fruits he always had, like

bananas, because customers notice the freshness and availability of the produce in the refrigerator. "I got more variety—now they're selling more," Roque said.

Popular choices are the fresh fruits and vegetables, he said, and juices in particular. But it has been difficult to steer people towards greens and away from bodega staples like meat-heavy deli sandwiches.

"The salad part is hard to sell," Roque said. "They're not used to it."

GrowNYC, a citywide non-profit that organizes environmentally conscious programs, partnered with the NYC Strategic Alliance for Health and Red Jacket Orchards, a family farm, to start the program. It is an extension of the Greenmarket, a citywide

network of farmers' markets, one of which comes to Columbia on Thursdays and Sundays.

Harlem resident Eric Jones said it was "not as hard as it used to be" to get fresh food in Harlem because of the increasing trend toward healthy eating.

"It's in demand," Jones said. "We all want to eat healthy. It's the hot thing right now." Fresh bodegas are "a start" in increasing the availability of fresh food in Harlem, he said.

While the total revenue of Roque's store has not increased noticeably, he said, because people buy the fresh produce and juice in place of other products rather than in addition to them, Fresh Bodegas is about promoting easy access to healthy food, according to

Cheryl Huber, assistant director of GrowNYC's Greenmarket program.

"The goal of the program is to provide fresh food in the store where people are already shopping," Huber said. "This really enhances what's there."

The refrigeration units have been funded by a USDA grant and are provided to the bodegas for free, according to Huber, and the fruits and vegetables are all from farmers in the New York City region.

"Because it's coming from local farms, everything is seasonal," Huber said. Red Jacket Orchards restocks the refrigerators once a week with fresh products.

"The response has been really great," Huber said. "We

SEE BODEGAS, page 6

Grad schools develop plans to diversify

BY AMBER TUNNELL
Spectator Senior Staff Writer

Diversity concerns have led most of Columbia's schools to take measures to enhance faculty and pipeline diversity.

"Our faculty are not as diverse as the people are in the communities we serve," School of Nursing Dean Bobbie Berkowitz said. Both the students and the faculty, she said, "need to better reflect the minority and ethnic populations we work with."

The School of Nursing is one of 12 of Columbia's 14 graduate schools to submit three-year plans to the Provost's office outlining ways to make themselves more diverse. Some schools have plans to be more attentive to affirmative action in admissions and job applications, while others will plan more events to make underrepresented minorities feel more included.

Andrew Davidson, vice provost for academic planning, said this individualized approach will be more successful than a unified University-wide

SEE DIVERSITY, page 2

O'Donnell, driving force behind NY same-sex marriage, weds

BY MICHELLE INABA MOCARSKI
Columbia Daily Spectator

After years of fighting for marriage equality, a local gay-rights champion was finally married this week.

New York State Assembly member Daniel O'Donnell, the first openly gay man to be elected to the New York State Assembly, married his partner of 31 years, John Banta, on Sunday.

O'Donnell, who lives in Morningside Heights and represents parts of the Upper

West Side, Manhattan Valley, and Morningside Heights, was the legislative sponsor of the Marriage Equality Act, signed into law last June. That law legalized same-sex marriage in New York and granted gay couples the same marriage rights, responsibilities, and protections as heterosexual couples.

O'Donnell and Banta got engaged just minutes after the state legislature passed the act in June.

They were married on Sunday by Judith Kaye, the former chief justice of the state Court

of Appeals, at Guastavino's, the Upper East Side restaurant. At the ceremony, Kaye recalled O'Donnell urging his fellow Assembly members to pass the bill so that he could experience the same thing many of them had done "two or three times."

The wedding was followed by a disco dancing party for more than 400 people, including O'Donnell's sister, actress and comedienne Rosie O'Donnell. On Tuesday, O'Donnell and Banta left for their honeymoon in Paris.

The gay-marriage bill has been a long time in the making—it was initially passed by the Assembly, but not by the State Senate, in 2007. O'Donnell and other proponents led the bill to passage in the Assembly twice in 2009, only to see it stalled again in the Senate. In his fourth attempt, O'Donnell was successful in passing the bill in both the Assembly and Senate, and Governor Andrew Cuomo signed it into law on June 24.

THE ROAD AHEAD

Passing the Marriage Equality Act was a moment of victory for O'Donnell and the gay-rights movement. But O'Donnell stressed that there was more progress to be made, including at the federal level. He said he viewed the decision of President Barack Obama, CC '83, to no longer defend Section 3 of the Defense of Marriage

Three vying for UWS City Council seat

Local pols seek to reform education, jobs in '13 election

BY DAPHNE CHEN
Spectator Senior Staff Writer

A year and a half before elections, the race for a vacant Upper West Side City Council seat is already heating up.

Former Community Board 7 chairs Mel Wymore and Helen Rosenthal and Democratic District Leader Marc Landis have all declared they will seek the seat currently held by Gale Brewer.

All three have been members of CB7, the most local form of city politics and community advocacy that advises on Upper West Side issues. Wymore, 49, a systems engineer, chaired the board from 2009-2011.

Rosenthal, 51, was the CB7 chair for the two years before Wymore and managed the healthcare budgets of New York's hospitals for the Office of Management and Budget under former mayors Ed Koch, David Dinkins, and Rudy Giuliani.

As district leader, Landis, 49, serves as a liaison between Democratic officials and residents and helps with elections. Landis, an attorney at the law firm Phillips Nizer, is the most recent candidate to enter the race. Although he has not yet formally announced his candidacy, he registered his committee on Jan. 20 and created public Facebook and Twitter campaign pages.

ISSUES AND TRACK RECORDS

The step up to City Council would mean playing a larger role in city-wide policy debates for these Upper West Side advocates.

A CB7 member since 1996, Wymore said affordable housing, strong public education, and environmental sustainability are some of the top policy issues he would pursue, emphasizing that he wants his constituents' opinions to be heard throughout.

"This is one of the most amazing neighborhoods," Wymore

said. "It's so diverse, interesting, engaging. If we decide that's what we want, we can keep sustaining that kind of urban life, that character, color, vibrancy, that mix."

In his time as CB7 chair, Wymore championed an expansion of the West Side YMCA, encouraged the construction of protected bike lanes on Columbus Avenue, and brokered a deal with Extell Development Company to redesign the Upper West Side Riverside Center, a mixed-use development project west of Columbus Circle, to be more welcoming to locals.

Rosenthal brokered the Riverside Center deal along with Wymore, and currently chairs ParentJobNet, an organization that sets up free on-site ESL classes, job training, computer training, and career counseling in local elementary schools to connect with parents who have school-age kids.

She said that lowering the unemployment rate is her top priority. "We have to improve our systems for getting people access to jobs that currently exist and we have to increase investments in the city in order to create new jobs," she said.

"What the mayor has done now for Roosevelt Island for Cornell is brilliant," she said, referencing Mayor Michael Bloomberg's recent selection of Cornell as the recipient of a \$100 million grant to build an applied science campus on the island in the East River.

"We should be doing five more of these," she said. "We should be opening the doors to small tech firms and providing space and access for these startups that are doing exciting new things."

Landis said his biggest priorities are fixing overcrowded schools, eliminating overreliance on charter education, and making housing affordable.

SEE CITY COUNCIL, page 2

CUMC study pinpoints origins of esophageal cancer

BY KELLY LANE
Spectator Staff Writer

Researchers at Columbia University Medical Center are challenging previous claims about the origins of esophageal cancer—and their findings may prevent future cases.

Dr. Timothy Wang, a professor of medicine at the College of Physicians and Surgeons, recently published a study showing that the major biological events that can give rise to esophageal adenocarcinoma—fast becoming the most prevalent tumor in the United States—take place in the upper stomach, disproving medical experts who have thought otherwise for years.

The events that give rise to EAC were initially thought to take place in the stomach, but experts over the past few decades guessed that they started in the esophagus, which



SEE O'DONNELL, page 2

SEE ESOPHAGUS, page 2

A&E, PAGE 3

Pat Blute is 'Hardcore'

Student filmmaker Blute, CC '12, dishes on his viral campus success and his new musical, "Spears."



OPINION, PAGE 4

Don't say sorry

Noel Duan urges women to stop the excessive apologizing.

Stretched thin

Samuel Roth muses on the busy lives of Columbia students.

SPORTS, BACK PAGE

Hall's stronger-than-ever wrestling career

Injury will not hinder Columbia assistant coach Adam Hall, once a Boise State wrestler, from competing at the international level and going to the 2012 Olympic team trials.

EVENTS

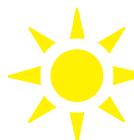
What is the Future of the Past?

Architect David Chipperfield delivers the Paul S. Byard Memorial Lecture on his reconception of Berlin's Neues Museum.

Wood Auditorium, Avery Hall, 6:30 p.m.

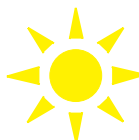
WEATHER

Today



47°/31°

Tomorrow



49°/34°

O'Donnell to continue LGBT activism

O'DONNELL from front page

states to pass laws in favor of marriage equality for all citizens, which we will hopefully see soon in Washington, Maryland, and Maine,” Martinez said. “This leadership shown by governors for marriage equality, which I believe was sparked with Governor Cuomo’s determination to pass marriage equality in New York, is, I think, a powerful new force that many states will be utilizing in the future.”

Late Wednesday night, the Washington State Senate passed a similar bill to New York’s, almost guaranteeing it would



COURTESY OF DANIEL O'DONNELL

MR. AND MR. | State Assembly member Danny O'Donnell, who was married Sunday, reaffirmed his commitment to LGBT issues.

become the seventh state to legalize same-sex marriage, according to the New York Times.

MORE THAN MARRIAGE

But gay rights goes beyond just marriage. Barry Weinberg, CC '12 and co-president of Everyone Allied Against Homophobia, said that the future of the gay rights movement needs to focus more on the daily battle against discrimination toward LGBT individuals and expand the idea of equality.

“Marriage is a very big symbolic issue, but lots of things affect lots more people on a day-to-day basis than marriage,”

Weinberg said. “And it’s dealing with these things and dealing with education, and sort of very visible tolerance saying that discrimination is not acceptable. Those are really the sort of fundamental day-to-day victories that the movement will have to keep fighting for.”

Some of the daily issues related to discrimination that need to be addressed, Weinberg said, include protection for LGBT individuals to express their orientation or gender without fear of being displaced from homes, fired from a job, or attacked on the street. Weinberg said state and local LGBT groups have been focusing on issues like these.

“It’ll be a lot about protecting everyone under this spectrum, especially the most vulnerable. It’ll be dealing with those populations whose needs are unmet,” Weinberg added.

O'Donnell also worked on a comprehensive anti-bullying bill for state public schools. He is the main sponsor for the Dignity for All Students Act, an anti-bullying bill that was signed into law in September 2010. The law, which comes into full effect on July 1, 2012, protects students from bullying and harassment, and was one of the first laws in state history to include gender identity and expression as protected categories.

“State school environments are very important, and extending that to college environment would also be very important,” O'Donnell said. “We need to do a better job at protecting our children.”

news@columbiaspectator.com

Study: esophagus, not stomach, source of cancer

ESOPHAGUS from front page

carries food from the back of the mouth to the stomach.

“Our conclusion is similar to what was originally thought, but different from what has been thought for the past 20 or 30 years,” Wang said.

A chronic inflammation called Barrett’s esophagus—often a precursor to EAC—has been found in patients with acid reflux, so the team of researchers attempted to recreate these symptoms in mice. However, mice are incapable of having acid reflux, making the research much more difficult.

“They’ve been done for almost every cancer except EAC,” Wang said.

To induce inflamed esophagi, Wang and his team injected cells into mice, creating symptoms similar to those a person

with acid reflux would have.

“Interestingly, when we went back and analyzed changes over time, it became very clear that the changes were coming from the top of the stomach,” Wang said.

This finding reveals why researchers have had so much difficulty studying EAC in the past—they had been focusing on the wrong type of cell, esophageal instead of upper-stomach.

“When you are trying to make a mouse model, you have to know the cell type you are targeting,” Gloria Su, assistant professor of molecular biology at CUMC, said.

Researchers also discovered that by blocking the enzymes from reaching the Notch signaling pathway, which helps pre-malignant cells survive and spread, these healthy cells began to die out.

These findings have promising implications for patients. Barrett’s esophagus patients are screened regularly for EAC, and this new research may make EAC prevention and treatment easier.

“Anywhere between 5 percent and 10 percent of patients who have acid reflux will come down with Barrett’s,” said Chandra Ivey, assistant professor of clinical otolaryngology and director of head and neck surgery at CUMC. “If we can try to predict earlier who is going to have more difficulty, we can treat them earlier.”

These findings will be especially helpful for treatment at Columbia, which has one of the largest Barrett’s esophagus centers in the country.

“You can see how this could be a great continued collaboration at Columbia,” Su said.

kelly.lane

@columbiaspectator.com

Grad schools reaffirm diversity goals

DIVERSITY from front page

initiative due to the differing natures of diversity at each school.

Although all plans are similar in their goal, they vary as to the specific steps that will be taken and the timeline with which policies will be implemented.

“There is not a one-size-fits-all way of fixing diversity that would be successful,” he said.

The proposals are the result of meetings between Davidson, former Provost Claude Steele, and the leadership of each of the Columbia schools during the spring 2011 term to discuss diversity on campus.

Davidson said that some schools have shown interest in enhancing mentoring programs or bridge programs, with which his office plans to assist. Davidson and Interim Provost John Coatsworth also plan to meet with the deans regularly to check on progress.

Davidson would not say which two schools had yet to submit their proposals. Coatsworth wrote in an email to faculty in December, “To date, 12 of 14 schools have submitted plans and the remaining two are working to finalize theirs.” At the time, Coatsworth said he hoped to pass along the plans to University President Lee Bollinger by “early in the new year.”

Berkowitz said she considers diversity to be a major goal for the School of Nursing and is focused on creating a culture of inclusion so that “our actions,

and who we are, and what we care about, makes people feel that we are a place for someone like them,” regardless of their race or ethnicity.

The nursing school has a diversity and culture team that provides mentors for minority students and faculty at the school and organizes events to promote and celebrate diversity.

No matter what background a new hire comes from, “We want them to feel comfortable here,” she said.

Of nearly a dozen students interviewed, every one said they thought the University needed to be more diverse.

“I feel like the majority of the faculty does not look like me,” John Hamilton, CC '13, who is black, said. Hamilton said he believes the University needs to “take an in-depth and critical look at it [their recruitment practices] to see if it could be excluding people who could bring new perspectives to campus.”

He also said he thinks mentoring programs for underrepresented minorities would be beneficial to the University. “Underrepresented minorities do better when they have someone to look up to,” he said.

Scarlett Vialovos, GS, agreed that the faculty needs to be more diverse. “I haven’t seen many professors of color,” she noted.

At the School of Social Work, diversity “doesn’t appear to be there,” Russell Chou, SSW, said.

Administrators said they would take a more critical look at the way they recruit applicants, both for students and faculty.

Keith Gardner, the director of faculty affairs and special projects at the Business School, said that, prompted by these reports, she plans to “look further and deeper for good high-quality candidates” from underrepresented minorities and women.

“I think we’ve made important strides in recent years, but we strive for greater diversity,” Gardner said. She believes there is greater diversity in undergraduates and Ph.D. candidates than in tenured faculty “because of the increased awareness of the benefits of diversity over the past decades,” she said. The Law School plans to ensure it is giving serious consideration to diverse applicants, mentoring the diverse junior faculty, and diversifying at the senior level, Dean David Schizer said in an email.

Since 2005, Schizer said 39 percent of the 28 new faculty members have been women, and 22 percent have been people of color. In the class of 2014, 48 percent of those admitted were women and 38 percent were people of color. All of the data represent a significant increase in diversity from a few decades ago, he said.

Davidson said there is nothing more important than diversity at a university. “We believe it enhances the excellence of the whole academic experience,” he said. “If we want our educated class to represent society, they have to give everyone a field they can succeed in.”

amber.tunnell

@columbiaspectator.com

CB7 stalwarts running for City Council

CITY COUNCIL from front page

“We have an obligation, not just a legal obligation, but a social and ethical obligation, to make sure every young person has access to the best quality education,” Landis said.

“It’s part of the social compact that we have to enter into as a society,” he added. “We’re not doing that right now, and some of our policy decisions are short-sighted in that they help small groups of students in the short run but don’t help them in the long run.”

In 2011, Landis represented a group of Upper West Side parents who sued to keep a controversial charter school, UWS Success Academy, from co-locating with an existing school, arguing that it would take away funding and space from non-charter school students in need.

The parents lost the case, which, Landis argued, “means the kids who get left behind are the ones who may come from a different economic background, may not have same level of parental involvement, who may not have parents who can help fill out applications.”

“I place a high value on education institutions,” Landis said. “They not only feed minds and allow our minds to grow, but are also sources of jobs and not just for professors but for everybody from mid-level executive types to sports staff.”

POLITICAL STRATEGY

“I want to change the paradigm of decision-making, change the conversation completely from one that receives applications and votes yes or no and reacts, and instead create a vision for the community that is the result of a collaborative conversation over time,” Wymore said.

He cited the Riverside Center Project as an example of the type of collaborative decision-making that he wants to promote. Wymore said that by bringing together a consortium of architects, urban planners, activists, and developers over two months,

the conversation resulted in not only a new public school but also a redesign of the complex to include a public plaza and walkways leading to local parks.

Rosenthal, a staunch supporter of NARAL Pro-Choice America—an organization that opposes restrictions on abortion—and an activist against illegal gun use, cited a creative and no-nonsense approach to the often hypercritical politics that make working with bureaucracy a nightmare.

For instance, in 2010, Rosenthal pushed the city to form P.S. 452, on 77th Street between Amsterdam and Columbus avenues. She worked on a data collection team that disproved the Department of Education’s claim that the district had 1,500 empty school seats.

“I looked at the data for that year, and 2,500 of new apartments that had been built in our district were two bedrooms or more,” Rosenthal said. “You cannot tell me we are not adding a tremendous amount of students to our school. Five or six of us, we went through school by school, class by class, grade by grade. ... That’s the kind of detailed analysis that I think people need to be doing.”

Landis said he is running because he is committed to civic improvement and has the track record to prove it.

“First and foremost, I am a political activist and an organizer. I look at a situation and say, rather than reacting to what we’re presented with, how can we take the challenges that we’re presented with, build on them and make an affirmative campaign,” he said. “It’s not really about distinguishing myself from the other candidates, it’s about what I stand for, the record of community involvement and accomplishment that I have,” he said.

A DIVERSE FIELD

Though all three make their home on the Upper West Side, none is a native New Yorker.

Wymore lived in Arizona for the first 26 years of his life, graduating from the University of

Arizona in 1987. Rosenthal hails from Livonia, Mich. and is a graduate of Michigan State and Yale.

And although Landis’ wife is a Barnard and SIPA graduate, Landis himself is a Princeton alumnus and a Philadelphia native. He joked that he was “very pleased about Princeton’s win over Columbia at the basketball game.”

If elected, Wymore would also be the first transgender member of City Council. Wymore, who was born female, underwent gender reassignment as he was elected chair of the community board in November 2009.

“To me, my gender transformation means it’s time to be more inclusive and include more people in decision-making and create a city where individuality is a norm and not the exception,” Wymore said. “New York is inclusive, but it could more so.”

Others who have been named as possible contenders include State Assembly member Linda Rosenthal, current District 3 Community Education Council president Christine Annechino, and former District 3 CEC president Noah Gotbaum, but none have officially registered.

Wymore and Rosenthal have both raised over \$60,000 to date. Landis just registered a committee on Jan. 20, past the last funding disclosure deadline on Jan. 15.

New York City’s strict election rules mandate a spending limit of \$168,000 for Council candidates.

“Everyone will raise the money,” Rosenthal said. “It’s not going to be about the money. I think it’s really going to be about the issues. Upper West Siders are looking to see what people have done, what their experience has been, and where they stand.”

A City Council member since 2002, Brewer, who can’t run for re-election because of term limits, said that she is considering running for Manhattan Borough President and will decide soon. She declined to comment on the field of candidates running to replace her.

daphne.chen
@columbiaspectator.com

THE CANDIDATES



MEL WYMORE

Former Community Board 7 Chair

Age

49

Occupation

Systems Engineer

Money Raised

\$64,381

Key Achievements

West Side YMCA expansion, protected bike lanes on the UWS, redesign of the UWS Riverside Center

Alma Mater

The University of Arizona



MARC LANDIS

Democratic District Leader

Age

49

Occupation

Attorney at Phillips Nizer

Money Raised

N/A (only recently registered finance committee)

Key Achievements

Representing UWS parents suing a charter school, community organizing for liberal causes

Alma Mater

Princeton, UPenn, NYU



HELEN ROSENTHAL

Former Community Board 7 Chair

Age

51

Occupation

Chair of ParentJobNet

Money Raised

\$61,841

Key Achievements

Creation of PS 452, redesign of the UWS Riverside Center, managing city hospital health-care budgets under three mayors

Alma Mater

Michigan State, Yale

*All money raised is as of Jan. 15. All information taken from interviews or from the candidates’ websites or Facebook pages.

PHOTOS (L-R) BY HENRY WILLSON / SENIOR STAFF PHOTOGRAPHER, COURTESY OF MARC LANDIS, AND HANNAH MONTOYA FOR SPECTATOR / GRAPHIC BY YUMA SHINOHARA AND CASEY TOLAN

Authentic Ethiopian Cuisine

ETHIO CAFÉ & RESTAURANT

545 West 125th Street (between Broadway & Amsterdam)
Tel: 212.663.1729 • Fax: 212.663.1715

LUNCH SPECIAL

\$7.95

Monday - Friday • 12:00 pm - 4:00 pm

10% off for Columbia Students & Staff (not valid w/Lunch Special)

FREE DELIVERY

Student filmmaker, actor still on a ‘hardcore Columbia odyssey’

BY MICHAL GREENSPAN
AND JADE BONACOLTA
Columbia Daily Spectator

Call Pat Blute, CC '12, on a random Wednesday evening, and you may find him amid crazy background noise running First Wednesday Travel Trivia at Village Pourhouse. It's one way that Blute, also well-known for his Bwog video series “Bwog Weather” and “HardCore,” allows his humor to make a name for himself around campus.

He is taking on his next challenge as the writer and director of “Spears,” a production that tells the story of the New Testament through the music of Britney Spears.

In his work and personal life, Blute said that he tries to keep it light. For Blute, that attitude has grown out of odd life experiences—in high school, he won a free trip around the world.

“A lot of the way I try to engage with people is just to be open to anything and everything,” Blute said. “I don't know how to take life too seriously.”

Blute will do anything to capture what he called the “hardcore Columbia odyssey.”

“I believe in turning something totally boring like weather into something extravagant,” he said. “In the videos, I'm painting, making omelets, I jumped into the Hudson.”

Blute has been very involved in the entertainment scene at Columbia over the past four years, from acting out a cultish COÖP leader in the Varsity Show to producing a short film for the Columbia College Senior Fund.

“I dodge around all different arenas of the creative world. I'm comfortable both on stage and behind the camera—I try not to pigeonhole myself and have tried out all different capacities to be the

best at what I do,” Blute said.

Although he came up with the idea for “Spears” five years ago, Blute wrote the script while taking a semester on an island off the coast of Australia. “I would listen to my iPod every day ... and just going through the random shuffle, some Britney would come on and it would be like, ‘You know what, that project that I came up with years ago, that just seems relevant right now,’” Blute said.

Even the faculty is excited for the performance in April. “My inclination is to think that anything Pat does is awesome, but the fact that it's a commentary on the gospel somehow ... just amuses me,” said Christia Mercer, professor of philosophy and chair of Literature Humanities, who appeared in Blute's HardCore videos.

Regarding the five-year gap between conception and production of the show, Blute said, “Believe it or not, it took a really, really long time and a really, really overcomplicated analysis of what this could be and what this show would stand for.”

Blute—who was raised Catholic and had always been interested in history—is aware of the show's potential for controversy, but hopes the show will be refreshing. “It is an extremely tasteful piece and it is an extremely respectful piece, and it's also a piece that will leave you engaged in the type of conversation and thought that you would expect from a Columbia production,” Blute said.

To Blute, “Spears” is just the latest chapter of a performing career that began at the age of 10. Since then, he said, his main outlook on life has been “being open to whatever comes your way ... and love whatever you're doing. Love what it is. Love everyone that's a part of it.”

arts@columbiaspectator.com



ZARA CASTANY / SENIOR STAFF PHOTOGRAPHER

CAMPUS CHARACTER | Campus theater fixture, Pat Blute, CC '12, says that he likes to take chances and live advenurously. Students can see Blute's “Spears” this coming April.

Head to Shahi Biryani for delicious Indian fare, not for atmosphere

BY KIMBERLY TOPILOW
Spectator Staff Writer

Walking past the corner of 109th and Columbus Avenue, the smell of curry and cardamom seeds will draw the adventurous foodie into Shahi Biryani & Grill, a small Indian-Pakistani joint.

Customers can either eat in or take out, the latter being the best option at this flavorful local spot. Shahi does offer around eight tables with two or four seats, but there is absolutely no atmosphere. When you walk in, there is a glass deli-like enclosure on the left, in which several metal trays of food are on display, and the tables on the right. On a Tuesday night at around 8, there were maybe one or two other people eating in, making for a very quiet cafeteria-like setting. Instead of being waited on, customers go up to the counter and point to whichever items in the glass enclosure they want. There is a bit of a language barrier, so it's important to speak simply and point forcefully—and come with cash.

The wealth of options on the menu are served casually on paper plates. Those who want a standard Indian dinner of naan and chicken tikka masala will find that here for only a few dollars. The naan, which comes as a large, puffy circle, is highly recommended. My dining companions and I were hard-pressed not to polish off the hot,

pull-apart soft bread too quickly.

More adventurous eaters may be enamored with the goat curry, a hearty stew composed of tender chunks of goat meat and a thick, simmering sauce. Shahi makes this dish very well. The meat is not too chewy and the sauce has a nice balance of sweetness and spice. Shahi's namesake dish, the biryani, can be made with goat, chicken, or vegetables. The chicken biryani arrived as a heaping plate of yellow rice sprinkled with herbs and spices and dotted with pieces of bone-in chicken. While the chicken was a little dry and under-seasoned, the rice was flat-out addictive. My fellow diners and I kept scooping it up until it was gone. Pairing it with curry or sauce from one of the other entrées would probably make for a tasty dish as well.

Vegetarians have plenty to choose from at Shahi. Vegetable biryani, chickpea stew, palak paneer—creamed spinach with chunks of white cheese—and mixed sauteed vegetables are available, among other choices. The mixed vegetables are a delicious way to get some fiber, with a melange of carrots, cauliflower, peas, and onions making for a light, fragrant side dish. When the Indian munchies strike, instead of gorging on cream-laden roti rolls, students should satisfy their cravings with the cheap, reliable fare at Shahi.

arts@columbiaspectator.com



VITALY DRUKER FOR SPECTATOR

DIG IN | At Shahi Biryani, appearances can be deceiving. The delicious, cheap Indian bites inside make up for the modest storefront and bland interiors.

B-school alum, founder of Liz Claiborne shares tips for success in fashion

BY MICHAL GREENSPAN
Columbia Daily Spectator

To most people, the world of fashion is synonymous with catwalks and clothing. Jerome Chazen, Bus. '50 and the founder and former CEO of Liz Claiborne, asserts that the real secret is in the strategy in his new memoir “My Life at Liz Claiborne: How We Broke the Rules and Built the Largest Fashion Company in the World.”

“I wanted to get the message across about the business of fashion and how important business skills and a business approach to the fashion industry is,” Chazen said. “It's not all ‘Project Runway.’”

The book takes readers back to Chazen's glory days at Liz Claiborne, where he explains how he turned a fashion line into a multibillion dollar company.

According to Chazen, his success grew out of an emphasis on an international business strategy.

“The general feeling way back then was America's got everything,” he said. “We have the raw materials, we have the factories, we have the people, we have the money. We don't need anybody else.”

But traveling changed his perspective.

“When I got into retailing and started to travel, I realized how important overseas was, and Americans just can't shut some imaginary door and say overseas doesn't exist.”

Chazen also led Claiborne with an eye for marketing. Liz was the first brand to convince department stores to display their clothing together in one section as one brand, instead of the categorical setup found in every department store, Chazen said. This system that shoppers have become so familiar with today is a direct result of such innovations, he said.

Chazen, a graduate of Columbia Business School, attributes many of these innovations to his education.

“The background that I got in Columbia, in finance, accounting and a lot of the other things ... made it much easier for me to do the things we had to do as we were growing from zero to hundreds and hundreds of millions and finally billions of dollars,” he said. “I understood the essence of how these

things worked, and that was Columbia.”

In 1991, Chazen donated \$10 million to fund the Jerome A. Chazen Institute of International Business at Columbia Business School. The Institute focuses on promoting overseas business, through programs such as the Chazen Language Program, the Chazen International Study Tours and the Chazen MBA Exchange Program. Today, he serves on the Institute's board. Though such programs seem a natural fit for Chazen, writing a memoir presented a different kind of challenge, taking Chazen two years to write.

“I wanted to get the message across about the business of fashion ... It's not all ‘Project Runway.’”

—Jerome Chazen,
founder of Liz Claiborne

“The book was written by my talking into a tape recorder, and then transcribing all of the notes onto paper, reading the paper and to some degree editing what I had spoken,” he said.

For students looking to enter his field, Chazen offered some words of wisdom.

“It's essential that anybody that would like to be part of the fashion world should have a thorough grounding in retail, because it's retailing that gets you closest to the consumer,” Chazen said. “And understanding the consumer is really the big secret of how you make your way in the fashion industry.”

And for the rest of the Columbia students who are heading into fields as far from suits and stilettos as you can get?

“If people are really interested in doing something, they should learn their craft and make sure they understand the business.”

arts@columbiaspectator.com

Autobiographies inspire Sundance award-winning films by SoA alums

BY ALEXANDRA MARTINEZ
Columbia Daily Spectator

Columbia filmmakers won big this year at Sundance with personal narratives.

Though the 13 films in competition made by School of Arts alums range in genre, length, and language, all have the same dedication to craft and storytelling, something that producer Jacob Jaffke, SoA '10, and director Russ Harbaugh, SoA '11, attribute to their years studying at Columbia.

“Sleepwalk with Me,” the “sleeper hit” produced by Jaffke, won the best of NEXT Audience Award at the Utah festival from Jan. 19-29. The film tells the autobiographical story of director and comedian Michael Birbiglia as he struggles to maintain his career and personal life while dealing with a case of severe somnambulism. The film is based on Birbiglia's successful off-Broadway one-man show, which convinced Jaffke to help produce the film.

“To be an objective director was difficult, because it was ultimately something that he [Birbiglia] lived ... personal investment often clouds your judgment, but Mike was able to serve the story rather than himself,” said Jaffke.

Similarly, Harbaugh, writer and director of the short film “Rolling on the Floor Laughing,” focused on a very personal form of storytelling in his work, which premiered in last spring's Columbia Film Festival. The autobiographical film chronicles the awkward and uncomfortable meeting of a mother's new boyfriend and her two adult sons, which produces scenes of malicious humor.

“The script started with interviewing my mom when she started to date again after my father's death,” Harbaugh said. “She would have anecdotes about it that were just interesting from an artistic standpoint and that produces a lot of different

feelings, emotions and some that were contradictions and it felt that I was removed enough from the fact that my dad was dead.”

Though the scenes feel like the improvised conversations of any family, Harbaugh said the documentary style was intentional and specifically prepared, a directorial tactic he learned while in the SoA.

“Columbia allowed more than just coursework. It allowed time to be seriously involved in film, time to work through different phases of what being a writer and director was,” said Harbaugh.

“It's encouraging to go to a place where you don't have to make ‘Transformers’ to be successful,” said Jaffke. “I got to learn what everything meant in a more theoretical sense, every decision affects the story in a way and will affect the outcome. It made me pick good projects and see things in filmmakers and scripts I don't think I would've seen had I not gone through it.”

Both films have received praise from critics and filmgoers alike. During the third screening in Salt Lake City, Jaffke recalled a packed theater, proving that people respond “on a universal level” to stories that “act out every person's inner monologue, and tell it in a really funny and interesting way.”

Likewise, Harbaugh is in negotiations to expand “Rolling on the Floor Laughing” into a feature film where he hopes to delve deeper into the “neighborhood of personal storytelling.”

At the festival, three films from Columbia filmmakers took home awards: the U.S. Dramatic Special Jury Prize for Excellence in Independent Film Producing, the Best of NEXT Audience Award, and the World Cinema Jury Prize for “Smashed,” “Sleepwalk with Me,” and “Violeta Went to Heaven” (“Violeta se Fue a Los Cielos”), respectively.

arts@columbiaspectator.com



The 136th year of publication
Independent since 1962

CORPORATE BOARD

SARAH DARVILLE
Editor in Chief

MAGGIE ALDEN
Managing Editor

ALEX SMYK
Publisher

MANAGING BOARD

SAMMY ROTH
Campus News Editor

FINN VIGELAND
City News Editor

ANDREA GARCÍA-VARGAS
Editorial Page Editor

LANBO ZHANG
Editorial Page Editor

ABBY MITCHELL
Arts & Entertainment Editor

REBEKA COHAN
Sports Editor

JEREMIAH SHARF
Sports Editor

JUSTINE HOPE
Multimedia Editor

STEPHEN SNOWDER
Spectrum Editor

ASHTON COOPER
The Eye, Editor in Chief

CATHI CHOI
The Eye, Art Director

ANNELIESE COOPER
The Eye, Managing Editor; Features

MEREDITH FOSTER
The Eye, Managing Editor; Optics

ABIGAIL FISCH
Head Copy Editor

ZARA CASTANY
Photo Editor

MAYA FEGAN
Design Editor

ISAAC WHITE
Design Editor

JAKE DAVIDSON
Online Editor

TALA AKHAVAN
Staff Director

REX MACAYLO
Sales Director

DANIELA QUINTANILLA
Finance Director

ROB FRECH
Alumni Director

DEPUTY BOARD

News Editors

Jeremy Budd, Yasmin Gagne, Ben
Gittelson, Jillian Kamagai, Gina

Lee, Margaret Mattes, Casey Tolan
Opinion Editor

Grace Bickers

Arts & Entertainment Editors

Joseph Pomp, Katy Tong

Sports Editors

Trevor Cohen, Myles Simmons

Multimedia Editor

Naomi Cohen

Copy Editor

Emily Sorensen

Photo Editors

Ayelet Pearl, Kate Scarborough,

Henry Willson

Photo Training Editor

David Braun

Graphic Design Editor

Yuma Shinohara

Sales

Wes Rodriguez, Ethan Yee

Finance

Marilyn He, Noah Kolatch,

Jiaqi Liu, Bruno Mendes, Kinno

Norjono

Alumni

Audrey Greene, Amanda Kane,

Kristine Musademba

ASSOCIATE BOARD

News Editors

Daphne Chen, Melissa von

Mayhauser, Emily Neil, Jessica

Stallone, Henry Willson

Editorial Page Editors

Rae Binstock, Luke Foster, Jessica

Geiger, Joohyun Lee, Sonalee Rau,

Alan Seltzer

Arts & Entertainment Editors

Jade Bonacolta, Allie Carieri, Stefan

Countrymann, Alison Herman,

Charlotte Murtishaw, Lesley Thulin

Sports Editors

Muneeb Alam, Hahn Chang,

Mississa Cheung, Steven Lau, Alison

Macke, Mia Park, Eli Schultz, Josh

Shenkar, Eric Wong

Copy Editors

Abby Abrams, Peter Andrews,

Natan Belchikov, Augusta Harris,

Megan Kallstrom, Hannah Laymon,

Rukmini Mahurkar, Natalia Remis,

Alexandra Salerno, Andrea Shang,

Ben Sheng

Photo Editors

Maria Balsinde, Chabli Bravo,

Douglas Kessel, Kevin Roark, Lucy

Suarez

Page Design Editors

Chancellor Agard-Wilson, Lillian

Chen, Andrew Demas, Diana Ding,

Sarah Greenberg, Regie Mauricio

Graphic Design Editors

Celine Gordon, Kay Lodge, Sirijohn

Smith

Illustrations Editor

Runtao Yang

Staff Development

Youjung Jun, Aigerim Saudabayeva

Sales

Shaun Ang, Erin Chuah, Nora Long,

Rebecca Pottash, Jessica Skoczylas

Finance

Emily Aronson, Andrea Bonilla,

Erin Chuah, Dat Dang, Patrick Fu,

Jesse Garrett, Alex Ge, Marilyn

He, James Horner, Frankie Lam,

Louis Lin, Ayan Nasir, Andre Paiva,

Rubab Rehman, Wes Rodriguez,

David Shi, Ethan Yee, Grant Yuan,

Kevin Zhang

Alumni

Marquerite Horikawa, Maren

Killackey, Rukmini Mahurkar,

Danielle Ng, Moriah Schervone,

Malina Welman, Diarra White,

Wenzin Yan

EDITORIAL BOARD

Hannah D'Apice, Richard Falk-
Wallace, Simon Gregory Jerome,
Marcela Johnson, Robin McKay,
Virgilio Urbina Lazardi

WEDNESDAY NIGHT STAFF

Copy

Sebastian Hendra, Stephanie

Balakrishnan

CONTACT US

2875 Broadway, 3rd Floor

New York, NY 10025

info@columbiaspectator.com

Twitter: @CU-Spectator

PHONE & FAX

Daily Spectator (212) 854-9549

Business (212) 854-9550

Business Fax (212) 854-9553

EDITORIAL POLICY

For more information about the

Columbia Daily Spectator and

editorial policies, visit

www.columbiaspectator.com/about.

CORRECTIONS

The Columbia Daily

Spectator is committed to

fair and accurate reporting.

If you know of an error,

please inform us at

copy@columbiaspectator.com.

COMMENTS & QUESTIONS

For general comments or

questions about the

newspaper, please write

to the editor in chief and

managing editor at

editor@columbiaspectator.com.

Sorry I'm not sorry

I am a chronic apologizer and you may be one, too, without even realizing it. I've apologized for speaking up in class. I've apologized for not speaking up in class. I've apologized for being late. I've apologized for being early. I've basically apologized for being a human being with an opinion—but I will not apologize for this column.

My sophomore year, in my class, The Interpretation of Culture, a fellow female student prefaced her question with the following phrase, “I’m sorry. I’m not sure, but I think ...”

Professor Paige West, who defines BAMF in my mind, interrupted her right there. “Don’t apologize ever again. Qualifying your statement with an apology is something that female students do all the time,” she said, in front of the entire lecture class.

I quickly jotted down her words in the margins of my notebook—and this piece of advice has been one of the most useful things I have learned in college so far.

My first class in the French university system began last week, and, being the sycophant that I am, I sat in the first row. “Can someone give an example of a conflict in Asia related to multiculturalism?” my professor at Sciences Po asked.

I hesitantly raised my hand. “I’m sorry—I’m not sure if this is correct, but maybe Tibet in China?” My voice shook with fear, as I unreasonably expected my entire class to roll their eyes at me.

“Yes, exactly!” she replied. I sighed in relief. I then recalled what professor West said about me at office hours. Last semester, she noted, “You’re the



NOEL
DUAN

You
Write
Like a
Girl

To the end of the line

To board the 1 train, I extract my wallet from where I’ve jammed it down into my pocket. I open it, fumble for the MetroCard among my credit cards and ID and CUID, transfer wallet to the other hand, and swipe card. I negotiate the turnstile, return MetroCard to my wallet and wallet to my pocket as I walk toward the platform, see the train has already arrived, run for it. Mind the gap. I push between the riders, find an open space, look for a handhold, reach to grab it as two other people crouch, unembarrassed, beneath my up-stretched arm. I can hear my neighbor’s music beat through his headphones.

I try, as the train screeches and rumbles out of the station, to find inner peace.

Someone once wrote that trying to think in New York is like trying to sing in a boiler room. Some universities sprawl across expanses of wilderness; Columbia fights its battles block by block. Residents of Hartley and Wallach fall asleep to the sounds of ambulances screaming into St. Luke’s-Roosevelt; in Morningside Park, recent shootings unsettle the scores of another world. The laboratories of the Manhattanville campus have been specially designed to keep subway vibrations within tolerable limits. The walls of our academy cannot keep out the ceaseless hum of diversions and possibilities.

And the campus within those walls teems with people and distractions and opportunities. We take too many classes, involve too much of ourselves in too many pursuits, spend our evenings scurrying from meeting to meeting. We text and post and tweet to stay in touch with people who live next door. For each new thing we do, we must duck out of dinner with friends a little earlier. We must set aside the lives of our minds one more time. We must experience everything else a little less. I used to be swallowed up whole by what I was reading. Now, it seems like the book is the childish guest who demands all of my attention. We are spread increasingly thin.

For generations, Columbia’s means of shutting out the outside has been the Core Curriculum, a dark pool of study in which we are supposed to dive deep. We are meant to think that we can put all of our being into dissecting Aristotle or analyzing Bruegel. Yet that oasis, too, is rippled by a ceaseless rumbling. You can learn about African Civilization in 26 class meetings between macroeconomics and general chemistry—civilization in Asia, a much larger and more populous continent, will take you two semesters. Each week in Morningside Heights, the great questions of a generation of composers are neatly disposed of in two 75 minute sessions. Between Tuesday and Thursday, centuries of literary history pass by unremarked. Most Core texts I read, I read in pieces, in sprints, when I could fit them in. Scenes rose and fell in discordant chaos, each passage totally disconnected from the next. Surely, as I rushed forward, the wisdom fell beneath the tracks.

But perhaps this is how we are meant to live. 8 million people climbing on top of each other have produced the richest and most intense concentration of culture and opportunity the world has ever known, and we revel in the possibilities. New York extends a thousand offers in a hundred directions, and we scramble apart to try them all. One cold winter day, my girlfriend led me to an unassuming SoHo storefront that concealed an artificial indoor park, a clearing of plastic grass and wallpaper trees tucked away in the middle of a hundred concrete blocks. It was beautiful, even though it was so full of people that there was nowhere to sit.

I would not trade the joy and support and strength I have gained from my friends and colleagues in these four years for the opportunity to have read 80 more pages of Hegel. In our lives after college, we’ll be crammed into narrow, deep pigeonholes. Eventually, we’ll have families and lifelong friends, and we’ll leave behind the rotating circle of acquaintances and classmates. For now, we’re spending four years in the best city on Earth, in the company of thousands of intelligent, engaging, thoughtful people. Maybe there’s nothing wrong with pushing through the crowd to experience as much as we possibly can.

And sometimes, in the gray light of a Thursday afternoon, when the sirens from Amsterdam go quiet, and the subway rumble subsides, we find ourselves in a room packed full of those extraordinary people, and we dive deep into the bottomless pool of pure learning.

One night, in a moment of silence in the Spectator office, I heard the horn of a Metro-North train bellow across the Upper West Side—a broad, flat note. It echoed across city and river and suburb and the rolling open plains of the country. It said, there’s more to see. There’s a green world out there, beyond where the subway lines end. Come away. The 1 train arrives at 96th Street. I begin to move again.

Samuel Roth is a Columbia College senior majoring in history and political science. He is a former Spectator editor in chief. We Are Not Alone runs alternate Thursdays.



SAMUEL
ROTH

We Are
Not Alone

most apologetic student on campus.” I had sincerely apologized for “wasting” her time in office hours by asking so many questions, which is ridiculous, since these little brackets of time exist so that students can speak to professors outside of class.

I mean, I was nervous. It was my first day of class at Sciences Po. I felt slightly intimidated by my classmates and my professor. But being nervous, overwhelmed, and intimidated does not mean I had any reason to apologize for offering my thoughts. I had carved into my mind that I was a waste of time for my professors and my classmates, and this was a self-perception that I needed to change.

Don't apologize for the brilliant things you say.

Throughout the past two-and-a-half years in college, I’ve watched my fellow female classmates dart their eyes hesitantly around the classroom, limply raise their hands, and apologize for saying something completely brilliant. I’ve admonished myself for doing the exact same thing—but changing such an ingrained habit doesn’t happen overnight. Being confident about what you say—whether you’re in a 12-person seminar or a 300-person lecture—is nerve-wracking. No one wants to be the village idiot.

Ladies, we’ve invested far too much in our education (and Moleskine notebooks) to not speak our minds in class. If you’ve done the reading or assignment, and you have something to share in class, please

BY MAREN KILLACKEY

You’re sitting in John Jay with a friend, and she asks you what you’re doing later. “I have a thousand-page essay due for Advanced French,” you tell her exasperatedly. “Seven million problem sets and 9 billion pages to read by 8 a.m. tomorrow.”

“Only 9 billion?” she says. “Dude, I literally have to read 2.7 x 10¹⁸ pages. Plus I have three 4.1 x 10¹³-page essays that I haven’t even looked at the prompts for, and if I don’t get them in by 4:59:59 p.m., my professors are going to hang me from the roof of Mudd by my toes. Indefinitely.”

You’re stunned. Her quintillion has raised you 2.61 x 10⁸ pages, and none of your professors have threatened corporal punishment. You think fast. “Yeah, that’s pretty bad,” you concede before riposting, “but I literally haven’t slept since the fifth grade.”

For many of you, this sounds absurd. For many more of you, it sounds familiar—this sort of competitive commiseration is endemic to the Columbia community. While it may just be the nature of Columbia students to be obsessed with achieving our utmost, how often do we stop to consider the sacrifices we make for being so high-achieving?

Last weekend, I went on a retreat with a group I’m part of called the Emerging Leaders Program. During one particular conversation, the subject turned to that infamous ranking, where Columbia was awarded top “honor” as the country’s “Most Stressful College.”

As a few in my group mentioned, there are those who relish self-pity and equate misery with achievement. Therefore, if everyone else is talking about how stressed and overworked they are, one’s inclination to do the same is understandable, especially if failure to do so suggest a lack of motivation or even intelligence. This marks the first of many conclusions reached during the ELP conversation: that sort of groupthink should no longer be tolerated—achievement (aka fulfillment) is signified by results, not psychosomatic breakdowns. Granted, college can be stressful for anyone. Couple that with the daily preoccupation of facing the universe’s toughest challenges (which one is bound to do in any decent school)—it’s no wonder students are miserable. And misery—forgive the hackneyed expression—loves company.

Nevertheless, is stress and exhaustion’s ubiquity reason enough for why they’ve become such bonding mechanisms among the student body? Why are they so

say something. (It’s very likely that half the class didn’t do the reading and would really appreciate your contributions anyway.) If you didn’t understand something in the reading or something said in class, you should speak up. (I guarantee that most of the class is confused in some way too.) Some of the most interesting things I’ve learned in class come not from my professors, TAs, or readings, but from my fellow students. Qualifying your statements with apologies does a disservice not only to yourself, but also to your fellow classmates, who respect your thoughts a lot more than you may think. You haven’t done anything wrong. You just think you did.

So, I offer a challenge to my fellow female students as we finish our first few weeks of class: Don’t apologize for the brilliant things you say. And if you catch yourself beginning an unnecessary apology, heed the following piece of advice from saucy Elle magazine advice columnist E. Jean Carroll: “If you suffer the heinous habit of constantly saying ‘I’m sorry’ (a real career killer, right up there with downing a flask of vodka before important meetings), take your pathetic ‘I’m sorry’ and start adding three words: ‘I’m sorry ... I’m so brilliant.’ ‘I’m sorry ... I’m so stunning.’ ‘I’m sorry ... I’m so miraculous.’”

Take a deep breath. This could feel awkward at first, but I’ll start: I’m sorry ... I’m so articulate. I’m sorry ... I’m so thoughtful. I’m sorry ... I’m not sorry.

Noel Duan is a Columbia College junior majoring in anthropology and concentrating in art history. She is currently studying abroad in Paris and is the co-founder of Hoot magazine. You Write Like a Girl runs alternate Thursdays.

prevalent if, at the same time, they’re so unwanted? Fulfillment is subjective and should be defined individually. In order to do this, serious evaluation of one’s working pace and limits needs to be undertaken. There’s nothing wrong with ambition or broadening your horizons, but if you’re taking, say, Biophysical Chemistry and hating it because it’s more than you can mentally handle, what’s the point of forcing it?

If everyone else is talking about how stressed and overworked they are, one's inclination to do the same is understandable.

However, if you’re taking Biophysical Chem and hating it, but one day you plan to cure cancer, try re-framing your hatred into positive thoughts. Positive thinking has become kind of a buzz term, but it is big in the business world. Shawn Achor, former Harvard teaching fellow and founder and CEO of Good Think Inc., calls this process of positive re-framing the “Tetris Effect,” whereby one re-trains his or her brain to “spot patterns of possibility.” So instead of complaining to your friend about how unimaginably complex hydrodynamics is or how you spent eight hours in Butler trying to figure it out, think of that Nobel Prize you’re going to win or that first patient who goes into remission because of your groundbreaking research.

As things stand at Columbia, if you’re not about to collapse, you’re not doing enough. But in the “grand scheme of things,” societal standards of performance mean little if you’ve had to sacrifice your well-being trying to reach them. So, darling Columbia, next time you’re kvetching about how stressed you are, ask yourself if what you’re doing complements your idea of fulfillment. Whether it does or doesn’t, don’t complain. Instead, re-evaluate and think positively. You’ll be a much happier (and better) person for it.

The author is a Columbia College first-year. She is a mentor for Moneythink and a CCSC correspondent for Bwog.

BUSTING OUT OF BUTLER



MAREN KILLACKEY

The Columbia Daily Spectator accepts op-eds on any topic relevant to the Columbia University and Morningside Heights community. Op-eds should be roughly 650 words in length. We require that op-eds be sent exclusively to Spectator and will not consider articles that have already been published elsewhere. Letters to the Editor should be no longer than 350 words and must refer to an article from Spectator or The Eye, or a Spectrum post. Submissions should be sent to opinion@columbiaspectator.com. Please paste all submissions into the body of the email. Should we decide to publish your submission we will contact you via email.

Men’s basketball must overcome second-half struggles heading into weekend game at Harvard

MEN’S IN FOCUS from back page

When hosting Cornell, the Lions took an early lead and prevented a successful comeback by the Big Red, but the second half was not without its scares.

Thanks to senior guard Chris Wroblewski, the Big Red came within one point with 12:24 left. The Lions managed to re-establish a 10-point margin a few minutes later, but Wroblewski almost brought Cornell back in the final minute. He was unsuccessful only because of Columbia’s clutch free throws in the waning seconds.

In all of the Lions’ first three league matches, Columbia has not maintained control of the second half, and against Penn and Princeton it cost the Light Blue the win.

According to Smith, the troubles the Lions have had in staying off opponents’ late comebacks have resulted from two main factors. The first is the team’s lack of consistent success on the offensive end. The second is the Light Blue’s trouble at maintaining its composure defensively throughout the course of the entire game.

“It’s a lot of pressure on your defense when you’re not making shots,” Smith said.

“We need to relieve some of that pressure. You can’t shut people out. We haven’t been cashing in on the offensive end and we need a breakthrough there.”

Against Ivy opponents, the Lions’ greatest offensive struggles have come from beyond the arc. During non-conference play, the three-point shot was the Lions’ lifeline, and sophomore guard Meiko Lyles hardly missed from downtown.

But in the last four games, the Lions have only shot 21 percent from three-point range and Lyles has only made two treys.

It was obvious that the Lions were struggling to follow through on the offensive end when they went to Ithaca for their fourth league game last weekend. Down by seven at halftime, the Lions were still very much in the game. Just

a few minutes into the second half, five straight three-pointers boosted Cornell’s lead to 14, but even then the Light Blue found a way to tie it up, not just once, but twice.

Each time, the Lions had the chance to take the lead and pull away for the win, but each time they failed to seize the opportunity.

In an effort to improve the Lions’ point production, Smith has chosen to play a more offense-oriented lineup at times, which unfortunately has been affecting Columbia’s defense.

“I think we’re good defensively,” Smith said. “I think we’re still good there, it’s just me having to play some other guys that are maybe not as good defensively that might be able to get us a little

better offensively. We need a little spark there.”

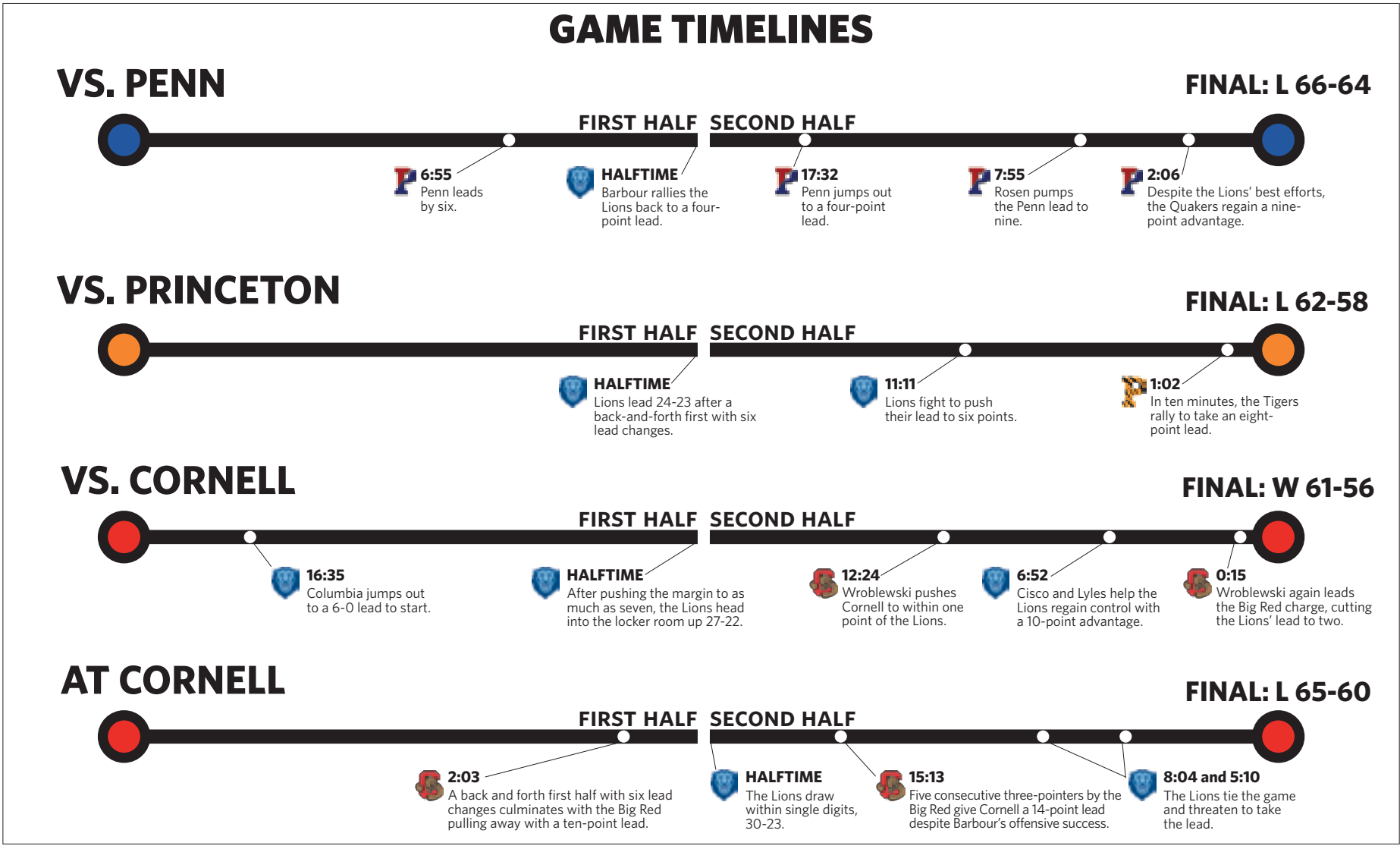
Whether or not the Light Blue gets that scoring spark, it will need to find a way to maintain its defensive composure for the full 40 minutes, especially as Columbia prepares to face Harvard—the Ivy League’s best offense—on Saturday.

Junior center Mark Cisco—who will likely be tasked with defending last season’s Ivy League Player of the Year, senior forward Keith Wright—thinks the key to solving Columbia’s second half defensive troubles is contesting shots and preventing penetration.

“If we keep guys in front of us, I think that’ll change the game a lot and hopefully, we’ll be able to get bigger leads and not let up later in the second half,” Cisco said.



TO THE FINISH | Despite the team’s strong defense, lapses in the second half have led to struggles.



Columbia assistant coach finds international success on path to Olympic wrestling team trials

WRESTLING from back page

season, Hall redoubled his dedication to wrestling. He worked hard at mastering every aspect of the sport, focusing on skills and minute details while spending even more time trying to get stronger, never allowing himself to grow complacent.

It worked. As a junior, a more confident Hall was able to capture the Pac-10 crown in dramatic fashion, defeating Cal Poly’s Chase Pami, who had beaten him in the finals the year before. Hall took the title again the following year.

As he quickly became one of the best wrestlers in school history, Hall’s work ethic never flagged. Even injuries couldn’t derail Hall’s relentless pursuit of success.

“He had a torn labrum his senior year, and you know hardly anybody knew it on the team,” Randall said. Offseason knee surgery also failed to phase him. “I would go in and bike with one leg, watch film,” Hall said.

Hall’s combination of athletic prowess, mental fortitude, and unwavering dedication has allowed him to smoothly transition to coaching. As a first-year coach, the former Bronco has already made key contributions, both working with players and participating in recruiting. Most importantly, Hall leads by example.

“He’s extremely disciplined,” head coach Carl Fronhofer said. “He serves as the perfect role model.”

However, the Olympic qualifying process poses an entirely new set of challenges. The level of competition is extremely high, and in addition to having to drop to 145 pounds after competing at 157 in college, Hall is adjusting to a new style of wrestling. American colleges practice folkstyle wrestling, while international competitions are freestyle.

While he has freestyle wrestled in the past during off-season tournaments, his international resume was non-existent before this year. “I actually this year for the first time wrestled somebody

else from a different country,” Hall said. Although adjusting to the competition has not been easy, weight has been the biggest challenge.

With a natural body weight of about 170 pounds, Hall falls in between weight classes. “It takes a lot for me to make weight,” Hall said.

The ability to make weight has been integral to Hall’s success in international competition, as he would otherwise have to wrestle at 74 kilos against wrestlers whose natural body weight is as much as 180, or perhaps more. According to Fronhofer, Hall’s weight class

gives him a good chance of coming out on top. “The weight he’s competing at, 66 kilos, is pretty wide open,” Fronhofer said. “At 66 kilos, it’s kind of changed hands many times over the last five to six years.”

There are no low-hanging fruits at this level of athletic competition. However, given his impressive track record, even the slightest edge could be huge for an already confident and determined Hall.

“He’s a believer. Every time he steps out on the mat, he believes he’s gonna win,” Randall said.

The whole country may soon see no reason to doubt him.



RELENTLESS | Wrestling assistant coach Adam Hall possesses a competitive drive that has led him to international successes.

Think Summer Think Fordham

New York, London and the World! Summer Session 2012

Session I: 29 May-28 June

- Day and evening classes at three convenient New York locations
- Credits transfer easily
- \$760 per credit hour

Session II: 3 July-7 August

- Live on campus
- Month-long study abroad options

Learn more at fordham.edu/summer
or call (888) 411-GRAD

FORDHAM UNIVERSITY

THE JESUIT UNIVERSITY OF NEW YORK

ATHLETE OF THE WEEK

KYRA CALDWELL



FILE PHOTO

TOTALLY OVER THEM | With a time of 8.64 seconds, senior sprinter Kyra Caldwell claimed the title for the 60-meter hurdles at the Metropolitan Indoor Track Championships on Friday, helping the CU women win the championships for the first time in school history.

Lions hope to improve offensive production with better shot selection from beyond the arc

WOMEN'S IN FOCUS

from back page

where we need to be, but in terms of quality of the shots, we need to keep improving.”
With the Light Blue having played only three Ivy League games so far, there is still ample time for it to improve its offensive success. Nixon has spent time

in practice not only helping his young team develop individual skills on offense, but also assisting them in playing better with their fellow teammates.
“What we have been focusing on in practice is not just executing plays, but also learning how to read off of one another and play better together,” Nixon said.
While offense has been a low

point for the Lions this season, their recent performance has been promising. The Light Blue scored 50 points against Penn last Friday and is beginning to show signs that this young team is starting to improve offensively. For the Lions to get back in the win column, they will need their team to play better—and together—on the offensive end of the floor.



HENRY WILLSON / SENIOR STAFF PHOTOGRAPHER

ALL ALONE | Junior Tyler Simpson is one of the few offensive powerhouses for the Light Blue.

Did you ever use
Vicodin, Percocet, Oxycontin,
Codeine or other prescription
opiates for fun?

If you have used prescription opioids within the last year, you may qualify for a study at the NY State Psychiatric Institute.

You can earn up to \$3,250.

Call the Sustance Use Research Center at:
(212) 543-6243

ALL PERSONAL AND IDENTIFYING INFORMATION
WILL BE KEPT CONFIDENTIAL

Harlem bodegas offering more produce

BODEGAS from front page


started with a model where the bodega owners didn’t have to pay us for the fruits and vegetables until they were sold, and now they’re buying outright because they’ve had success.”
Huber said GrowNYC is currently working with the New York Academy of Medicine to evaluate the program.
While the program has yet to expand much farther west of Adam Clayton Powell, Huber said, “We’re working really hard to get local food into more neighborhoods. We’ll go where the need is greatest.”

Nash Elzydi, who has owned Hitham Deli and Supermarket at Manhattan Avenue and 116th Street since 2002, said fresh fruits and vegetables would help his business as he tries to pay for his newly renovated interior.
“It would be very good for the community,” Elzydi said. “More people around here need fresh fruits and drinks.”
One of his customers, Christian Gibbs, said he too would like to see more fresh food in the area.
“Eating healthy would be better than what people eat now,” he said. “They need to have a salad bar or something

around. There’s no places around here.”
“Most of the people nowadays they prefer to eat something fresh. That’s very attractive for them,” Ali Albaberashi, who works behind the deli at Hitham, said.
He also said that although some locals prefer fresh food, they are not able to get it easily.
“Some people, they don’t know how they even get fresh food—that’s the problem,” Albaberashi said. “Most of the people go close by. They just buy what they find.”

gina.lee
@columbiaspectator.com





MIGUEL GALLEGO FOR SPECTATOR

PRODUCE-ING RESULTS | A new GrowNYC initiative has installed new refrigerators in bodegas across Harlem to promote healthy eating and access to fresh produce.



Sober Housing
in the heart of Tribeca

NOW OPEN

Hazelden's Tribeca Twelve Collegiate Recovery Residence

A great new peer community for students committed to recovery and academic success

Live in a beautifully renovated historic building with built-in recovery support



Call Today

877-429-5088

hazelden.org/tribeca

A partnership of Hazelden and Columbia Psychiatry





3658-2

Avoiding the knee-jerk reaction to loss

It's the beginning of February. Besides Black History Month and Valentine's Day, that means the dramatic end to the transfer window for European soccer clubs.

For those who don't know, during January, soccer teams are able to transfer players in and out of their clubs, in hopes of improving their rosters. Jan. 31 at 23:00 Greenwich Mean Time proves to be the craziest moment for player movement year after year. What is now known as Deadline Day is the last chance for clubs to make these changes, which are usually done with haste and desperation. Teams sell disgruntled players damaging team chemistry, buy players as a cover for guys they lost through injury, and even loan out young players in need of first-team experience. Whatever the case, the reasons always the same: The team is underperforming, and the owners fear it won't meet expectations.

There is a similar situation brewing in the Columbia men's basketball camp. After a gloomy start in which its star player was injured, the team steadily rose throughout its nonconference schedule with an impressive streak of wins. But as soon as Ivy League play hit, the Lions have turned on a downward swing, dropping three of four. A pre-season poll for the Ivy League projected the Light Blue to finish seventh, and Columbia is currently tied for sixth in the league. The team members had to have had high hopes to finish in at least the top half of the league, especially after coming into Ivy play in great form.



RONNIE SHABAN

Squeaky Bum Time

Throughout the stretch when they won 11 of 12 games, the Lions definitely had something right.

So how can the Lions get this coaster of a season back in the up direction? I don't think buying any big time players would help them, and I'm pretty sure it would open up some sort of NCAA investigation. Even if there were a mid-season transfer window for college basketball, I wouldn't advise Coach Smith to dip into the market. When they won 11 of 12 games, the Lions were definitely doing something right. It's impossible for any team to play at its best throughout the course of a season, but the winning formula was there. It still is there, and it's not too far off.

I don't want to discredit the effect of the team's recent losses by pointing out the slim point differential. Optimistic observers will turn to the fact that the Light Blue's three Ivy losses have only been by the small combined total of 11 points. The fact remains that a 1-3 record is a 1-3 record, regardless of how big or little those losses were. It would be a dangerous thing to refuse to react to the poor record, but I have confidence that the Lions will make the proper adjustments because they have done it already this season. They lost their opening game against defending national champions Connecticut by a respectable 13 points, a game which was surprisingly close at times. Rather than resting on that decent performance, Columbia made enough adjustments (both needed and forced) and rallied off an impressive winning streak.

The difference now is the Lions don't have four games to work those out—they have to start winning now. This weekend's road trip presents the perfect opportunity for them to do so. Friday's game against bottom-dwellers Dartmouth certainly cannot be overlooked and should be used to get their groove back. Saturday's game against Harvard, at the opposite end of the spectrum, is the type of challenge that, if overcame, would change the entire outlook of the season.

The men's basketball team needs to make adjustments, but drastic changes aren't necessary. Get one back in the win column tomorrow, and then shock the league with a win the next day. Let's hope a new month can breathe some new life into the Lions.

Ronnie Shaban is a senior in the School of Engineering and Applied Science majoring in mechanical engineering. sports@columbiaspectator.com



LUKE HENDERSON / STAFF PHOTOGRAPHER

CAN'T HOLD ON | Men's basketball has struggled to maintain a position of power in its Ivy League games this season.

Light Blue seeks to balance offense, defense in quest for Ancient Eight success this season

BY STEVEN LAU
Spectator Staff Writer

"I think our calling card this year—funny for me—is going to be defense." That was what Light Blue head coach Kyle Smith said in December after the basketball team's 46-45 come-from-behind win against Holy Cross.

Now four games deep into the Ivy League season, Smith maintains that the Lions



are still strong in defense. But the game results show that the Lions—to their detriment—have struggled to fend off their opponents' second-half surges.

In the conference opener against Penn, despite a strong start by the Quakers, Columbia had a four-point advantage heading in to halftime. Yet after just two minutes in the second period, Penn had retaken the lead. With 7:55 to go, Penn's lead had stretched to nine. Led by junior guard Brian Barbour, the Light Blue tried to stage a comeback, but ultimately fell two points short.

The next night, in an almost identical fashion, the Lions took a six-point lead over Princeton with 11 minutes left in the game, only to see the Tigers go on a 19-5 run. Down by eight, Barbour tried to spearhead another comeback, but the Lions fell four points short.

"Our home defense second half in the first two league games was really disappointing, but I thought we defended Cornell pretty well, even on their home court," Smith said.

SEE MEN'S IN FOCUS, page 6

CU coach to wrestle on big stage

BY ELI SCHULTZ
Spectator Staff Writer

A year removed from a phenomenal college wrestling career, Columbia assistant coach Adam Hall is not resting on his laurels.

Last December, Hall took first place in the 66-kilogram division at the Men's Freestyle Olympic Trials Qualifier in Las Vegas, earning himself a spot at the 2012 Olympic Team Trials, which will be held in Iowa City on April 20.

The Idaho native is no stranger to success. Hall compiled a 122-18 record at Boise State, earning All-American honors and winning two Pac-10 championships as a Bronco. He was no less successful off the mat, garnering Pac-10 All-Academic Honors three times.

But in wrestling, as in any other sport, the trophies and medals only tell a small part of the story. "No matter how successful a wrestler is, they usually go through a lot more heartbreak," Hall said.

He has faced his share of difficulties, but Hall's competitive drive has allowed him to use his frustrations as fuel.

During his college years, Hall's focus set him apart from his competitors. Even as a redshirt freshman, Hall's discipline and maturity caught the eye of Boise State coach Greg Randall. "When he was a freshman and he was redshirting, he made weight every single tournament," Randall said.

"He wasn't even wrestling, but he made weight every single time."

In his first two seasons wrestling for the Broncos, Hall had the kind of success any other underclassman would dream of, finishing second in the Pac-10 tournament both years and narrowly missing out on being named an All-American. "You're so close to reaching your goal, and you know a lot of people can just hang their hats on getting that close," Hall said. "For me it was two years of coming up short."

The summer after his sophomore

SEE WRESTLING, page 6

Columbia continues to struggle to find offensive stride as season continues

BY JOSH SHENKAR
Spectator Staff Writer

While the old adage may say that defense wins championships, no one doubts that offensive production is also critical to a team's success. Just ask the Columbia women's basketball team, whose offensive struggles have limited its success this season.

Columbia's struggling can be seen in statistics, where it ranks last among Ivy League teams in most offensive categories, such as in points per game (50.9) and field goal percentage (33 percent). Senior guard Melissa Shafer and junior forward Tyler Simpson are the lone Lions who are averaging double figures, with both averaging a little over 10 points per game. According to head coach Paul Nixon, the Lions' offensive struggles are due to a variety of reasons.

"Our offense has been sporadic all season due to inconsistency within our lineups," Nixon said.

"We have been shuffling players in and out all season long due to various minor injuries and players shifting positions. This has greatly affected our ability to get into any kind of offensive flow or rhythm."

After Columbia lost its three top scorers from last season, the lineup has regularly shifted, with Nixon searching for the perfect combination of players. Unfortunately for the Lions, these necessary shifts have resulted in players needing more time to adjust to the playing style of their teammates.

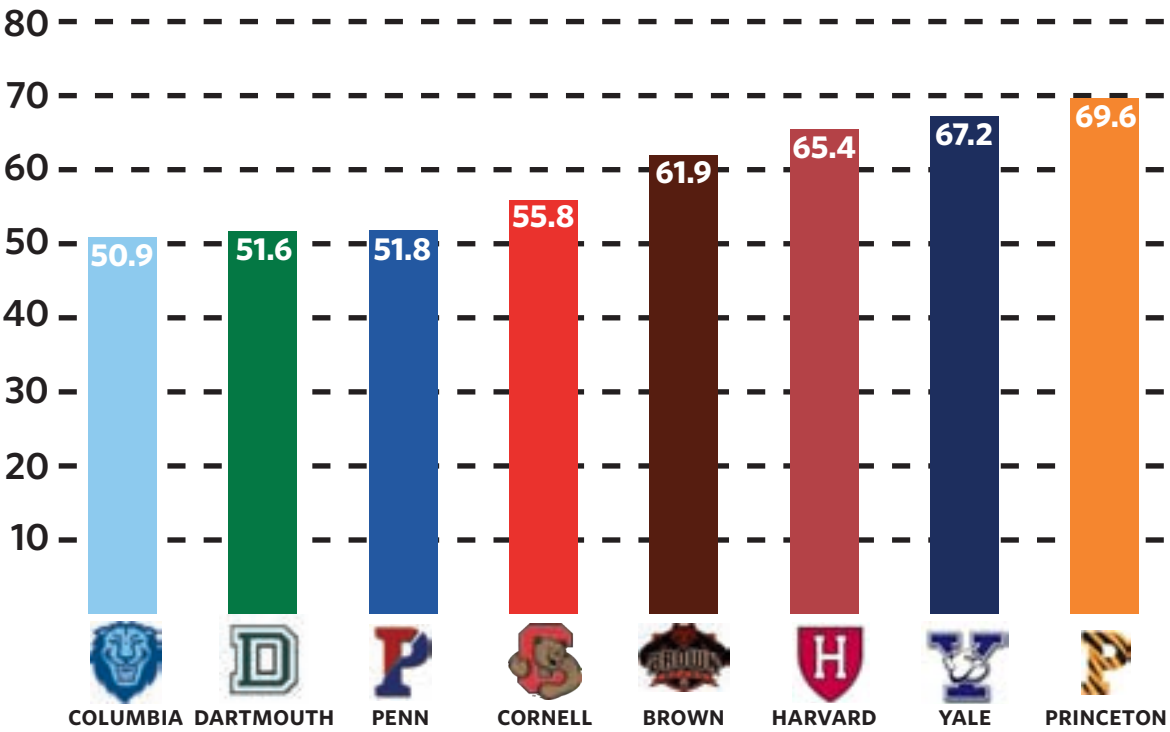
Ultimately, though, the Lions' offensive woes are due to their poor shot selection—the team has been taking low-percentage outside shots too frequently. Currently, the Lions have a three-point shooting percentage of only 25 percent.

"The team has taken about the right number of outside shots in terms of what we like to do in our system, but our shot selection has not always been the greatest this season," Nixon said.

"Too often we have taken rushed, contested outside shots instead of working for the best possible shot. In terms of quantity, we've been about



IVY LEAGUE WOMEN'S BASKETBALL POINTS PER GAME



GRAPHIC BY YUMA SHINOHARA AND BEN BROMBERG GABER



HENRY WILLSON / SENIOR STAFF PHOTOGRAPHER

SEE WOMEN'S IN FOCUS, page 7

TAKING SHOTS | Senior Melissa Shafer is leading the Lions in offensive production, averaging over 10 points per game.