

University stalling on salary gender gap

BY EMMA GOSS
Spectator Staff Writer

The University administration has yet to take action in response to a report published two years ago finding gender inequalities among Columbia researchers.

Commissioned by the University Senate, the report found that female officers of research make less money and fill lower ranking positions than their male counterparts.

Officers of research are academic scholars funded by the University to perform independent scientific research, write grants, and, depending on rank, assist other officers in their research projects.

The report, which took four years to complete, was finished in May 2010, and since then, the research committee investigating the salary inequity was disbanded, regrouped, and reorganized several times.

“This is an issue that has fallen between the cracks. Administratively, people have been reluctant to take ownership of this study, to implement the results, and that’s very frustrating,” said Columbia Senior Research Scientist Daniel Savin, chair of the Research Officers Committee and a University Senator.

On average, the study found that there are more male officers of research than female, and men outnumber women in these positions by a significant margin—particularly as researchers, the highest paying position for officers of research.

The report also showed that male officers of research have higher starting salaries than women and earn on average \$4,626 more than female officers of research. Salaries for the position are not uniformly determined, but are decided either by the National Institutes of Health or set by the Principal Investigators Association.

Savin said that the University took too long in both completing the study and taking action due to the meaningful results.

While Senior Vice Provost Stephen Rittenberg, who is in charge of responding to the results of the study, acknowledged that there were differences between the salaries for men and women, he said that this did not necessarily represent an inequality.

“This is a statistically significant result that may or may not be the result of an inequality,” he said. “All we know is that there’s something there that needs attention.”

The Research Officers Committee, under the governance of the University Senate, along with the Commission on the Status of Women, began the salary equity study in 2006, after a preliminary study drew inconclusive evidence concerning salary inequity for men and women.

“We had gotten anecdotal reporting from people complaining about salaries,” Savin said. “From our anecdotal evidence, it seemed to disproportionately affect women, which is why we teamed up with the Commission on the Status of Women to request this study.”

English Professor Jenny Davidson, who became co-chair on the Commission on the Status of Women at the beginning of this academic year, said that she has not seen the study but is familiar

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NAOMI COHEN FOR SPECTATOR

SOLDIERING ON | Military veteran Cameron Baker, GS, says it’s in a veteran’s nature to be wary of seeking counseling.

Psychological services for veterans re-evaluated

BY ABBY ABRAMS
Spectator Staff Writer

Ester Raha Nyaggah, GS, was so turned off by her initial visit to Columbia’s Counseling and Psychological Services that it took her a year to try again, despite knowing that she was dealing with post-traumatic stress disorder.

“We didn’t mesh at all,” Nyaggah, a military veteran, said of the doctor initially assigned to her by CPS.

Upon returning to CPS in the spring of 2011, Nyaggah said the department told her that “they

weren’t able to adequately counsel veterans dealing specifically with PTSD,” so they referred her to an external counselor who would still be covered by Aetna Student Health, the University’s health insurance provider.

Since Nyaggah’s visit in 2011, Columbia has seen a rise in student veterans. In response, CPS has gained two staff members who have specific training in dealing with military veterans, and the School of General Studies has added veteran-specific programs to the GS new student orientation.

And while many veterans are

pleased with the improvements, some still feel that their needs are not being met.

Jose Robledo, a military veteran in GS and a University senator, said that he is aware of student veterans’ reluctance to use CPS. Previously, veterans felt the CPS staff “might not have the experience in dealing with veterans” that would be required to help them.

Referring to the new hires, Robledo added that they “just got here, so it’s going to take a while for them to fully connect with us.”

Another problem is CPS’s

limited outreach efforts, according to some veterans.

Dr. Anne Goldfield, associate director of outreach for CPS, said the department maintains a close relationship with the School of General Studies, which houses the majority of the University’s veterans. CPS holds meetings with the MilVets organization on campus as well as workshops for GS veterans throughout the year, Goldfield said.

But she emphasized that veterans are no more different from

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J-School, Stanford gifted \$30M

Establishes second digital media center in three years

BY EMILY NEIL
Spectator Senior Staff Writer

Stanford may not have won the contest to build a technology campus in New York, but the creativity of Silicon Valley will still find its way to Manhattan.

Columbia and Stanford announced a \$30 million gift Monday to establish a center for digital journalism, in an effort to fuse Columbia’s journalism expertise with Stanford’s technological savvy.

Columbia’s Graduate School of Journalism and Stanford University’s School of Engineering will jointly establish the David and Helen Gurley Brown Institute of Media Innovation, named for former Cosmopolitan editor Helen Gurley Brown, who gave the donation, and her late husband David Brown, who was an alumnus of both Stanford and the Columbia School of Journalism and who worked in the film and media industry.

The partnership will allow Stanford researchers and engineers to work with the

SEE J-SCHOOL, page 2

Despite district changes, Rangel keeps on fighting

BY JILLIAN KUMAGAI
Spectator Senior Staff Writer

Sitting in his offices at the Adam Clayton Powell Jr. State Office Building in Central Harlem, Charles Rangel remembers his return to the country that he says today “isn’t the same one that became the richest in the world.”

“When I came back from Korea, I had no clue where I wanted to go except that I wanted to get out of poverty,” he said. “I knew one thing, I had the GI Bill. When they told me I couldn’t get a degree because I had to finish high school, I raised so much hell until the guy said, ‘What is it you want to achieve that you’re giving us such a hard time?’”

Fifty years after his return from war, Rangel is less aggressive, but still determined to get things done. At 81, he’s spent half his life in the House of Representatives as the face of Harlem, since he ousted Powell, his office building’s namesake, in 1971. But the decennial process of redistricting—a political game of drawing new lines to reflect each district’s new demographic makeup—means his Congressional District 15, which is composed of Upper Manhattan, including Harlem and Morningside Heights, is again facing changes.

The move could extend the borders of Rangel’s constituency, pushing the congressman’s re-election campaign visits as far north as Mount Vernon, in Westchester County.

“In order to do that, some people said that the 15th District would look like a dragon, but all that’s speculation,” Rangel said at a press roundtable on Monday.

“The head would be in Mount Vernon, the belly in Washington Heights, and so on.”

Rangel said that redistricting battles in the House were worse than in any previous year.

“I started a joke in the House that I’m going to have a rumor every week as to what the congressional lines are going to be and see my friends just panic: ‘Where did you hear that?’ I just made it up, but it’s just as good as anything you made up,” he said with laissez-faire casualness.

Herman “Denny” Farrell, Harlem’s State Assembly member and a longtime friend of Rangel, said at a town hall on Saturday that Rangel has been wary of taking his district out of Manhattan but recognizes it may be necessary to keep control of the seat.

According to 2010 census data, the district’s population, as well as the African-American population, has decreased: Voting-age citizens are now 27 percent white, 33 percent black, and 35 percent Hispanic. Legislators, according to Farrell, want to redraw the district not only to increase the population, but also to add more African-Americans.

“The only thing that I said is I have to accept whatever the mandate is with the exception of the congressman from Harlem having to be stationed in the Bronx, which some people have talked about,” Rangel said. “I’ll be damned if I want the district to go to Mount Vernon.”

Although Rangel said that “it’s very difficult” to respond to questions about the upcoming election because many of

SEE RANGEL, page 2

Advisees praise Rinere’s ‘holistic’ approach

BY BEN GITTELSON
Spectator Senior Staff Writer

For Amanda Suarez, CC ’14, Dean of Advising Monique Rinere is the person who has turned her Columbia career around. After a negative experience with her adviser last year, Suarez heard from a friend that Rinere would “change your life” and decided to set up an appointment with her.

The instant Suarez sat down in her office, Rinere started writing down every detail of her life that Suarez told her and memorized her name. Since then, Rinere has helped her deal with everything from the financial aid office to her personal life.

That “holistic” approach to advising drives both Rinere’s one-on-one interactions with her advisees and her management of the Center for Student Advising, which she finished overhauling in August 2010.

Rinere, whose mother was a “farm girl” and whose father grew up “on the streets of Brooklyn,” said she received almost no guidance from her parents about higher education and “stumbled” into college. Her advising conversations with her German and harpsichord teachers helped her work through personal and academic challenges and ultimately led her to her passion for advising.

“One of the things that both of them did was allow me the space and time to meander in my thinking through advising conversations about the ways in which I wanted to shape my life,” Rinere said. “I realized that every student would benefit from having a safe place to wander through imagined lives and futures.”

At a school where students don’t hesitate to complain about bureaucracy, Rinere’s personality sticks out, advisees said. Rinere uses a technique she calls “narrative advising” in which the adviser “continuously elicits a student’s personal story.” Karishma Habbu, CC ’13, said that the technique is part of why she thinks Rinere is such an effective adviser. She explained that Rinere asks her about everything from her social life to her extracurricular activities and notes any changes since their last meeting.

“If she sees a problem spot with you, she helps you,” Habbu said. “She takes an interest in the quality of your life.”

While Habbu appreciates that Rinere gives “well-measured, good advice,” she also explained that she doesn’t pull any punches. Habbu recalled one piece of particularly straightforward guidance Rinere gave her when she wasn’t studying enough during her sophomore year: “She sat me down and was like, ‘This is a wake up call. Get

SEE RINERE, page 2



ANASTASIA VARTSABA FOR SPECTATOR

GOOD ADVICE | Dean of Advising Monique Rinere in her office last week. Her advisees say they like having someone who cares about not only their academics but their personal lives too.

A&E, PAGE 3

Students danced 18 hours straight at Marathon

At this year’s annual Dance Marathon, students danced all night and raised a record \$75,000 for pediatric AIDS charity.



OPINION, PAGE 4

Public discourse

Alex Collazo encourages Columbia to protest more.

High-tech is hot

Arvin Ahmadi dispels myths about the startup scene.

SPORTS, BACK PAGE

Bulldogs still top the Ancient Eight pack

Princeton tops the standings in women’s basketball, maintaining its perfect conference record. Dartmouth fell twice this weekend, but will look for its first Ivy win against Columbia.

EVENTS

Behind the Porous Curtain: Photography by Anatoly Pronin

Showcase of images from the theater world of post-Stalin Soviet Union.
Harriman Atrium, 12th floor International Affairs, 6 p.m.

WEATHER

Today



54°/43°

Tomorrow



56°/38°

After increase in veterans, CPS, GS offer more

CPS from front page

any other Columbia student. “We know that veterans have many needs, but so do all students, so we don’t want veterans to feel in any way stigmatized by our seeing them as needing our services,” she said.

Robledo said that while it’s true that not all veterans suffer from PTSD, it’s still hard to figure out exactly how many do need help.

“If a person needs it, they might not know they need it. And even if they know they need it, they might not want it because of peer issues,” he said.

Veteran Cameron Baker, GS, agreed that veterans are unlikely to admit they are struggling or to be proactive about seeking help.

“We definitely come from a culture of very individualistic [people]. You’re expected to be able to handle tough situations, tough environments. You’re expected to be able to process it and perform as well as or better for it,” he said.

Baker started at Columbia in 2008, right at the beginning of the enactment of the Yellow Ribbon Program, a federal financial aid initiative for veterans authorized by the GI Bill. Like Nyaggah, Baker also visited CPS when he first came to the University, but ultimately stopped going because he said he found the counselors unhelpful.

After feeling dissatisfied with CPS, Baker and a few friends took their concerns to the University, and CPS “started adjusting their services to tailor to the incoming veterans,” he said.

“The first year we were here, it was ‘stay away from it—just go to the VA,’” Baker said, referring to the U.S. Department of Veterans Affairs. But, after the strides CPS has taken to

accommodate veterans, “people are a little more encouraging of it,” he said.

This past year, Goldfield held a panel discussion at GS’ new student orientation, where she asked questions of current student veterans, discussing “coping, and transition, and resources, as well as just general ideas about education at Columbia and how they’re doing with it,” she said.

“We definitely come from a culture of very individualistic [people]. You’re expected to be able to handle tough situations, tough environments.”

—Cameron Baker, GS, military veteran

In addition to these types of public programs, Goldfield said that CPS uses Veterans Affairs hospitals as resources to increase the Columbia staff’s awareness of veteran issues.

“I think the collaborative piece is very important with the VA, because veterans often know very much about the VA,” said Brad Badgley, senior health promotion specialist at Alice! Health Services, who is a military veteran himself.

GS Dean Peter Awn has worked closely with CPS to make Columbia a comfortable place for veterans. “I don’t think there is a more responsive, a more engaged provider on this campus than

Health Services,” he said.

The trick, he said, “is convincing people to go to Health Services.”

That is precisely the issue the student veterans feel still needs to be addressed.

“CPS is doing everything that they know how to do to help the veteran population,” Robledo said. “I would say that the veteran population is a very tricky population to target, so I understand their difficulties. My critique of what they’re doing is not a critique of their failures, but a critique of their system and the way we think.”

Robledo said he feels a more aggressive outreach to the veteran community—via the GS administration, Alice! programs, or, more personally, by contacting the MilVets leadership—would inform students of the services that CPS offers and potentially make them more comfortable about asking for help.

Baker had a different suggestion. “I don’t think there’s a large portion of the veterans who need those services,” he said. Instead, he thought CPS should focus on “perhaps doing a better job of identifying those people who do.”

“They definitely need to get people early on in this process, ’cause if they don’t, I know people like me and other vets are not going to do it willingly—we definitely need a nudge in the right direction,” Baker said.

Goldfield said she and the other staff at CPS are always happy to hear students’ ideas about ways they can improve. “We would absolutely be responsive to anything they sought from us,” she said. “We really don’t want to impose our ideas on them of what their needs are.”

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Care, dedication hallmarks of Rinere’s advising

RINERE from front page

your ass back to the books, and if you don’t do this, you won’t get into medical school,” Habbu said. “My parents told me that, my brother had told me that, but having Dean Rinere tell me, ‘You’re an idiot, stop it’ was really helpful.”

Assistant Dean of Advising Robert Ferraiuolo said Rinere was a “participative manager and leader” who’s always willing to engage with her staff.

“Whenever we’re in those crunch times, in the office for endless hours, I think her presence is energizing,” Ferraiuolo said. “It’s always obvious that she’s working as hard or harder than we are.”

Associate Director of Advising Monica Avitsur said Rinere isn’t all work and no play—she’s also an “amazing” cook (her best dishes include key lime pie and bread pudding, Avitsur said), an avid harpsichordist, and, judging by

her costume last Halloween, a disco star.

“She’s not afraid of having fun and jumping in,” Avitsur said.

Habbu emphasized that Rinere’s personal connection to her students makes her an effective adviser.

“She just really cares,” Habbu said. “She actually cares about every single person who walks into her office, which means so much.”

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FILE PHOTO

FACE OF HARLEM | Congressman Charles Rangel, above, at a jobs expo at Columbia in November.

Rangel satisfied with CU benefits org. probe

RANGEL from front page

the state’s district borders remain undecided, he alluded to his familiarity with the area as a benefit of his campaign.

“It’s almost cut out for the incumbent because he or she would be able to take a look at the new part of the district as the incumbent,” he said. “I don’t see how anybody could raise money when they don’t know whether they’re going to be in Mount Vernon or the Bronx or on the West Side or Chelsea.”

Rangel spoke fondly of his native Harlem and beamed when he mentioned the improvements that Manhattanville will see under Columbia’s campus expansion.

The decades-long project will set a precedent for the

improvement of a large portion of West Harlem, he said, and perhaps inspire more architectural projects there.

“Compared to its potential,” he said, referring to the western edge of the 15th district, “it’s been disgraceful that we haven’t taken advantage of that yet,” he said.

Over the last three months, Rangel has gotten more involved with the Manhattanville project as the allocation of the community benefits agreement money became a political issue. Rangel joined Manhattan Borough President Scott Stringer in calling for an investigation of the West Harlem Development Corporation, which has been the subject of scrutiny from locals for its delay in distributing \$76 million of Columbia’s money to programs in West Harlem.

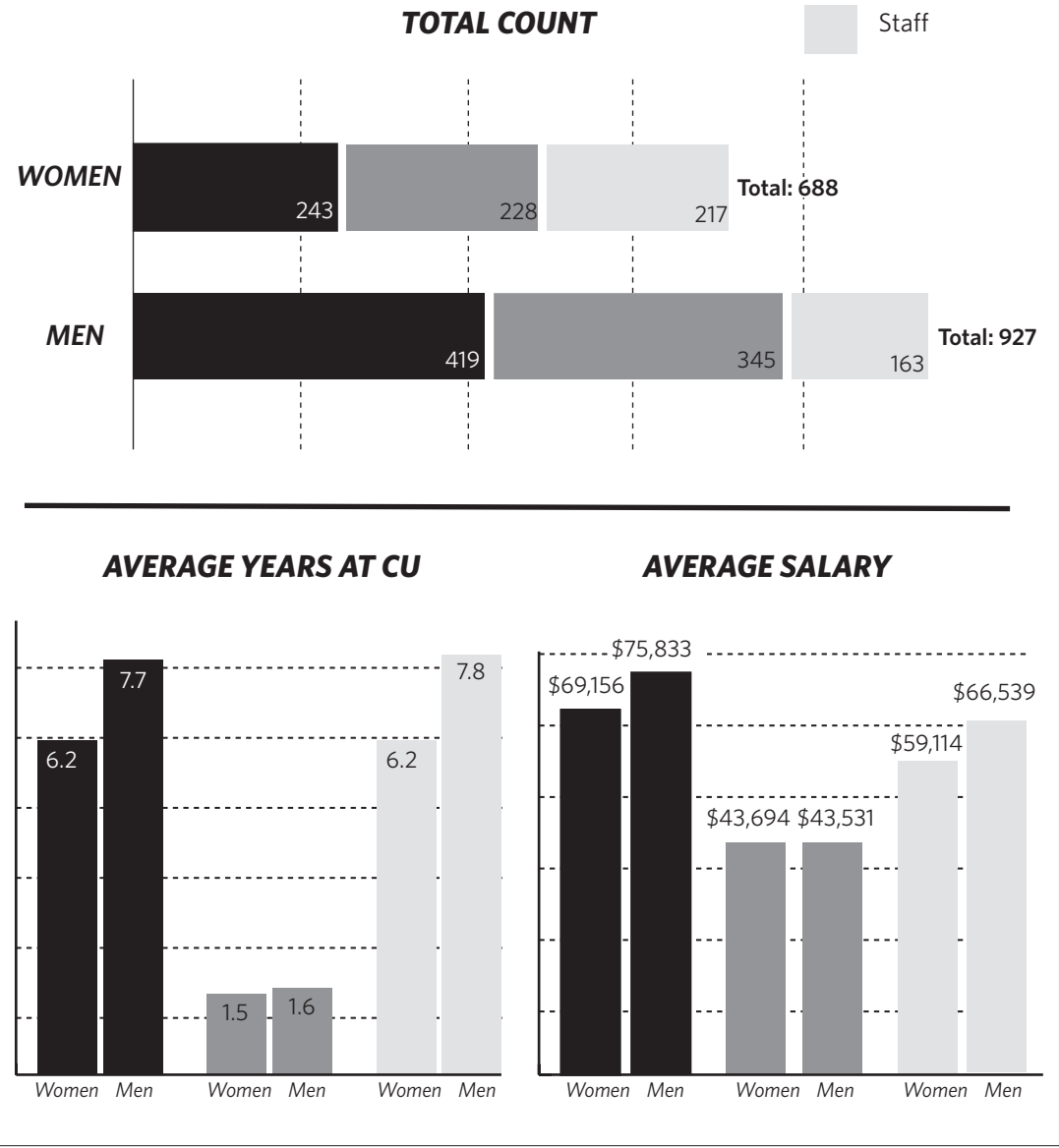
In November, he told Spectator that he “didn’t see how they could not” look into the group. On Monday, he said he had become involved when a member of the WHDC attempted to unilaterally give \$80,000 to Grant Houses in Manhattanville for “structural improvements” without the permission of the organization’s director, Donald Notice.

“For the first time I got involved, and it was proven that no crime had been committed. The person that applied thought they didn’t need permission,” he said.

“I’m satisfied that the borough president looked at issues when confronted with them, and he was satisfied that no wrongdoing would be taking place,” Rangel said.

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SALARY INEQUALITY AT CU FOR RESEARCH OFFICERS



CU plans follow-up study to equalize pay gap

SALARIES from front page

with the preliminary study that came out a decade ago.

Salary inequity between men and women, she said, may be largely due to the fact that the sciences have typically been a male-dominated field, although Savin pointed out that the male to female ratio of officers of research is more equally distributed than it is for the faculty at Columbia.

“The imbalance is actually less in the research officer track than it is in the faculty track. If the University is aiming to increase diversity in the faculty ranks, one potential source of faculty would be to look at research officers, where we have a higher female to male ratio than they have in the faculty,” Savin said.

Davidson said that the reasons for salary inequity at Columbia could also be rooted in Columbia’s days as a males-only school. Columbia College began admitting women in the 1983-1984 academic year.

“Because Columbia was such a male dominated institution in the ’70’s, it will inevitably take a while for the gender balance to shift,” she said.

Heben Nigatu, CC ’13 and founder of Radical College Undergraduates Not Tolerating Sexism, a student feminist group that began earlier this year, said that salary inequity is common throughout the United States, and it is unrealistic to think that Columbia would be an exception to this trend.

“I don’t think Columbia is any different from the rest of the world. There’s a lot of unique things that happen in this space,

but it’s really like a microcosm for the gender discrimination that happens on a larger scale in the U.S.,” Nigatu said.

In response to the findings in the study, Rittenberg plans to bring together a new group of researchers to conduct a follow-up study using different methodology and examining more recent data. He said he hopes the follow-up study will find that there is no longer an inequity of salaries among officers of research, noting that the University recently created a set of salary guidelines for officers of research.

“Delaying implementing those changes by carrying out yet another study is really unfair to all of the people whose livelihoods are being affected by this.”

—Daniel Savin, senior research scientist, chair of the Research Officers Committee

“We’ve put in place a process which reduced the number of exceptions or requests for exceptions to the guidelines. There’s been a tightening up of the salary

administration,” he said.

Lucy Drotning, the associate provost for planning and institutional research, who conducted the research from the last study, said that this was the first time officers of research had been the focus of a study, so the new group will “make sure we were on the right track last time.”

Savin said that he thinks the University is dragging its feet. While he said he’d like to see another study conducted, the University should start to change its policies and see what effects those changes have.

“Delaying implementing those changes by carrying out yet another study is really unfair to all of the people whose livelihoods are being affected by this,” Savin said. “Every year that goes by is x number of thousands of dollars that these employees are potentially losing because they haven’t been hired at a salary level that their peers are being hired at.”

Savin said he would like to see adjustments in starting salaries immediately to eliminate this salary inequity.

“I and the rest of the Research Officers Committee are not going to be satisfied until we actually see action being done, whether it’s starting salary changes, whether it’s salary adjustments for current research officers,” Savin said.

“These are people’s livelihoods that we’re talking about. This is potential discrimination that we’re talking about,” Savin said. “We’re very upset at the University for basically burying this study.”

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J-School establishes media, engineering center

J-SCHOOL from front page

most specific and relevant content and information from the Journalism School, while also providing the Journalism School with access to cutting-edge technology, Jamie Beckett, director of communications and alumni relations at the Stanford Engineering School, said.

“Columbia has a leadership role in content creation and news creation, so it is a really great opportunity to partner with them,” she said.

“We’re very excited about this and very grateful to Helen Gurley Brown for having put this opportunity before us,” Journalism School Dean Nicholas Lemann said. “We’re bound and determined to make the most of it quickly.”

Of the \$30 million, \$12 million is allocated to each school in order to establish the program. The institute will have

a director at each campus, and will also create graduate and postgraduate fellowships. The Institute will also award competitive “Magic Grants” to fund the most creative and feasible models or prototypes presented by any student at either university.

The remaining \$6 million will go to the construction of a high-tech newsroom inside the Journalism School building, which is scheduled for completion in summer of 2014.

The Institute’s programs will add to an already existing foundation in digital journalism resources and research at the Journalism School, Lemann said.

“We’ve been moving in the direction of doing more and more digital technology,” Lemann said, citing in particular the establishment of the Tow Center for Digital Journalism in 2010. “This project certainly builds on what we’ve already done.”

Stanford administrators praised the interdisciplinary approach and the potential of this collaboration between the East and West coasts.

Beckett said that the Institute “gives us an opportunity to team our technology expertise with the content expertise at Columbia.”

“We’re now at a point where computers can work with more than words and pixels and can begin to understand the meaning of text or a story told in video,” Beckett explained, adding that this “gap between the words and the meaning is what scientists call the semantic gap.”

Lemann also noted the expanded possibilities for project development, as the Institute will provide “a different capability than we’ve had before.”

“The practice that can come out of this can be quite ambitious,” Lemann said.

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Famed ‘Stick Fly’ playwright draws crowd at Miller

BY ALEXIS NELSON
Spectator Staff Writer

Playwright Lydia Diamond, whose latest play was produced by Alicia Keys, told students Friday that, in theater, it’s not just about being on Broadway.

Speaking to a crowd of students and faculty, Diamond discussed her experience in theater, from her time as an undergraduate at Northwestern University to last fall’s Broadway debut of her play “Stick Fly.” Produced by Keys, the play reflects Diamond’s career-long drive to represent a wide range of black voices and characters on stage.

The free, hour-long conversation kicked off this semester’s Lunch with the Arts Initiative series, which revolves around question-and-answer sessions with experts in the arts.

“Stick Fly” takes place during a weekend at Martha’s Vineyard, where the LeVays’ two adult sons independently bring their girlfriends to meet their parents. What results over the two-and-a-half hour play is both wickedly funny and passionately poignant, presenting sibling rivalry, class divisions, and differing opinions in a way that transcends race and generation.

As a young adult, Diamond said she was continuously dismayed and angered by what she observed as the lack of smart, complex roles written for African-Americans. She didn’t see herself in the performances she watched or on the pages of the plays she studied.

“At first I thought I would be an actor, but I began writing roles that I wanted to play,” Diamond said. According to producer Keys on the play’s website, “Stick Fly” is a play that “is so beautifully written and portrays Black America in a way that we don’t often get to see in entertainment.”

“I’m really allergic to the idea of a ‘career trajectory.’”
—Lydia Diamond

The prolific writer spoke candidly about her modest beginnings back in Chicago, staging plays in a vegetarian restaurant.

“I’m really allergic to the idea of a ‘career trajectory’ and the idea that certain stages or reviews legitimize you,” she said.

After introducing herself, Diamond involved the audience in a discussion, fueled by both responses to her presentation and to the personal goals of audience members.

Director of Miller Theatre Melissa Smey re-instituted the Lunch with the Arts Initiative this academic year and said she feels very passionate about its mission: “to connect Columbians to each other and to the outside world at the same time.”

The Lunch with Arts Initiative events are usually held around a table in order to set an intimate, casual tone, but the dialogue with Diamond was held in Miller Theatre to accommodate the event’s large turnout.

However, the spacious setting did not detract from the conversational feel of the session; over sandwiches, attendees asked each other follow-up questions and many drew on their personal or academic experiences to fuel the dialogue.

“I think this is a very necessary conversation,” said Kalima Desuze, adjunct lecturer at the Columbia School of Social Work.

The event attracted all kinds of students, not just future playwrights. “What I liked was that most of the people in the audience weren’t theater people,” Tiffany Vega, SoA ’12, said.

Though the coming months’ guests have yet to be chosen, Smey said that she welcomes suggestions.

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COURTESY OF ANNICA CHRISTENSEN

CRYPT KEEPER | A variety of student and local musicians performed at Postcrypt’s opening weekend, while students munched on vegan cookies.

Postcrypt’s back with more student performers

BY CHRISTIN ZURBACH
Spectator Staff Writer

One wouldn’t guess that whale sounds and puns about porn would ever fill the air in the depths of St. Paul’s Chapel.

Jan. 28 and 29 marked the start of the spring semester of Columbia’s long-standing underground coffeehouse Postcrypt with twins Rob and David Karpay and folk artist Bryan Cahall, but Postcrypt organizers say that this semester they’ll be focusing on student acts.

Having always been closely tied to the New York community, Postscript generally brings in professional or non-Columbia musicians, also features home-grown acts like this weekend’s Anthony Da Costa, CC ’13.

“We’re trying to book more student groups,” said booking manager Aly Petteruti, BC ’14. According to head manager Annika Christensen, BC ’13, 50 percent of the performers they have booked for this upcoming semester are students.

For Christensen, the key to developing a larger student presence at Postcrypt is by getting the word out. “The more people who come out to shows, the

more friends they tell, the more people will know about Postcrypt,” Christensen said.

This semester, Postscript is targeting students not just to perform, but also to attend and join their team. “We are trying to involve students as much as possible in every aspect of Postcrypt, since we really are a student group,” Christensen said. “They can become directly involved with running a professional music venue.”

She cited “open stages” as the best way for students to get a gig, since the coffeehouse’s email address gets swamped every day with potential performers. Before securing the night’s coveted closing spot, Cahall had performed at one of Postscript’s “open stages,” where anyone can sign up to perform a ten-minute, or two-song, set. The stage is open to musicians, comedians, storytellers, and poets, among other performers.

Since having had to increase security and stop offering free popcorn and beer, Postcrypt has settled down in St. Paul’s Chapel for over a year and a half with new rules. “The Chaplain was very amazing, and we went through a lot of discussions,” said Christensen. “They really supported us in being who we are today.”

Now with a permanent venue, Postcrypt is ready to “continue providing great shows like we always have,” Christensen said. The staff behind Postcrypt said that it would maintain its homey and casual vibe, as the home-baked cookies, drinks served in jars, and hand-chalked signs suggest.

With three acts per night as usual, Friday offered New York newcomer David Moss, Postscript regular A.J. Roach, and regular and affiliate Da Costa. Saturday favored new talent, showcasing Ray Brown, the Karpays, and Cahall. For Cahall, it was his first booked Postscript appearance.

Saturday night’s performance began with Ray Brown, a folk trio, followed by the Karpays, whose highlighted performance was an original song entitled “Whale,” in which David made whale sounds. The evening closed with a performance by folk artist Cahall, whose pun-filled lyrics added a fresh spin on his folksy melodies.

“You can’t really know what Postscript is until you go,” said Christensen. “It’s a great place to discover music and see shows.” At Postscript, the music may vary, but the venue and its welcoming appeal remain constant.

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Clubs partner to present controversial Iranian film Tuesday

BY NICOLLETTE BARSAMIAN
Spectator Staff Writer

Columbia Queer Alliance and the Columbia Iranian Student Association are screening “Circumstance,” the story of two young women coming of age in contemporary Iran, where they struggle between their sexualities and the religious expectations of their families. The free film showing is on Tuesday, Jan. 31 at Roone Arledge Auditorium, with a question and answer session following the film featuring the associate producer and Columbia alum Hossein Keshavarz.

“Circumstance,” which won the Audience Award at the 2011 Sundance Film Festival, follows Iranian teens Atafeh and Shireen as they explore Tehran’s underground scene and grapple with their identities in a world that will not accept them. In a parallel plot, Atafeh’s brother Mehran battles addiction and obsession. Themes of desire, rebellion, tradition, and acceptance are present in the characters’ story lines, and mirror the larger youth culture in Iran today.

In his visit to Columbia’s campus in 2007, Mahmoud Ahmadinejad stated that there were no homosexuals in Iran, later amending his statement to say that there were a few. Mytra Haerizadeh, co-vice president of CISA and CC ’12, said in an email, “From my experience in visiting Iran, that is not a valid statement. I know plenty of Iranians that are LGBT. I am hoping that

people will see a different side of the Iranian community. In the movie, Atafeh (the main character) is from a wealthy, liberal, westernized Iranian family. The Iranian population is very diverse (especially in the cities) and we are hoping this movie will help people see that.”

“‘Circumstance’ is quite controversial in Iran, where it is banned, and the cast and crew can never return to the country.”
—Kila Walser, CC ’12

In addition to the responses it received at film festivals and by critics, “Circumstance” made an impression on both the LGBTQ and Iranian communities at Columbia.

“While so many legal victories are being won for LGBTQ Americans, we think it’s important to bring attention to the state of LGBTQ rights around

the world,” Kila Walser, CC ’12 and vice president of CQA, said. “‘Circumstance’ is quite controversial in Iran, where it is banned, and the cast and crew can never return to the country. Although CQA respects that ‘Circumstance’ presents certain issues that may conflict with some belief systems, we think that this portrayal of the real experiences of queer Iranians is vital to the advancement of LGBTQ rights abroad.”

According to Haerizadeh, the screening of “Circumstance” is the first time CQA and CISA have worked together on an event or project. “Such an unprecedented collaboration speaks to the message of ‘Circumstance’ and, hopefully, to changing times for LGBTQ Iranians,” Haerizadeh said. “We are so excited that CQA and CISA are working together for the benefit of all students and the members of both groups.”

Both groups felt that the film has a message that they believe Columbia students should hear. “With ‘Circumstance,’ we want the event to attract students from many different backgrounds and with diverse viewpoints,” Walser said. “By cosponsoring with the Columbian Iranian Student Association, we are gearing the event not only to LGBTQ and allied students, but also to students who may never have attended a queer event before.”

And maybe best of all, according to CISA, viewers can enjoy tea and Persian cookies with the clubs after the show.

arts@columbiaspectator.com

Students raise record-breaking contributions to fight AIDS at Dance Marathon

BY HANNAH SOTNICK
Columbia Daily Spectator

What is a compelling reason to sacrifice an entire night of precious sleep on a weekend? Ask the 175 students who filled the Lerner Party Space Saturday night, danced in the Congo line, belted out popular songs, and raised \$75,000 to fight pediatric AIDS at the 12th annual Columbia University Dance Marathon.

This fundraising effort was a 33 percent increase from last year’s \$48,000 raised.

The medication that the Dance Marathon funds prevents mother-to-child HIV transmission and is only \$19 per child, so this year’s proceeds funded almost 4,000 children.

Some of the student groups that have performed at the Marathon in past years, such as Orchesis, were so hooked by the event that they now participate as dancers. Aguilar also said that changing the length from 28 hours to 18 hours for last year’s marathon was extremely positive. “Everyone is as energized as they can be for those 18,” Aguilar said. “Everyone is really present and having fun together.”

The event attracted many special performances and appearances this year, such as actor Connor Paulo of “Gossip Girl,” who came to express his support.

This year’s Dance Marathon also featured musical guests, such as LCD Soundsystem’s Gavin Russom, who performed from 1 a.m. to 3 a.m., as well as a few bands from Columbia such as Capital and Lucky Chops.

“It was really cool how they featured so many young bands and Columbia students, like DJ Spicy Special, and gave them a chance to play,” said Eleanor Bray, BC ’14, who danced in this and last year’s marathon. “The variety of live music was unique and different from last year.”

To keep the dancers moving and motivated for all 18 hours, the Dance Marathon had Nutella paninis, homemade grilled cheese, free prizes, and games and activities. Stressbusters made an appearance during the event to give dancers a chance to rest their tired feet and relieve their sore muscles.

To entice students to come to support friends and dance for a while, student groups hosted many themed hours, such as Hillel’s always-popular Bar Mitzvah Hour filled with classic bar mitzvah games and dances.

To realize their goals, the committee strove to engage more students. “To start that push we worked more to directly make ourselves more visible on campus to recruit dancers,” co-chair Scott Limbacher, CC ’12 said. Dance Marathon hosted events like study breaks in dorms, especially first-year dorms, to get more students involved.

Goodman was enticed by the Dance Marathon booth at the NSOP Activities Fair when she was a first-year, and Limbacher also became involved in his first semester. They both wanted to give new first-years the same opportunity.

Adrianna Aguilar, BC ’13 and vice-chair of the event, said that increased participation is facilitated by the positive experiences of the student dancers. “You really build a lot of relationships,” she said. “You’re all dancing and go through many

difficult moments. You have to inspire each other to keep going.”

“The focus is the celebration of the money being made and the celebration of life. Yes, it’s fun, but we’re doing really great as well,” marathon co-chair Hannah Goodman, BC/JTS ’12 said.

Aguilar emphasized that after such an exhausting event, students could finally sit down, relax, and “reflect on the fact that we’ve accomplished this large task for such a great organization that has affected people here and around the world.”

arts@columbiaspectator.com



LINDA CROWLEY FOR SPECTATOR

DANCING QUEEN | Sevan Gatsby, BC ’12, danced at the Dance Marathon last Saturday alongside other volunteers and “moralers” who raised a record amount of money this year.



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Staying in the know

BY JOSHUA FATTAL

When spring semester rolls around, what we’ve learned in fall semester seems worlds away. We are ready to embrace new facts and new skills. We find ourselves looking at the course bulletin with fresh minds, searching for appealing classes. But all this newness comes at the expense of becoming detached from the knowledge we gained the semester before. For knowledge to be internalized, we need to revisit and reuse it, not to relegate it to the past once the final has come and gone.

Columbia can do more to encourage courses that build off of each other—that not only widen, but deepen the knowledge a student already has. Aside from Core requirements and the broad outline of required classes for a major, the specific courses we take and the sequence in which we take them are largely up to us. Such choice, while invaluable, can lead to a lack of direction—whether we are upperclassmen or still waiting to declare, we don’t always have a sense of which courses complement each other, both within a given department and between departments. The large variety of offerings makes it impossible to know which courses are the best for a holistic education. Columbia should begin to provide guidance in course selection, and implement an academic advising system able to rigorously ascertain our interests, analyze our semesters in themselves and in relation to each other,

The uninhibited entrepreneur

Last weekend I attended my first hackathon—or, as I described it to my friends, an orgy of programmers. Envision 100 students crammed into a computer lab on the 12th floor of Mudd for the ultimate nonathletic test of endurance. Sponsored by the Application Development Initiative, the event kicked off a weeklong series of tech-savvy events called DevFest. For 24 hours we stared at our computer screens, downed can after can of Red Bull, and coded.

Initially I was skeptical about even showing up. Were my programming skills up to par? I certainly didn’t want to be dubbed a n00b off the bat. I wasn’t even sure if my web development project counted as hacking, since as far as I knew I wasn’t breaking and entering into any cryptic databases. Soon enough, however, I realized the essence of any hackathon is less about the skill and more about the energy. Everybody was thirsty not just for caffeine, but for something new. Most of the chatter around me didn’t involve Java Syntax and superclasses—they were all using Rails, anyway—but sexy startups and novel ideas. Talk to any of the hackers and they would ramble about the half-dozen web applications on their plates and the startup or two that they’re developing on the side.

Like these enterprise-minded techies, the broader realm of entrepreneurship is often misconceived. After spending half a day with the future of this industry—yes, I wimped out around midnight—I believe it’s time to clear up these misconceptions.

Here’s a shocker: Entrepreneurship exists east of the West Coast. Let me rephrase: It doesn’t just exist. It’s hot. Despite Palo Alto’s official reputation as Silicon Valley, the entrepreneurial mindset is alive and kicking beyond the Bay Area. New York City is no exception. The startup scene here has literally made a name for itself—Silicon Alley—and has paved the way for major venture capitalists and incubators like DreamIt Ventures and Betaworks to call New York home. Once-budding companies like Yelp, Gilt, and ZocDoc have found successful roots here, taking advantage of the strong business and engineering talent among the city’s eight million people. It is talent like this that Mayor Michael Bloomberg aimed to attract and cultivate with his competition to bring a new engineering campus to New York City. Despite losing, Columbia’s School of Engineering and Applied Science can use the prospect of Cornell’s government-subsidized invitation to the city to step up its game in Manhattanville, bringing the Alley even closer to the Valley.

This tech bug isn’t a strictly coastal phenomenon. The city of Austin has been a leader in Texas’ successful high-tech industry. Known for its “Silicon Hills,” Austin is home to a strong mix of local startups as well as large multinational companies such as Fujitsu, Siemens, Nokia, and Samsung. Even Washington, D.C., usually viewed as a one-track political hub, is holding up in this wave of tech startups. D.C.’s private sector as a whole is doing particularly well; last year the area had the most Inc. 500 companies in the country, claiming 10 percent of the magazine’s list of fastest growing private businesses.

One such D.C. business is ROCS (Responsible Outgoing College Students), which was founded by two college students in their dorm room. This brings me to another misconception—one that I almost wish were wholly true—that you should work for an established company before diving into your own startup. While I strongly believe in the crazy notion that a few years of experience in the “real world” can provide critical perspective before you enter the startup bubble, this path seems to be less common today. More and more students are jumping into startups, either as employees or entrepreneurs, right after college—if not during it. This is especially convenient if you’re dying for “Your Name, CEO” to be stamped on a business card already.

There is just as much, if not more, risk attached to startups now than ever before. But the adrenaline rush is also greater. From Silicon Valley to New York, Texas to D.C., tech startups are transitioning from a scene into an industry of their own. Entrepreneurship is sexy. Today, the response to “I’m an entrepreneur” is not “You’re unemployed,” a la “The Social Network,” but something more inquisitive.

The next time you think of a neat new paradigm or gadget, don’t just shrug your shoulders and brush it off; jot it down, Google it. Everyone around you is pregnant with ideas, but not everyone is willing to brush off their misperceptions and take the risk. Because I’m calling this right now: All it’s going to take for the next big thing is a computer screen, some Red Bull, and just a bit more than 24 hours.

Arvin Ahmadi is a Columbia College sophomore majoring in computer science and political science. He is a Spectator online staff developer. Tech Etiquette runs alternate Tuesdays.



ARVIN
AHMADI
Tech
Etiquette

and suggest courses that would reinforce the knowledge we already have.

In fashioning a productive semester, we should be provided with an automatic appointment near the end of each semester with our advisers where they, not we, ask the questions. The focus must be not on scheduling, but on discovering courses that build on the knowledge we have gained. The best complement for Introduction to American Studies may not be a history course, but may instead be American Literature and Culture, an English course—and how interesting would it be to take a class on Medieval English texts after studying some of their Jewish counterparts in Medieval Jewish Cultures?

Columbia can do more to encourage courses that build off of each other—that not only widen but deepen the knowledge a student already has.

We need to be provided with syllabi, and not just equipped with (CULPA’s specialty) the knowledge of a teacher’s idiosyncratic habits and toughness in grading. For all this, Columbia must implement a more thoughtful and content-based system of course selection, which would provide us with the opportunity, if we chose it, to build off of what we already know.

In a similar manner, Columbia must rethink its finals



ALEX
COLLAZO
I’m Just
Saying

Columbia was supposed to be a school that protested. When I decided to enroll almost three years ago, part of what attracted me to the University was its history of political action. From 1968, to Ahmadinejad’s speech, to the Core and Manhattanville hunger strikes, it felt like Columbia might be a place where, from time to time, the students took to the streets to change their world. I liked this. It indicated that Columbia’s students paid attention and, far more importantly, that they cared enough to inconvenience themselves for a cause. Sadly, the University has not lived up to that promise.

The aim of any political action is to express an opinion. The involved parties hope that their actions (marching, boycotting, striking) will raise the profile of their issue and change the status quo. By sacrificing time and effort, by interfering with regular routines, protesters hope to demonstrate dedication to their cause and, by extension, the importance of the cause itself. Participants in the Arab Spring understood this. Egyptians in Tahrir Square put their lives on the line and attacked Mubarak’s state security apparatus directly. They sacrificed and interfered, going all in with these twin currencies of political action. And, in the end, they brought down a dictator.

Columbia students, on the other hand, don’t seem to be interested in sacrificing or interfering with much of anything. A week and a half ago, America bore witness to what has to have been one of the laziest protest movements in history. The adversary was SOPA/PIPA, a twin-headed anti-piracy hydra that presented an existential threat to the free Internet that all right-thinking Columbians know and love. Tensions were high and, on Jan. 18, the country’s tech-savvy youth united to sign online petitions, call busy congressional phone lines, and look at blacked-out websites. Such a sacrifice, to go without the Google logo for 24 hours! Such a statement, to type one’s name into an online form! How much the Senate must have suffered, removed from Reddit for half a day! Fortunately, the protesters had the backing of a consortium of massive Internet companies and their legions of lobbyists. SOPA and PIPA were delayed indefinitely—but you can be sure they will be back. ProPublica reports that, at the time of its forced hibernation, PIPA had 37 opponents (15 only “leaning no”) and 31 supporters, with a third of the Senate’s opinion unknown. Yet many of my

system. Testing, despite its necessity in principle, is a relatively straightforward process of regurgitating material that becomes burdensome in students’ minds—and an exam should not be the final step in a student’s interaction with the semester’s material. Yet the current schedule, first a jam-packed three days of study time, then an onslaught of exams, and finally a much-needed break, leaves no time for thought and reflection; worse, it reeks of finality.

Alternatively, Princeton, among other institutions, provides its students with an extended break before final exams. I see significant value in providing students with the time to absorb material thoughtfully before being tested on it. A course’s backbone—its concepts and patterns—should be internalized at a semester’s end, and a mad three-day rush to the finish hardly allows for internalization. I also see value in preserving a portion of material to be taught after the final exam, because there should be no finality to the pursuit of knowledge, no exam to mark its conclusion. To allow for the extra week needed for the pre-finals break—for the time needed to truly learn—the academic calendar can be extended by one week in May. For the lofty goal that is education, Columbians can contribute five more days.

The fall semester over, I have been trained to approach this new semester as the beginning of a new year. Yet I know how much I learned last semester, and I am burning to use it, to expand it, to grow it. As an institution dedicated to higher learning, Columbia should be standing behind me.

The author is a Columbia College first-year.

Protest more, protest harder

fellow Columbians celebrated as if their team had just won the World Series.

During my two and a half years here, the most impressive student protests I’ve seen were those during Israeli Apartheid Week and their counterprotests. Both parties seemed to have sacrificed at least a modicum of time building their mock wall and poster exhibit, and their presence in the middle of campus did interfere with traffic a little. But these actions all seem rather pathetic in comparison to the protests I had been accustomed to in high school. Pasadena High School’s 2,200 students may have had a lower mean SAT score, but they understood political action in a way that Columbia students do not. When draconian immigration legislation was being considered in 2006, about half my school attempted to walk out. I recall that authorities closed the gates after a few hundred had escaped, but the remaining students roved about campus, knocking over benches and lighting trash cans on fire. Combined with actions at many other regional schools, the students’ unrest made national headlines and influenced the debate. When the school district considered laying off some of the school’s security guards, an even larger protest ensued. Golf carts were overturned, security guards hoisted aloft like idols, and grievances aired in a healthily riotous two-hour rally. The school district reviewed its personnel requirements, and fewer guards were laid off.

Perhaps most Columbia students just don’t feel the same pressures my high school peers did. Perhaps many here don’t have much to protest about, or simply don’t care enough. That would be disappointing and sad. But I would contend that Columbia isn’t as cut off from the rest of the world as our fortress-like campus might suggest. If income inequality continues to soar, if unemployment remains high, if the Euro crisis plunges the global economy into recession once again, there may come a time when Columbia decides that enough is enough. And when we do, I hope that we take our lead not from Reddit’s online petitioners or Zuccotti Park’s drum players, but from the heroes of the Arab Spring and the many revolutions that have preceded it. Don’t ask politely. Don’t beg or wave signs. Interfere, and be prepared to sacrifice yourself.

Alex Collazo is a Columbia College junior majoring in creative writing and economics-philosophy. He is the treasurer of CIRCA and a former Spectator head copy editor. I’m Just Saying runs alternate Tuesdays.



JASMINE MARIANO

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Finding our own Lord Voldemort

Lord Voldemort—the-who-must-not-be-named, if you’re scared—used to make my blood boil. So did the Joker in “The Dark Knight.” There was this intangible aspect to these villains that made them special—they seemed to just enjoy chaos as an end in itself. So, I really enjoyed watching them fail to achieve their goals.



MRINAL MOHANKA

Word On the Street

Villains tend to thicken a plot and capture attention. The world of sports also has these hateable characters. They’re also often the ones that their fans love the most.

In these parts, off the top of my head, there’s the infamous O.J. Simpson, the too-busy-with-sexual-assault-trials Ben Roethlisberger, the arrogant Kobe Bryant, the jerk Kurt Busch, and of course, the maker of the famous decision, LeBron James. Looking across the pond, there’s the arrogant, unfaithful (on and off the field), and full-of-himself Cristiano Ronaldo. There’s Manchester City’s Mario Balotelli, who is convinced that he’s god’s gift to mankind and is cockier than words can describe. And there’s the Portuguese tactician, José Mourinho, who is so obnoxious and disrespectful to opponents that it’s just lovely to hate him.

While I don’t want to promote hating college athletes—they’re really too young to invite wrath, and other than Patrick Witt, they seem quite decent in general since success hasn’t gotten to their heads yet—there is someone in our conference that I think we can, and should, hate: Harvard men’s basketball coach Tommy Amaker.

Our good guy has to be the Light Blue, so now I need to find us a bad guy.

Coach Amaker is treated like the cat’s whiskers. You have to break your back for even a chance at an interview if you’re a lowly Ivy League newspaper. He’s achieving great results, but he’s had a journey to scandaltown. The New York Times reported in 2008 that Amaker, in recruiting top-tier talent at Harvard, was guilty of unethical practices and breaking NCAA rules. He recruited players with academic standards that Yale coach James Jones said he couldn’t go near. He had friends of his who were not employed at Harvard at the time speak to potential recruits and sell the idea of the Crimson. He also approached potential recruits at times other than those the NCAA allows. I reckon that’s reason enough to hate him.

There’s another aspect of villains that keeps me interested: Their rivalries with the good guys. The Dark Knight hated the Joker. Harry despised Voldemort. These rivalries are also a big part of sports.

In India, the entire country—yes, basically all one billion and some—comes to a standstill when there’s a cricket match against Pakistan. There’s no greater joy in Indian sports than a triumph against the noisy neighbors.

In England—the home of the English Premier League—every team has at least one major rival. My team, Liverpool Football Club, has two: neighbors Everton, and of course, Manchester United. Historically, Manchester United and Liverpool have been the two most successful teams in English football. This past weekend, Liverpool beat United and I felt a sense of satisfaction that really no other win brings.

Here in Morningside Heights, our good guy has to be the Light Blue, so now I need to find us a bad guy.

My fellow columnist Michele Cleary wrote months ago that we could make an honest rival out of Princeton, but I don’t think I agree. First, I don’t really hate anything about Princeton, and second, they’ve won far more Ivy titles in the last decade than any other team. I’d rather we use our hatred of Monsieur Amaker and make those folks from Cambridge our biggest nemesis.

I want to manage expectations, though. The 18-2 Harvard basketball team is a juggernaut this year, and really hard to beat. But if the athletic department can promote the idea of this Columbia-Harvard rivalry, and maybe send a fan bus up to Lavietes Pavilion, the intensity of traveling fans’ passions may do wonders. There are no guarantees, but let’s be honest—stranger things have happened in sport.

Mrinal Mohanka is a Columbia College senior majoring in economics. He is a former Spectator sports editor.



ALYSON GOULDEN/SENIOR STAFF PHOTOGRAPHER

THE RIGHT RESISTANCE | Swimming provides a high-intensity, low-impact workout—an especially good option for individuals recovering from injuries.

Saving your joints, one low-impact swim at a time

BY RACHEL TURNER
Columbia Daily Spectator

If you struggle with injuries, especially in the joints, finding low-impact exercises to do is extremely important. But even if your body is in perfect shape, doing low-impact exercise is the best way to prevent future injuries from developing. By far, the best of these exercises is swimming.



Why is swimming so good for you and your joints? First, swimming works many different muscle groups at the same time, ranging from your core to your legs and arms—water does this by providing resistance for your muscles to work against. You can maximize the number of muscles you work by varying the kinds of strokes you perform. For example, breast-stroke uses mostly back muscles and requires abduction and adduction of the legs, whereas front stroke engages chest muscles along with the back muscles, and

works glutes, hamstrings, and quads for the flutter kick of the legs.

Second, swimming works to build lean muscle, which improves your metabolism. And third—and most important—water takes pressure off of your joints, making swimming a viable workout for anyone, even those with injuries, including arthritis and joint weakness that come with age. Keep in mind though: Swimming workouts should initially be done in shorter segments, since your cardiovascular system is forced to work differently than on land, where you can breathe in and out freely.

Since swimming is such a great workout, especially for recovery, do swimmers use other types of exercises to cross train or deal with injuries?

Just as the average person or athlete can benefit from swimming as much as cross training, swimmers can also benefit from cross training on land. Swimmers can do endurance building, strengthening, and flexibility exercises to improve their technique in the pool.

Endurance building exercises help deal with the intense cardiovascular demands of swimming.

The cardio work of the Lions swim team includes biking, running, and jumping rope. Strengthening exercises should involve multiple joints to simulate the full-body workout of swimming. Junior Lions swimmer Katie Meili says their strength coach has them focus on strengthening legs, shoulders, and core through Pilates, and increasing flexibility with yoga. “There is a lot that goes into making a great swimmer that takes place out of the water,” she added.

Swimming may be a great low-impact workout for non-swimmers, but if you spend as much time in the pool as Meili does, injuries still can—and often do—happen.

“Because our sport is structured in a way that requires constant and intense training, overworked muscles and joints often times get injured,” she said. The most common injuries in swimming involve the shoulder—such as tendinitis

and/or labrum tears—or the rotator cuff.

Since swimming injuries are usually due to over-working muscles, rest is the only way to rehabilitate them. “Because our sport does not allow us to stop training at high intensity, injuries often just get worse,” Meili said. Swimmers have to resist the urge to practice and compete through injuries. “If you have a shoulder injury, you will just kick the entire practice to rest your shoulders,” Meili said.

So while swimming is a great, safe workout for the average person, anything in excess can cause your body to break down. Don’t let that scare you away from the pool, though. The fact that the only common swimming injuries tend to result from overuse—as opposed to the acute onset of injuries in other sports and exercises—is evidence that swimming is relatively easy on the body.

So next time you want to get some good exercise, skip the treadmill and head down to Uris Pool—it’s not just for swim tests.

Princeton still tops the league, Yale and Harvard not far behind

BY MELISSA CHEUNG
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In the first full Ivy League weekend for women’s basketball, Yale went 2-0, proving itself a strong contender for the Ivy title.



PRINCETON

Princeton (13-4, 3-0 Ivy) remained off for the school’s finals period, and will play its first game in more than two weeks this Friday against Brown. The Tigers have won six games straight and have a comfortable lead in the Ivy League standings.

YALE

The Bulldogs (11-7, 3-1 Ivy) went undefeated this weekend, winning back-to-back games against Harvard and Dartmouth. Yale came back from deficits as large as 10 points to defeat Harvard, 68-63. The win marked Yale’s third straight over the Crimson and its second straight against Harvard on the road, the latter an astonishing feat considering the Crimson’s 33-8 record at home since the 2008-09 season. Yale continued its road route in Hanover, where it dominated Dartmouth in the second half and seized a 89-65 win over the Big Green. The Bulldogs went on a 26-1 run after halftime, which proved to be insurmountable for Dartmouth. Yale will play its third consecutive road game Friday against Penn.

HARVARD

After losing a close game against the Bulldogs, Harvard (9-8, 2-1 Ivy) was able to salvage a win this weekend against Brown. The Crimson saw an 18-point lead diminish rapidly after halftime as the Bears mounted a comeback attack. With 4:31 left to play, the score was tied at 54. Harvard ended the game on an 11-3 run to pull off a 65-57 victory. Four Crimson starters scored in double digits, two of whom accounted for 20 of

Harvard’s 31 points in the second half—senior guard Brogan Berry and junior forward Victoria Lippert had 16 and 14 points, respectively. The Crimson will face Cornell on Friday.

BROWN

The Bears (11-7, 2-2 Ivy) went 1-1 this weekend, thrashing Dartmouth 74-50 before losing to Harvard. The win against the Big Green was especially meaningful for Brown’s women’s basketball coach Jean Marie Burr as it marked her 300th career win. The Bears handled themselves well in every aspect of play. They shot 40 percent from the floor, had 46 rebounds to Dartmouth’s 35, and forced 15 turnovers. It was an overall positive weekend for Brown, which had strong play in each game, even with its loss against Harvard. The Bears will face first-place Princeton on the road.



FILE PHOTO

STAYING ON TOP | The Tigers have continued their success in the Ivy League.

PENN

Penn (8-9, 1-2 Ivy) defeated Columbia 75-50 this weekend before losing 67-53 in its next game to Cornell. Five players posted double figures in the victory against the Lions, their first of the Ivy season. The Quakers dominated throughout, quickly gaining and holding a double-digit lead. They had season-best percentages both from the field and beyond the arc, at 46.6 percent 47.6 percent, respectively. Two days later, the Quakers lost to the Big Red, but will look to come back strong in their match against Yale on Friday.

CORNELL

The Big Red (8-9, 2-1 Ivy) stormed to a 67-53 victory over Penn this weekend, shooting a brilliant 57 percent as a team, with four players scoring in double figures. Not only did Cornell play a tremendous game offensively, but it also

used zone defense to force the Quakers to make long-range shots, where they shot a lowly 22 percent. Cornell will return home to face Harvard this Friday.

DARTMOUTH

Dartmouth (2-15, 0-3 Ivy) was trounced at home by both Brown and Yale this weekend. The Big Green’s main failure was in second-half defense, as it allowed both Bears and the Bulldogs to pull away after halftime. Dartmouth looks to bounce back against Columbia this Friday.

RK (IVY)	TEAM
1 13-4 (3-0)	PRINCETON TIGERS The Tigers are undefeated in the Ivy League and are on a six-game win streak, but they haven’t played for over two weeks.
2 11-7 (3-1)	YALE BULLDOGS The Bulldogs proved their comeback ability against the Crimson, and look to make their way to the top of the Ivy standings.
3 9-8 (2-1)	HARVARD CRIMSON The Crimson gave Yale a run for its money in a close game, and defeated an 11-7 Brown team.
4 8-9 (2-1)	CORNELL BIG RED The Big Red had an impressive showing against Penn this weekend, and look to build on its three-game win streak against Harvard.
5 11-7 (2-2)	BROWN BEARS The Bears sit at .500 in the Ivy League, but found a win against Dartmouth in their match-up this weekend.
6 8-9 (1-2)	PENN QUAKERS The Quakers have only one conference win this season. They face stiff competition in the Bulldogs this Friday.
7 2-15 (0-3)	COLUMBIA LIONS The Lions have lost five games in a row and are winless in the Ivy League.
8 2-15 (0-3)	DARTMOUTH BIG GREEN The Big Green is currently on a 13-game losing streak.