



DOUGLAS KESSEL / STAFF PHOTOGRAPHER

**PARTNERSHIP** | Shopkeepers on Frederick Douglass formed the FDB Alliance to promote and protect the increasingly trendy street.

## Along a now-thriving Harlem boulevard, small businesses unite

**BY GINA LEE**  
*Spectator Senior Staff Writer*

More development in West Harlem means more customers, but for small businesses along Frederick Douglass Boulevard it also means more allies.

Businesses along Frederick Douglass between 110th and 124th streets recently joined together to form the Frederick Douglass Boulevard Alliance, a partnership promoting the

street as a restaurant row and a gateway to Harlem.

The boulevard has become a trendier spot for restaurants and small businesses for the past few years, so the FDBA's first project was to create a color-coded map as a guide to the avenue's many shops and storefronts.

"The map, that's really significant because that not only says, 'Come here,' but tells people where to go," said Seven

Brown, owner of Harlem Skin Clinic, located between 114th and 115th streets. Brown also serves on the leadership team of the FDBA.

Attracting customers who don't live in the area to uptown Manhattan is one of the biggest challenges Harlem shopkeepers face.

Brown said her salon business could not have been successful in Harlem 10 years ago. "Prior to this, most people

didn't come past 96th Street," she said. "It was gradual, but now the community is ready to support it."

"The client base in Harlem wasn't able to support that kind of business at the time. People looked at these types of services as luxury items," she said.

"There's so many new businesses opening as well as a

**SEE ALLIANCE, page 2**

## Bollinger says he supports advisory fin. aid committee

**BY VARUN CHAR**  
*Spectator Staff Writer*

With administrators reexamining the University's no-loan financial aid policy, some students are leading a push to make students and faculty more involved with the undergraduate admissions and financial aid processes.

Barry Weinberg, CC '12 and president of the Student Governing Board, is spearheading a move to revive the Committee on Admissions and Financial Aid, a group that has been defunct since 2003. It was originally responsible for making advisory recommendations concerning admissions and financial aid issues.

Similar to the current Committee on the Core Curriculum, CAFA comprised faculty, students, and administrators.

For Weinberg, it is "the faculty and students that are the important ones" in this committee.

University President Lee Bollinger said he supports forming such a committee to discuss admissions and financial aid policies, which "the faculty should be informed about and be able to advise on."

"Faculty should be involved, at the very least as advisers, for the purposes of giving advice on all issues having to do with academic decision-making," Bollinger said.

After hearing about possible changes to the University's financial aid policies, Weinberg began discussing the idea of the committee with administrators last December.

"That sort of decision in previous years would have been looked

at by this committee, but now you don't have faculty and students having a formal way to have a say in this," Weinberg said.

The proposal is also being supported by CCSC academic affairs representative Bruno Rigonatti Mendes, CC '14 and a Spectator finance deputy.

Dean of Student Affairs Kevin Shollenberger said he supports more faculty input on issues like admissions and financial aid but he would like to learn more about the committee.

"We already do have that kind of involvement, and I think that it's really important involvement," Shollenberger said. "So those kinds of things I'm really in favor of and are necessary for us to do our job well."

Dean of Financial Aid Laurie Schaffler, GS '92, declined to comment, saying she was not involved with the discussion. Dean of Academic Affairs Kathryn Yatrakis declined to comment because a permanent dean of Columbia College has not yet been named, she said.

According to Weinberg, the committee played an influential role in several important policy issues in the past. In 1992, the committee passed a proposal for Columbia to stay need-blind, an admissions process that accepts students independent of financial need, he said. In 2000, Weinberg said, it took part in the discussion to move away from loan-based and toward grant-based financial aid.

"It's not a radical idea," Weinberg said. "This committee existed for 30 or 40 years. It's just reviving a practice."

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## Harlem residents apply for DOT 'slow zone'

**BY CASEY TOLAN AND GINA LEE**  
*Spectator Senior Staff Writers*

Drivers in a Harlem neighborhood could soon be forced to step on the brakes.

Residents of the area just east of Morningside Park say their streets have long been plagued by speeding vehicles. Last week, they applied to designate the area bounded by 114th and 123rd streets and by Morningside and Manhattan avenues a slow speed zone.

"We really need it, right here in this spot," said Tobie Childez, who has served as a crossing guard on the corner of 119th Street and Manhattan Avenue for almost 13 years. "They're going against the light, and they don't care."

When the school day ends,

"the kids are running out of school, it's hectic," Childez said, as cars raced past P.S. 180 across the street. "It's all about protecting the kids."

The new initiative by the city's Department of Transportation, established last November, reduces the speed limit in a contained area from 30 to 20 mph, a limit enforced by a number of physical street changes.

According to Paimaan Lodhi, district manager for Community Board 10, which represents Central Harlem, residents have been complaining about speeding in the area for years.

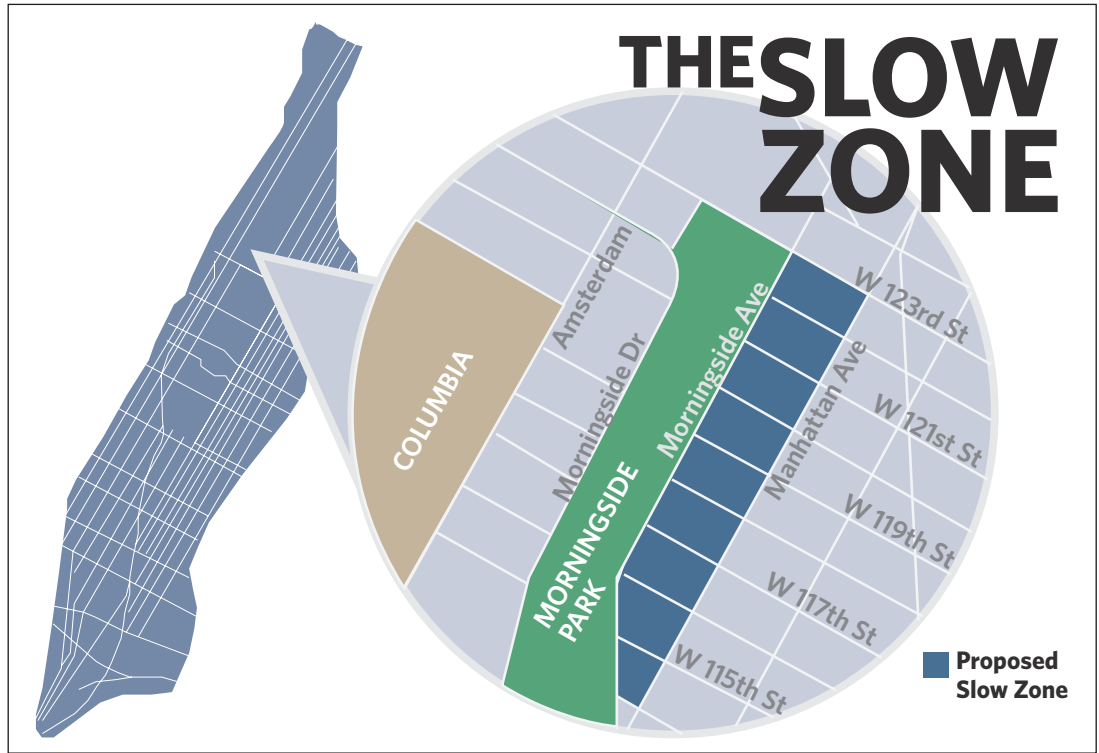
"Speeding happens all throughout the city, but this is a predominately residential neighborhood," with many pedestrians, making it a bigger

problem, Lodhi said. He added that the churches and schools in the area make residents particularly sensitive to speeding problems.

"The residents applied for it, and whether or not the Department of Transportation goes forward or not—they're going to take a look and study it," Lodhi said.

CB10 voted to submit a letter of support for the application to DOT at a general board meeting last week. Applications are reviewed by DOT, which will make selections in March and start construction of approved zones in the summer. The DOT will evaluate whether or not to slow down an area by analyzing traffic patterns and

**SEE SLOW ZONE, page 2**



GRAPHIC BY CELINE GORDON

## Exclusion of Google Docs avoids ADA challenges

**BY YASMIN GAGNE**  
*Spectator Senior Staff Writer*

What's up, Docs?

Screen reader technology is keeping Columbia from adopting Google Documents when it changes email clients, technology and disability experts say.

Columbia's transition from its outdated CubMail to the more current Gmail will incorporate most Google applications, but it will not include Google Docs because of its incompatibility with screen-reading technology that assists the blind.

"Google Docs uses advanced HTML that does not function well with most screen reader applications," Melissa Metz, director of systems engineering, email, and databases with Columbia University Information Technology, said in an email.

Screen readers often have difficulty with Google Docs because they are unable to read toolbars and text that is being loaded while the page itself is being loaded simultaneously, leading to questions of whether the program is compliant with the Americans with Disabilities Act.

The University's negotiations with Google lasted a year, largely because of concerns over the ADA compliance. The transition, announced last month, comes on the heels of a complaint filed in March by the NFB against New York University

**SEE ADA, page 2**

### A&E, PAGE 3

#### New series "Pops Up" at Miller

This week marked the beginning of Miller Theatre's new Pop Up Concerts, which strive to unite musician and listener.



### OPINION, PAGE 4

#### Igniting involvement

Andrew Godinich argues that Columbia students should be more politically active.

#### Two sides of the river

Cecilia Reyes reflects on being a Mexican who has adapted to America.

### SPORTS, BACK PAGE

#### Injury prevention for athletes and students

Overuse injuries to the elbow—whether from tennis or weightlifting a mouse throughout the night in Butler—can be prevented by proper form and rest.

### EVENTS

#### Glass House Rocks

Free food, T-shirts and giveaways, dance performances on the ramps, and a roller skating rink in Roone Arledge Auditorium.

Lerner Hall, 9 p.m.

### WEATHER

#### Today



47° / 31°

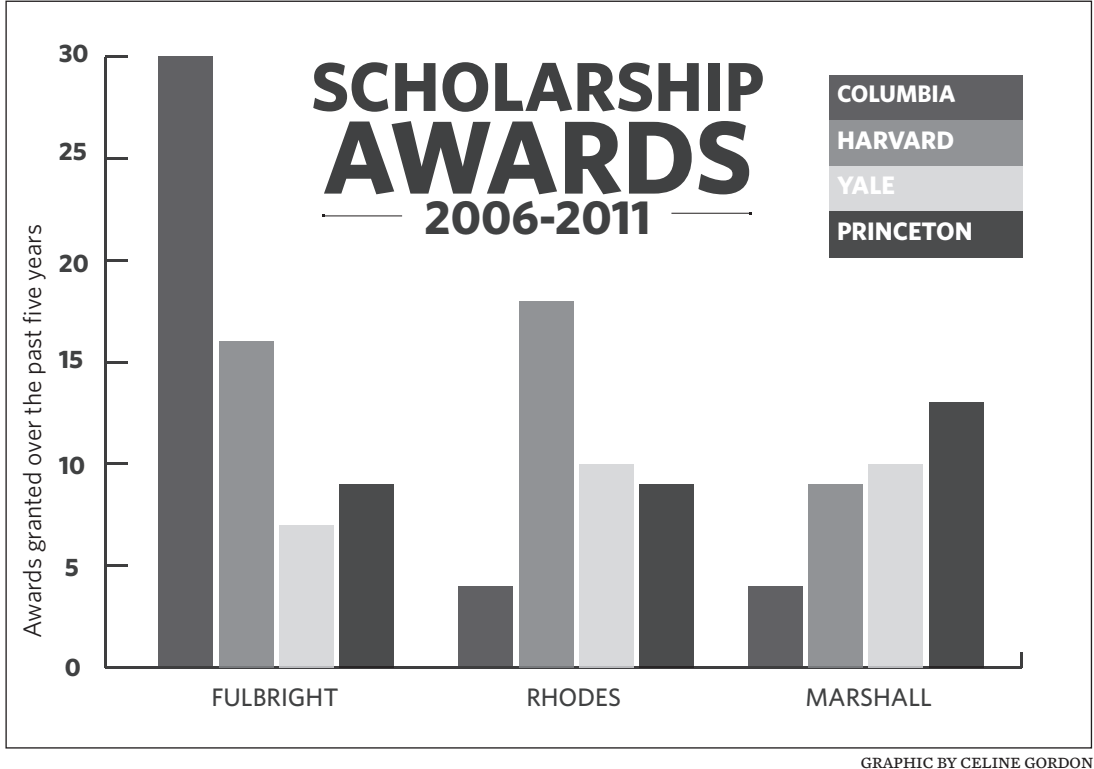
#### Tomorrow



47° / 32°



# After six-month transition, revamped Office of Fellowships has new staff, same goals



**THE FELLOWSHIP REUNITED** | Therese Workman, left, and Paul Bohlmann were both hired in January and are the two new full-time officers in the revamped Office of Fellowships.

**BY MARGARET MATTES**  
*Spectator Senior Staff Writer*

After being folded into a new office and undergoing a complete staff overhaul, the Office of Fellowships is finally on its feet and ready to assist students in applying for academic prizes. Prior to this year, Michael Pippenger served as the first associate dean of fellowships. But in June, after his appointment as the first dean of global programs and the resignation of the only other full-time staff member in the Office of Fellowships, the office began a national search for two new professionals. In January, a semester after the office was incorporated into the Office of Global Programs, Paul Bohlmann, assistant dean of fellowship programs, and Therese Workman, program coordinator for fellowship programs, were hired. “I think we are very fortunate to be in a position now where we have two staff members who are devoted fully and solely to fellowships,” said Pippenger, who was fulfilling the responsibilities of both his old and new position from June to the arrival of the new staff members. Erik Nook, CC ’12, who has applied to the Rhodes, Marshall, and Kellett scholarships, said that despite this readjustment, the transition was so seamless that he never would have known there were any changes to the office if he had not been told. “The services that he [Pippenger] provided me didn’t change at all, so that was probably the most remarkable thing to me,” Nook said. “He stayed with me and followed through with me on the entire process.” Although both Workman and

Bohlmann said they were still settling in, they’ve already begun holding office hours and many students have been stopping by. “It’s been really exciting for me, they are coming asking all sorts of great questions,” Bohlmann said. Pippenger said that despite the lack of staff in the office prior to January, Columbia has a “full slate” of candidates for the scholarships this year. “I know that the people who are there [working in the office] are people who are going to make sure that it does a really great job,” Nook said. Bohlmann comes to Columbia after spending the last 16 years as director of fellowships at Harvard. “Part of the attraction was the visions for the office. ... Becoming bigger and better and more well-known on campus—it was really exciting to me,” he said. In his role at Harvard, Bohlmann was responsible for managing educational programs and the application process for fellowship competitions, tasks similar to those of his new position. Workman is returning to Columbia after spending time in Portland, Maine as a learning specialist. When she was at Columbia, she worked with the Learning and Development team. Before that, she served as an advisor in the Foreign Fulbright Programs Division at the Institute of International Education. “As soon as I left, I was trying to get back to Columbia,” Workman said. “I think it’s important to be at a place where people are thriving academically and, in terms of workplaces, it’s a great place to work too.” “We all serve the same purpose and visions and goal, which is of course to help a student

really identify what they’re passionate about and just to really keep that fire lit in a student all the way through their undergraduate experience and beyond,” Workman said. Pippenger said the reorganization under the Office of Global Programs will strengthen the Office of Fellowships and increase the support it can provide to students. **“Becoming bigger and better and more well-known on campus—it was really exciting for me.”** —Paul Bohlmann, assistant dean of fellowships programs

“The connection between international education and fellowships is a rich one that we can tap into more fully by being all in one place,” Pippenger said, pointing out that international study abroad experience makes applicants, even to domestic fellowships, more interesting and attractive candidate. Anna Feuer, CC ’11, who won a Marshall scholarship and is currently studying at Oxford, described the office as an “incredibly friendly resource at Columbia.” “I definitely could not have done it without their help,” she said. *margaret.mattes@columbiaspectator.com*

## Shops join forces as boulevard develops

### ALLIANCE from front page

new condo building opening, so there’s just a lot more vibrancy,” Susannah Koteen, who co-owns the restaurant Lido at 117th Street and serves on the FDDBA leadership team. FDDBA co-president Lia Sanfilippo, who also co-owns the restaurant 5 and Diamond between 112th and 113th streets, said she sees the alliance as one that can serve both businesses and residents. “It’s an avenue for all of the different types of businesses to get together and make sure that Harlem continues to thrive because,” Sanfilippo said. “The businesses on Frederick Douglass Boulevard are just people that love the community.” Sanfilippo said she hopes the alliance will promote Frederick Douglass Boulevard not only to locals but also to the entire city “to let them know what is happening above 110th Street.” But more opportunities for businesses also mean a greater

need for the business owners to band together. “Even though times have changed, we’re in economic crisis ... and it provides support for merchants,” Brown said. “Together, you have more voice than by yourself.” Koteen said, “It feels like a real community. People are really excited about the amenities that are coming to their neighborhood.” Bringing more foot traffic uptown will help keep businesses afloat, but the added attention will also require the alliance to keep up the appearance of the street, according to Sanfilippo. Beautification is one of the alliance’s main goals. As a visually appealing way to prevent littering, the FDDBA is rolling out new garbage cans with labels promoting the sponsoring businesses. The FDDBA has partnered with the Harlem Community Development Corporation, a state-subsidized organization that focuses its efforts above 96th Street, to create the map.

“We’re in the position to provide them with the tools necessary to succeed,” HCDC president Curtis Archer said. “It’s always encouraging.” Archer said he gives credit to the small business owners for making the alliance a success, but the HCDC will continue to provide technical and logistical support to the merchants based on their needs. “We can certainly propose or come up with an idea or a strategy, but the business owners have to take ownership of the initiative,” he said. Working with partner organizations, such as the Columbia-Harlem Small Business Development Center, Sanfilippo said that the FDDBA hopes to have a street fair in the spring and also to invest in a street cleaning service. “We chose the word very carefully—‘alliance’—because that’s what we do,” Brown said. “We band together to make sure this works for everyone to keep the community going and keep the businesses open.” *gina.lee@columbiaspectator.com*

## Google Docs’ ADA compliance raises questions

### ADA from front page

and Northwestern University. The complaint claimed their use of Google Apps, which includes Gmail, Google Calendar, and Google Docs, placed blind students and faculty at a disadvantage. “While using Docs might be possible for students with disabilities, it would be challenging compared to, for example, opening desktop documents like Microsoft Word or using collaboration tools like New CourseWorks,” Metz said. Ed Morman, library director at the National Federation of the Blind, said that Google Docs presents a tremendous difficulty to the visually impaired. “We have a special access tech team that works on this, and they would know any trick to make Google Docs accessible,” Morman said. NFB press officer Chris Danielson said, “The reader may not voice things like checkboxes or title fields when someone is trying to fill out a form, or it will say that there is a button without

actually telling you what that button is.” **“We have a special access tech team that works on this, and they would know any trick to make Google Docs accessible.”** —Ed Morman, library director, National Federation of the Blind

The infrastructures behind CubMail, Gmail, and Google Calendar are fully compatible with client software, such as Outlook, Thunderbird and Apple Mail, which can be used with many screen reader devices, Metz said. The new email system will be

gradually rolled out, with all undergraduates getting access by December. Google Docs is already widely used on the Barnard email system, gBear, which was launched in 2010. Carol Katzman, vice president for information technology at Barnard, said in an email that “at Barnard, Google Docs is simply an option for online collaboration and not meant to be required for coursework. In addition, the software most commonly used at Barnard, by those with disabilities, is compatible with Google Docs.” Metz said the software’s level of compatibility is not high enough for Columbia’s new system but added that the University is still open to the possibility of including Docs in the future. “We will continue to evaluate Google Docs’ accessibility, and if it changes, we will consider adding Docs to our environment, as the application would certainly add some great functionality.” *yasmin.gagne@columbiaspectator.com*

## Just east of Morningside Park, residents push to slow down car traffic

### SLOW ZONE from front page

looking at the concentration of schools. “The application is a pretty arduous process,” community organizer Lisa Sladkus said. “DOT wants local community support, a pretty large swatch of the community.” “It requires community outreach, the community coming together to slow things down,” she said. Molly Mills, who lives on Manhattan Avenue, said the zone was a “great idea.” “They should put big fat speed bumps in,” Mills said. “The speeding is insane.” Mills said she always tells her daughter Hannah to look both ways on the street. “These idiots don’t look, and they drive too fast down Manhattan and Morningside,” she said. David Gilyard, Sr., a P.S. 180 parent and graduate, said, “A lot of the time the kids don’t pay attention, they dash out there across the street.” “We’ve been trying to get speed bumps here since I was his age,” Gilyard said, motioning to his son.

Despite the lengthy application process, Sladkus said she believes that “DOT will be surprised by the number of applications they will get.” “That shows the latent desire for traffic calming,” she said. The Claremont neighborhood in the South Bronx was the first neighborhood to receive a slow zone in a pilot program enacted in November. The zones include signage and an education component and are designed for contained, residential areas with no arterial roads. “Local neighborhood streets are not highways, they are not shortcuts, they are where New Yorkers live,” DOT Commissioner Janette Sadik-Khan said in a statement at the time. “A pedestrian struck by a car going 40 mph has a 70 percent chance of dying while a pedestrian struck by a car going 20 mph has a 95 percent chance of surviving.” Sladkus and other activists are trying to get a slow speed limit of 20 mph for the entire Upper West Side. In contrast with slow speed zones, which are demarcated by gates and

physical components such as speed bumps, curb extensions, and foldouts in the middle of the street, slow speed limits rely more on enforcement. That effort, Sladkus said,

is going well—letters of support have been written to city officials, and Sladkus hopes to bring the issue to the Community Board 7 transportation committee in March.

“We want to get the word out and educate people, try to dispel any myths about slower speed limits,” she said. “This is an issue that has remarkably broad appeal.”

“Even car drivers say, ‘Yeah, that makes sense to me.’ Slowing things down doesn’t mean a longer trip, just a saner trip for those who are driving.” *news@columbiaspectator.com*



**SLOWMO** | Community Board 10 applied last week for the DOT to make a slow speed zone just east of Morningside Park.



# Egan talks literature, technology for ‘Rewiring the Real’

BY ALISON HERMAN  
*Spectator Senior Staff Writer*

With today’s social media, savvy consumers are writing more than ever: 140-character tweets, long posts on Tumblr; and status updates on Facebook. But author Jennifer Egan prefers her legal pads and pens. More than 100 of Egan’s fans crowded into International Affairs Building Tuesday night to hear the author of the 2011 Pulitzer Prize-winning novel “A Visit From the Goon Squad” speak. Her lecture was the third installment of “Rewiring the Real,” the Institute for Religion, Culture, and Public Life’s series on the interaction among literature, technology, and religion.

Moderated by New Yorker fiction editor Willing Davidson, the discussion centered on the role of technology in both Egan’s writing process and the plot of “Goon Squad,” the most recent of the author’s four novels.

“Goon Squad” opens with a pair of quotations from Marcel Proust, whose “In Search of Lost Time” was also written during a time of innovation and technological change.

However, Egan describes herself as “a very low-tech writer,” and compared Facebook to “a huge Soviet apartment block where they move around your furniture and artwork when you’re not there.”

Nonetheless, she said she is intrigued by the impact of technology, particularly social networks, on how individuals interact.

“I’m fascinated by the fetishization of connection itself,” Egan said.

Partially influenced by the short-term connection and “lateral curiosity” that technology enables, the structure of “Goon Squad” is highly fragmented, jumping from one character to another and changing narrative style along the way. One chapter is even presented in the form of a PowerPoint presentation.

Egan likened “Goon Squad” to a concept album, “a big story told in pieces that sound very different from each other,” Egan said. “It was the farthest I could push in every direction while still having it work.”

Although the plot of “Goon Squad” loosely centers around music, Egan originally conceived of the work as a short story, and only chose to expand it after becoming intrigued by a brief description of a quirky music producer she had written in the first chapter. Egan claimed that such impromptu plot decisions are common in her writing process.

“I don’t really know what’s going to happen as I write ... there are times when I sit down and think, ‘Let’s have some convergence,’ and nothing happens.”

A San Francisco native and alumna of the University of Pennsylvania, Egan spent two years studying at St. John’s College at the University of Cambridge. After graduating from college, Egan briefly went into journalism, but soon turned to writing fiction.

Egan described her experiences with the San Francisco punk scene as a teenager and a brief assignment covering a 1990s rap duo as the inspiration behind “Goon Squad.” For Egan, modern technology has put the New York music industry into “free-fall.”

Although she made it clear that modern technology has influenced her as both a consumer and an author, Egan ended the talk by expressing confidence in the resilience of her format of choice. “The novel,” she said, “was invented as a flexible, strong, and staggering form.”

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PHOTO COURTESY OF MATTHEW MURPHY

**POPPING UP** | Miller Theatre is aiming to attract a different crowd with their new Pop-Up Concert series, which are geared towards newcomers.

## Miller’s Pop-Up series takes audience to the stage

BY LESLEY THULIN  
*Spectator Senior Staff Writer*

Miller Theatre is hoping to put a fresh spin on the concert experience with its new series of Pop-Up Concerts.

Unlike traditional concerts, the Pop-Up Concerts are designed to be intimate and informal by creating a “living room atmosphere” between the audience and musicians, according to Melissa Smey, the executive director of Miller Theatre. Scheduled for four Tuesday evenings this spring, the concerts are particularly geared toward students who want to gain more exposure to music.

“The Pop-Up format really encourages people to sample something new,” Smey said. “Why do classical concerts have to be on a Saturday night at 8 p.m., in a traditional theater, with an intermission and a program that lasts two hours or more?”

The program brings the audience onstage with the performers at Miller Theatre and encourages attendees to mingle before the performances begin. The artists introduce the music they’re about to play during the show, and stay

after the performance to answer questions from the audience.

“The interaction between the performers and the audience is really intrinsic to these concerts,” Smey said. “It’s a very participatory format.”

Smey said that this format is new to Miller.

“For a proscenium theater, Miller is a wonderfully intimate space, and it’s a great place to present performances for larger audiences. But we were looking for a way to create an even more personal and informal setting, a smaller space where we could test out some new ideas and continue our commitment to free community programming.”

The concerts this spring will focus on classical music.

“JACK is an incredible string quartet,” Smey said, referring to the first installment, “Musical Experiments,” a program featuring cellist Lauren Radnofsky, violinist Ari Streisfeld, the JACK Quartet and Ensemble Signal, a large, New York-based collective which prides itself on musical innovation. “They and the cellist, Lauren Radnofsky, from Ensemble Signal approached me with the idea of combining forces and I thought

it sounded like a lot of fun.”

Rather than featuring a couple of solo pieces and a combined sextet, the program that resulted is “really different from what either group would typically do on their own.”

Plans for the other concerts in the series evolved similarly. “Pianist Jacob Greenberg is someone we’ve worked with ... and this new series was the perfect opportunity to feature him as a soloist,” Smey said.

Greenberg is scheduled to perform György Kurtág’s “Játékok” (“Games”) on March 6. The remaining concerts will feature Jean-Baptiste Barrière, a renowned electronic composer, and the Curtis Institute of Music’s Ensemble 39 on April 10 and May 1, respectively.

If this current season goes well, it’s possible that the Pop-Up series will extend beyond this season.

“We want to see how it goes these first few times—what it’s like for the audience, what it’s like for the performers—and leave ourselves room to make changes and improvements,” Smey said.

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## La Toulousaine brings a taste of France to Morningside

BY JENNY SINGER  
*Columbia Daily Spectator*

It was a match made in pastry heaven. In a “Serendipity”-esque twist sweeter than marzipan, Jean-Francois Gatorze first laid eyes on his wife Nora Gatorze when she stepped into

hisbakery. Now, the two own and run the brand-new La Toulousaine patisserie, café, and boulangerie at 946 Amsterdam between 106th and 107th streets.

Two-week-old La Toulousaine is a tiny jewel amid the crowded establishments on Amsterdam Avenue. Furnished with just a few tables and a

single oven, the café does all of its baking in-house; the scene is completed by brick walls and violet accents. Inside, the owners are focusing on growing their business.

“Some days are better than others,” business manager Nora said.

Pleasant ambiance and charming service aside, La Toulousaine offers dessert cases stocked with fresh-baked croissants, delicate cookies, breads, and more savory options, as well as hot and cold beverages. Jean-Francois said that almond croissants, opera cakes, and beignets are the best-sellers so far, and the addition of a second oven will expand their range of delicious confections. A late Sunday afternoon visit found customers disappointed that all 40 croissants baked that day had sold out.

The mille-feuille (or Napoleon), a cake of layered puff pastry, vanilla cream, custard, and a thick coating of swirled sugar is incredibly enticing and wickedly absorbing. The only way to stop eating one is to finish it. The fresh baked goods are fairly reasonably priced, from \$1 to \$4. With just one 75 cent madeleine, a table can be occupied cheaply for hours.

Culinary endeavors run in Jean-Francois’ blood. Hailing from Toulouse, France, his grandfather owned a patisserie, and his parents followed in his footsteps with one of their own. He was educated at a culinary academy in France, eventually opening another patisserie with his parents in Toulouse before moving to New York seven years ago for a change of scenery.

The Gatorzes spent three years planning their new venture, and six months gutting and renovating the space on Amsterdam. Nora, who has lived in Morningside Heights for 18 years, said that the neighborhood used to be filled with gangs and drug culture, but has recently improved a lot.

“Toulousaine” translates literally to “woman from Toulouse,” but Jean-Francois explained that the term can also refer to brick houses that are common in his hometown. He happily whips out his iPhone, keen to show customers a picture of the deep purple flower of Toulouse that has inspired the décor of the café.

Open from 7 a.m. to 7 p.m. Monday through Friday and 8 a.m. to 7 p.m. Saturday and Sunday, La Toulousaine provides a rustic hangout featuring genuine French baked goods.

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AYELET PEARL / STAFF PHOTOGRAPHER

**MANGEZ** | La Toulousaine is the newest addition to Amsterdam Avenue but is already making an impression with its delicious French baguettes, cakes, and other assorted pastries.



PHOTO COURTESY OF SCHOOL OF THE ARTS

**BIG BREAK** | Tim Donnelly won a prize for his poetry about his personal and financial crisis.

## Poet beat out 250 other finalists to win poetry prize

**DONNELLY** from front page

Renaissance literature at the University of Michigan and chair of the selection committee. Other panelists included Carl Phillips, professor of English and Afro-American studies at Washington University in St. Louis, and David Barber, the poetry editor of The Atlantic. Both Phillips and Gregerson are former recipients of the Kingsley Tufts Award.

The award was created by Kate Tufts in memory of her husband, whose passion for poetry was nevertheless sidelined as a hobby while he worked as a businessman at a shipyard company. The couple, lifelong poetry aficionados, had often discussed making such a prize prior to his death.

Although Gregerson described this year’s submissions as “a wonderful array of very strong work,” Donnelly’s stood out.

“It [The Cloud Corporation] made our hearts beat faster,” Gregerson said. “Its resourcefulness, its range, its unflagging intelligence. One of the things that thrills me personally about it is the way he works syntactically—he’s got a very good ear ... that was just deeply impressive to us, and we expect to see great things from him in the future.”

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# Approaching government

“Pull out a piece of paper. Write your name. Then in a few sentences, quickly summarize Article II of the Constitution, then the Fourth, Fifth, and Fourteenth Amendments.” Ah, crap. I stared blankly at my paper for a few seconds before scribbling something down about self-incrimination and the Civil War, turning in a mostly blank sheet. I couldn’t help but laugh. Even the little that I was able to write down was not the result of a lengthy study of the American Constitution, but a deep-seated appreciation for “Law and Order” and “The Good Wife.” Looking around at the blank faces of Jonathan Cole’s Law, Science, and Society seminar, I got the feeling that I was not alone. The future leaders of America, everyone!

Needless to say, the Constitution was immediately downloaded onto both my Kindle and Blackberry, but the damage to my pride had already been done. For someone who likes to think of himself as versed in political affairs (I work for the Columbia Political Review and have a half-hearted affiliation with Columbia University College Republicans), this was a gaffe of Christine O’Donnell proportions. Clearly, neither my classmates nor I had spent enough time in front of our nation’s founding document. Episodes like the one I just recounted are not unusual. During my AP Government class in high school, our teacher once handed out a U.S. citizenship test for a quiz—only one person passed. This was disturbing, to say the least, and it’s not an isolated incident; knowledge about how our government works and who runs it is a low



ANDREW GODINICH

## Too Be Frank

# Another Mexican in New York

Last week, Andrea Viejo’s column (Mexican in New York, Jan. 29) whispered thoughts and reminded me of promises I had forgotten to keep. She wrote about the warmth associated with hearing your native language immediately after being thrown into the unknown. She wrote about divisiveness formed from a need to make sense of foreign surroundings. She wrote about overcoming that division. But there’s something deeper to immigrants—human beings, if you will—that was left unaddressed. So, as a second opinion, let’s get personal.

Perhaps the strangeness of my arrival to the United States had a lot to do with the unnatural ability of a six-hour flight to separate two worlds. From the moment I stepped into the sharp Minnesota morning, I struggled with the dichotomies associated with this country. You are fat or thin, rich or poor, smart or stupid (but proud of either one) and, most linguistically confusing, pretty ugly or pretty pretty. But the most important pairing, and the dichotomy you can’t see if you stay on one side of it, is that you’re either from here or there.

Those days, people who heard my broken English casually asked me how much I had already lost, and knowingly assured me I would lose much more. Did I even have the slightest idea of who I would become? It scared me beyond my years: The inherent contradiction from not knowing who I was going to become was terrifying. Soon, I became a human sponge for any and all anecdotes that had to do with my country. I was desperate for what became an elusive home, and I recognized that those who gave me a shadow of what I needed were chasing after shadows of their own.

## I was desperate for what became an elusive home.

I couldn’t shake off the feeling that I was in a reality show, in which at any time a white-toothed host would come out of a red curtain and say it was all a joke. I still can’t. I also formed “us” and “them” labels for Mexican-Americans, and illegal immigrants most of all. I must confess, my 13-year-old self was egocentric: I didn’t care about stories of hardship, as long as it remained clear that they were not mine—mine were better, of course. Distancing myself from “them” was never due to being unable to relate. In fact, it was because of an uncanny ability to relate that I rejected who “they” had become in my head. This will not be me; I won’t insert English in my beautiful Spanish or forget what real food tastes like. And I won’t hunger after fresh, off-the-plane authenticity.

Six years later, I have heard various solutions for the inevitable melancholy and resentful alienation resulting from emigration. Some go for conscientious activism for immigration reform and others go so far as to say that you don’t have to pick “here” or “there” because there’s an amorphous and cushioned “both!” The problem with the first proposition is that it is born not out of true dedication but leftover guilt in which the notion of “us” and “them” is a real thing. I think the second is a cop-out answer, though I will offer an approximation.

I realized this explanation while having dinner in a Japanese restaurant. The waiters hailed from more than five countries, and once the sake was passed around, someone thought to talk about where we had grown up. The initial nostalgia quickly turned into more sincere, playful mockery: “We all know that immigrant’s story!” They were right. After I had come to the states and before I applied to Columbia, my nationality and geography became everything. And so, having been on both sides of the river long enough, I can somewhat pompously say that it gets old. I am not saying that immigration issues are unimportant, because they’re more real than ever and screaming for our attention.

I merely limit myself to the words of gestalt psychologist Kurt Koffka: “the whole is other than the sum of its parts,” and suggest that we all, immigrants especially, push the frontiers of a label. At Columbia, amid such rich diversity, appreciation of the individual can be as easy as being mindful that behind each international student’s journey are far deeper events and ideas.

Cecilia Reyes is a Columbia College first-year. She is on the board of the Artist Society. Reyesing Expectations runs alternate Thursdays.



CECILIA REYES

## Reyesing Expectations

priority for today’s students. Not only is familiarity with civics and government lacking, we have a demonstrated apathy towards the political process in general.

Just look at student involvement with groups on campus. The latest attempt by CUCR to rouse public attention was greeted by little more than a half-hearted shrug by the Columbia University Democrats and a Spectator editorial. The dozen or so people that made up the motley crew of Occupy Columbia was remarkable only in a comedic sense. Have we given up on civic engagement?

## We are tired of trying to engage a system that has little interest in engaging us.

If that is the case, it’s understandable. We grew up in arguably the most dysfunctional political era since the end of the Civil War. Born in the early ’90s, our earliest memories are of a triumphant West, the Pax Americana fulfilled. But we came of age in the 2000s, a period characterized by political gridlock, two overseas wars, and out-of-control public spending—our inheritance from the Greatest Generation. It hardly seems surprising that we’re more than a little tired of it all, of the two-year political pendulum that sweeps a different party every election cycle, of the unfulfilled campaign promises, and of the empty rhetoric. The only thing that seems to connect our two parties is a desire to erode public trust in government further. And we’re over it. For all of the millions spent trying

# Accessing mental health resources

BY JESSICA GREENBURG AND ELIZABETH MUNROE

Did you know that, according to To Write Love on Her Arms, two-thirds of those suffering from depression never seek treatment? The inability to access resources, the lack of awareness, and the stigma are three key factors that keep those experiencing depression, anxiety, and other mental health problems from getting help. Luckily, we can address all three of these factors as a student body to create an environment at Columbia where students do not feel ashamed or isolated, but rather feel safe and secure enough to reach out for support. While we might not have the power to change the way that mental health is viewed in our country, we can make a difference here.

With the wealth of free mental health resources on campus, Columbia students always have access to help. In addition to having a main office with free counseling, Counseling and Psychological Services hosts walk-in hours every day on campus. Nightline offers peer counseling at night. The Rape Crisis/Anti-Violence Support Center provides peer counseling and support for survivors and co-survivors of sexual and gender-based offenses. Alice! imparts information about how to eat healthier, motivate yourself to exercise, and get a better night’s rest. Online, Go Ask Alice! provides a hub where students at Columbia (and the general public) can submit questions about anything health-related and have it answered by the staff at Alice!. Alice!, of course, also runs a campus favorite that offers free massages, Stressbusters.

Yet these free resources are often underutilized due to the second factor that negatively affects those struggling with mental health: lack of awareness. The lack of advertisement keeps the resources from reaching as many students as possible. For instance, CPS hosts small support groups on topics like mindfulness and meditation, stress, body image, and alcoholic parents. These groups have the potential to give students a greater sense of community and understanding on campus, but few students know that they exist.

Even though these organizations make an effort to reach the student body with fliers, it often is not enough. So many student groups put up fliers that these resource

to get the “youth vote,” it has proven as elusive as ever. Simply put, we are tired of trying to engage a system that has little interest in engaging us.

It seems that a day doesn’t go by that I don’t hear someone complain that today’s Columbia students don’t care as much as they used to. By care, I assume they mean we no longer hold teachers hostage in Low Library or take a stand for “equality” by trespassing on a park downtown. But I can see their point. Like the rest of the United States, we are much less likely to engage in politics to the same extent that our parents and grandparents did. Part of this has to do with timing: We didn’t have to grow up with the sociopolitical upheaval of the draft and the civil rights movement. But I suspect that part of this has to do with the general lack of interest we feel toward the democratic process. Most of the time, the ship of the American political process seems lost, drifting without a rudder. I cannot blame people for not caring who is turning the wheel.

But caring is our obligation. The problems our country faces are long-term: high systemic unemployment, decreased social mobility, and a broken public education system. Somehow the wealthiest nation in the history of the world has run out of money. No one said fixing these problems would be easy; they will require smart, young people who can bring smart, fresh solutions. We have a responsibility to provide those solutions, if only because no one else will.

Andrew Godinich is a Columbia College junior majoring in sociology and Portuguese studies. He is the Latin America and Caribbean affairs correspondent for the Columbia Political Review. Too Be Frank runs alternate Thursdays.

fliers are quickly and easily covered up. The fliers also fail to communicate all that those resources have to offer.

Moreover, because of stigma, students are often afraid to investigate these mental health resources. To help relieve the stigma of mental health and illness, we need to educate ourselves about mental disorders—what they are and how they can be treated. While it is probably the hardest to combat, stigma is the largest and most serious factor preventing people from seeking help. The Center for Disease Control reported that “only 25 percent of adults with mental health symptoms believed that people are caring and sympathetic to persons with mental illness.”

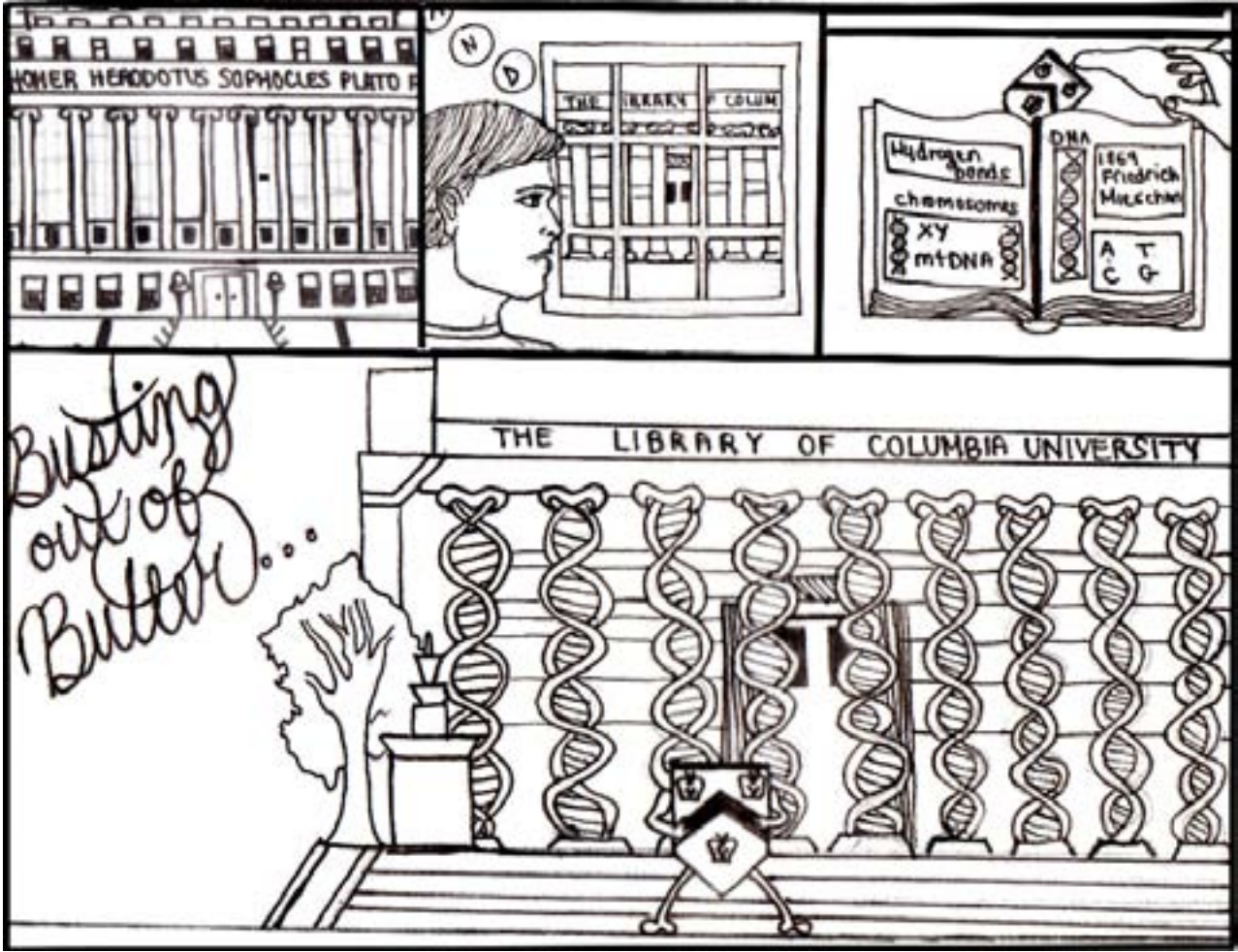
Obviously, this is unacceptable. Two nights ago at the fireside chat, a student asked President Bollinger about the role the administration should play in mental health and mental wellness. Clearly, mental health and wellness is on the minds of many students, and while there has been some movement to increase general wellness on campus, there is a lack of focus on mental illness.

## Students should know that they are not alone.

To mitigate these circumstances, the Columbia Neuroscience Society is partnering with a variety of organizations on campus to host a Mental Health Awareness Week this March. The group is partnering with CPS, Alice!, Nightline, Well Woman, Furman, the Rape Crisis/Anti-Violence Support Center, and several Columbia student groups including the Student Health Advisory Committee, CU-AMSA, Active Minds, Barnard Psychology Club, ROOTed, Scientists and Engineers for a Better Society, the SPEARS the Musical cast, the Artist Society, Columbia Classical Performers, and more. We are coming together as a community to start making changes: to bring students closer to campus resources, create awareness, stimulate discourse about mental health on campus, and help remove the stigma that surrounds mental illness. We hope to enlighten students and give them hope. Students should know that they are not alone. There are resources and support available both at Columbia and outside the Columbia community.

Jessica Greenberg is a Columbia College senior majoring in biology and Hispanic studies. Elizabeth Munroe is a Columbia College senior majoring in biology. They are the co-presidents of the Columbia Neuroscience Society.

## BUSTING OUT OF BUTLER



ILANA SCHULDER

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7	6	3	9	5	1	2	4	8
2	8	4	7	6	3	5	1	9
6	3	2	1	4	7	9	8	5
1	5	8	6	3	9	4	2	7
4	7	9	5	8	2	1	6	3
8	2	7	4	9	5	6	3	1
3	9	1	2	7	6	8	5	4
5	4	6	3	1	8	7	9	2

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6		3			9	1		7
	5	1		4				
8			9		3			
5								8
			6		1			2
				9		3	7	
4		9	8			6		5
3								

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Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

ACROSS

1 Honda Insight, e.g.  
7 Like some mus. keys  
10 Bale filler  
13 2000s New Hampshire senator John  
14 Be up against  
16 Roth of "Inglorious Bastards"  
17 Where pros play  
19 Vital statistic  
20 Actress Kudrow  
21 Word with the 57-Across in 10-Down  
23 Woolen caps  
26 "This American Life" host Glass  
28 Like some silverware  
29 Prefix with meter  
30 Lists of priors  
32 Man of the cloth  
34 Mean mutt  
35 She, at sea  
38 En route to the mechanic  
39 Permit  
40 Twangy guitarist Eddy  
41 Word with the 57-Across in 25-Down  
42 In great shape  
43 Spot on a horse  
44 Signed up  
47 Hear here  
48 Wish  
50 Cleveland pro, for short  
51 Dreyer's brand, east of the Rockies  
52 Olympics participant  
54 Far from fatty  
56 Actress Charlotte  
57 Night sky feature, and hint to a four-letter sequence hidden in 17-Across and 10-and 25-Down  
62 Short, for short  
63 Dry run  
64 Peter of "My Favorite Year"  
65 100%  
66 Dallas opening?  
67 Stout

DOWN

1 Dallas closing?  
2 Trophy, often  
3 "Dear Yoko" dedicatee  
4 Home perm features  
5 One opposed  
6 Word with the 57-Across in 17-Across  
7 Scratch  
8 Ill-lated brother  
9 Gin flavoring  
10 Like most valentines  
11 Aquarium gunk  
12 Right-of-way sign  
15 Put on ice  
18 Org. promoted by Betty White  
22 Relishes, as gossip  
23 Talking point  
24 Hershey's bell town  
25 Ammo for a simple cannon  
27 Buddhist monk, e.g.  
30 Steinbeck's "Cannery \_\_\_\_"  
31 Marching syllable  
33 It shines on the Seine

36 Cabinet design feature  
37 \_\_\_\_ of the realm: noblemen  
39 Lucy of "Ally McBeal"  
40 Pa  
42 Stewed  
43 Work on film  
45 Aqualush rival  
46 Locker room supply  
48 Alafia's sweetie

49 Net sales?  
51 Belgian avant-garde painter James  
53 Facility  
55 Mercury or Saturn, e.g.  
58 GPS offering  
59 One of the small fry  
60 Bent piece  
61 Juan Carlos, to his subjects

ANSWER TO PREVIOUS PUZZLE:

PEAT	ALMS	TOTAL
ALMA	NEST	IOWAS
TOPBANANA	MOIRA	
HALOS	BLOB	NET
ONEDCLOCKJUMP		
HEM	OKEEFE	
MIBS	AIR	TRALA
DROPIN	THEBUCKET	
COMIC	ORR	ISAS
INSRED	IAN	
SOMELIKEITHOT		
RAH	AFAR	PHOTO
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MELEE	ANDY	FREE
PALER	MEDE	TYRA

[xwordeditor@aol.com](mailto:xwordeditor@aol.com)

02/09/12



Proper equipment, rest help prevent injuries

**SPORTS SCIENCE**  
from back page

Most students aren't frequently engaged in tennis, carpentry, or construction,

but everyone at Columbia has spent a late night in Butler trying to finish a paper or project—and this makes you susceptible to mouse elbow. The constant gripping of a mouse

can actually lead to overuse of similar muscles—so think about staying away from Butler's ancient mouse-controlled computers if it's going to be a late night.



**EL-BOW OUT** | Despite the temptation to play through soreness as an athlete, the only way to recover from overuse injuries like tennis elbow is with sufficient rest.

ATHLETE OF THE WEEK  
**BIANCA SANON**



**DOUBLE TROUBLE** | Sophomore Bianca Sanon went 4-0 over the weekend, winning both of her singles and doubles matches with partner sophomore Tiana Takenaga. Sanon's efforts helped lead the Lions to victory over Hofstra and UMass, putting the team at 2-0.

Women's hoops needs more free throws

**BY HAHN CHANG**  
*Spectator Staff Writer*

Signs of a turnaround are evident for the still-winless Columbia women's basketball team (2-17)—in three of its last four games, it has shot above its season field goal percentage, including a 43.1-percent effort against Harvard in one of the best games of the Lions' season.

Despite its superior success rate from the field, the Light Blue faltered from the charity stripe against the Crimson, with a lower percentage and fewer attempts than its opponent—while Harvard managed a perfect 21-of-21 from the free throw line, Columbia shot just 6-of-9.

"Sometimes we will be really hot from the field, but when we go to the free throw line, we miss a shot," head coach Paul Nixon said. "As a coach you are scratching your head because they made all those really tough shots with defense on."

In Ivy play this year, Columbia has made 27-of-47 compared to opponents' 52-of-64. That 58.5 percentage for the Light Blue ranks last in the conference.

"It is also an individual thing, making the free throw shots," Nixon said. "As coaches we're always looking for different ways to work with our players. Sometimes it is a mechanical adjustment and we help them fix it. Other times it is just a mental thing."

Percentage from the line is not the only element of the free-throw problem for the Lions. The disparity in attempts between the Light Blue and its opponents is another contributing factor in this season's struggles—opponents have attempted 47 more free throws, with the Lions committing 23 more personal fouls than they've drawn.

"It would always be nice to attempt more free throws than the opponent," Nixon said. "That is a team goal."

This theme of low percentage and low attempts from the line has been present throughout the season, as the Lions have only made

208 free throws while their opponents have sunk 265 shots from the charity stripe. In four games this season—against Harvard, St. Francis, Hawaii, and Fairfield—the difference in a loss could have been made up if the Light Blue scored an equivalent number of points from free throws as their opponents.

**"It would always be nice to attempt more free throws than the opponent. That is a team goal."**

—Paul Nixon  
women's head coach

In another three games against Long Island, Long Beach State, and Lafayette, Columbia

would have come within at least five points had they been even in free throws.

In their next two games against Yale and Brown, the Lions will have to make sure they keep up with their opponents' free throw shooting. It will be especially difficult because Yale ranks as the top Ivy League team in foul shooting this season at 81.9 percent and Brown has two of the top free throw shooters in the conference in Hannah Passafiume and Lauren Clarke. They have shot a combined 89.2 percent from the charity stripe in Ivy League play.

The Lions are still a young team, and Nixon is confident that the important skills they've seemed to lack this season will come in time.

"We have a lot of young players and one thing you have to learn is that things that were fouls in high school are not fouls in college," Nixon said of the trend. "It is a learned skill. With experience, you'll see it hopefully reverse."



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If you're looking for Caravaggio, you're very, very old.

A self-portrait of Caravaggio as Bacchus. Honestly, he wouldn't last 10 minutes on *The Sopranos*.

young artist he struggled for years to make a living. He was angry. Yet the angry contrast between light and darkness in his work is the very reason why it now hangs in countless museums around the world.

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AMERICANS FOR THE ARTS



# Fencing showcases depth in undefeated meet, challenging unranked status

BY SPENCER GYORY  
Spectator Staff Writer

When a team goes into its biggest meet of the year, confidence is always an important factor. After both the men's and women's fencing teams swept the competition at the Historical Meet Plus Wednesday, Columbia's fencers are sure to have a winning mindset going into the Ivy League Championships this weekend.

The women dropped just five bouts throughout the day, defeating Vassar 25-2, NYU 25-2, and Sacred Heart 26-1. The men beat Vassar 20-7, NYU 21-6, and Sacred Heart 19-8.

The men's performance especially is representative of how much the squad has improved, in both depth and talent, over the past few years. The men lost

to both NYU and Sacred Heart the last two seasons.

These results come on the heels of upset wins by both squads against national powerhouses at both the St. John's Super Cup and NYU Duals two weeks ago.

"We lost only five bouts against three teams," senior sabrist Sammy Roberts said of the team's performance on Wednesday. "That's amazing. What's even more amazing is that we able to put in our varsity team and JV team—everyone stepped up and everyone won. It feels really good to do that at Columbia in the Blue Gym."

"We fenced fantastic," head coach Michael Aufrichtig said. "We defeated all three teams handily. We came out with the attitude that we wanted to bring it to these teams."

Both the men and women

went into the season unranked after finishing seventh at last year's NCAA Championships. As a result, this year's team has fenced with a chip on its shoulder, according to Roberts.

"I think everyone was upset that we weren't ranked," Roberts said. "I think we came into this last competition trying to show ourselves that we are a great team."

"We feel like we had a fresh start and that we really needed to do something this year," said freshman Andrei Tapai. "We went into this year with a message and that message is winning."

The Lions will next take the strip this weekend at Yale for the league championships.

"Mentally, they are very confident and that's right where we want them to be," Aufrichtig said.



KATE SCARBROUGH / SENIOR STAFF PHOTOGRAPHER

EN GARDE | The fencing team has surpassed expectations with wide victory margins in their meets.

# Green, Staab provide backup to starting five

MEN'S IN FOCUS  
from back page

and senior guards Steve Egee and Chris Crockett are playing well.

"All those guys, when they rotate in, they bring something to the table and it's good to have them out there," Barbour said. "I know they're going to make the right plays. Van did a great job tonight and he's going to keep coming. I know he's going to help us out a lot this year."

Barbour is not the only player who benefits from having some help on the perimeter. Sophomore guard Meiko Lyles plays better when he is not one of the top defensive targets of the other team. Last season, Barbour and currently injured senior guard Noruwa Agho were the top two concerns on the perimeter, which allowed Lyles to emerge.

"All those guys, when they rotate in, they bring something to the table and it's good to have them out there."

—Brian Barbour, junior guard

"Meiko is the best when he is the fourth or fifth option," Smith said. He explained that having someone else on the perimeter who could shoot, like Green, would help Lyles out significantly.

The Lions have found depth inside, too. Against the Crimson, senior forward Blaise Staab led all players with seven rebounds. He also put up six points in the losing effort.

"When he's getting his hands on balls—steals, deflections—he helps us out a lot," Smith said. "Hopefully we get more of that."

Having some extra help inside was especially important this past weekend, as freshman forward Alex Rosenberg fouled out in both games and Cisco had

to sit out more than usual because of foul trouble.

Coming into this weekend's matchups against Brown and Yale, the bench will continue to play a crucial role. According to Smith, the Bears are strong on the perimeter and they can shoot the ball well, meaning that players like Green, Kowalski, and Egee should see some time on Friday. Yale will be more or less the exact opposite, giving players like Staab and freshman Cory Osetkowski a chance to help out.

"We've got to play our depth," Smith said. "We'll definitely need a lot of perimeter depth, I imagine, in the first game and more inside depth on the second game."



KATE SCARBROUGH / SENIOR STAFF PHOTOGRAPHER

OFF THE BENCH | Sophomore Van Green had four rebounds and four steals during his 16 minutes against Cornell two weeks ago.



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## Archery worthy of big-time coverage

Around this time last year, Spec's sports editors decided to resume coverage of Columbia's varsity archery team, ending the paper's several-year hiatus from the sport. In response, I wrote a column titled "Archery not worthy of big-time coverage," which was published exactly one year ago today.

I argued that archery, while technically a sport, lacks the competitive, adrenaline-filled spirit of sports like football and basketball to be interesting to many Spec readers. My thesis sparked a firestorm of backlash, particularly and unsurprisingly from the archery team. Some called for my job, others demanded I retract my comments, and a former archery team member even challenged me to a shoot-off. I've had a year to reflect on that article, the controversy it spawned, and, most importantly, the Columbia varsity archery team. Here's what I've learned.

At its core, archery is a simple sport—straightforward, self-explanatory, and relatively easy to follow. The staples of more popular contact sports are absent from archery. Archery is less violent, slower-paced and naturally more TV-adverse than sports like football, basketball, or hockey. It may not appear exciting to a casual observer at first. At least that was my reaction when I watched the team compete a couple years ago. So when I was informed last year that Spec would reinstate the archery beat, my response was "What for?" It is this question that I've constantly come back to over the past year.

Being a Spec sports writer means coping with what may perhaps be the defining paradox of Columbia athletics: the fan-friendly sports underperform, while the non-fan-friendly sports overachieve. Obviously there have been exceptions to this assertion, but on the whole it's true. Sports writers are sports fans, so naturally we want to write about the sports we love most. Due to their national popularity, baseball, football, and basketball are indisputably the most popular section beats. They are more familiar to us than, say, squash or rowing, and they tend to garner the most fan interest. Yet these programs at Columbia—the ones that receive an overwhelming majority of overall Spec sports coverage—tend to give us little reason to celebrate.

On the flip side, teams that bring home national titles usually pass under the radar. Why? Because the majority of the time they are sports we either don't care about or don't understand. As a result, successful programs are eclipsed by our subpar headliner sports.

The disparity between the archery and football teams is a quintessential example. I hate to pick on football, but it has unfortunately become a laughingstock on campus. And rightfully so. Since its conception, the program has only won a single championship in an eight-team division—this season it barely won a single game. Meanwhile, the archery program has consistently excelled on Ivy and national stages. Just last year archery's recurve team won the national title at the United States Intercollegiate Archery Championships. Many of you probably didn't know that, but chances are you know the football team sucks. Aye, there's the rub.

Columbia sports fans may never come to love archery more than football, but paying attention to under-achieving marquee teams while ignoring successful low-profile sports only reinforces sweeping perceptions that our athletics program is a joke.

Perceptions have for too long dictated the discourse of Columbia athletics in this paper and on this campus. There is no simple solution to fundamentally changing broad notions that Columbia sports are bad across the board, but we can start by taking notice of small sports that produce big results.

Maybe we've been looking for success in all the wrong places—mainly and almost exclusively from our headliner sports. Nationally competitive teams, many that send members to the Olympics, are right under our noses. Archery, fencing, crew, and other low-profile sports are just a few of the bright spots of Columbia athletics, and we should give them the attention they merit. In that spirit, I wish to revise my headline from last year: "Archery is worthy of big-time coverage."

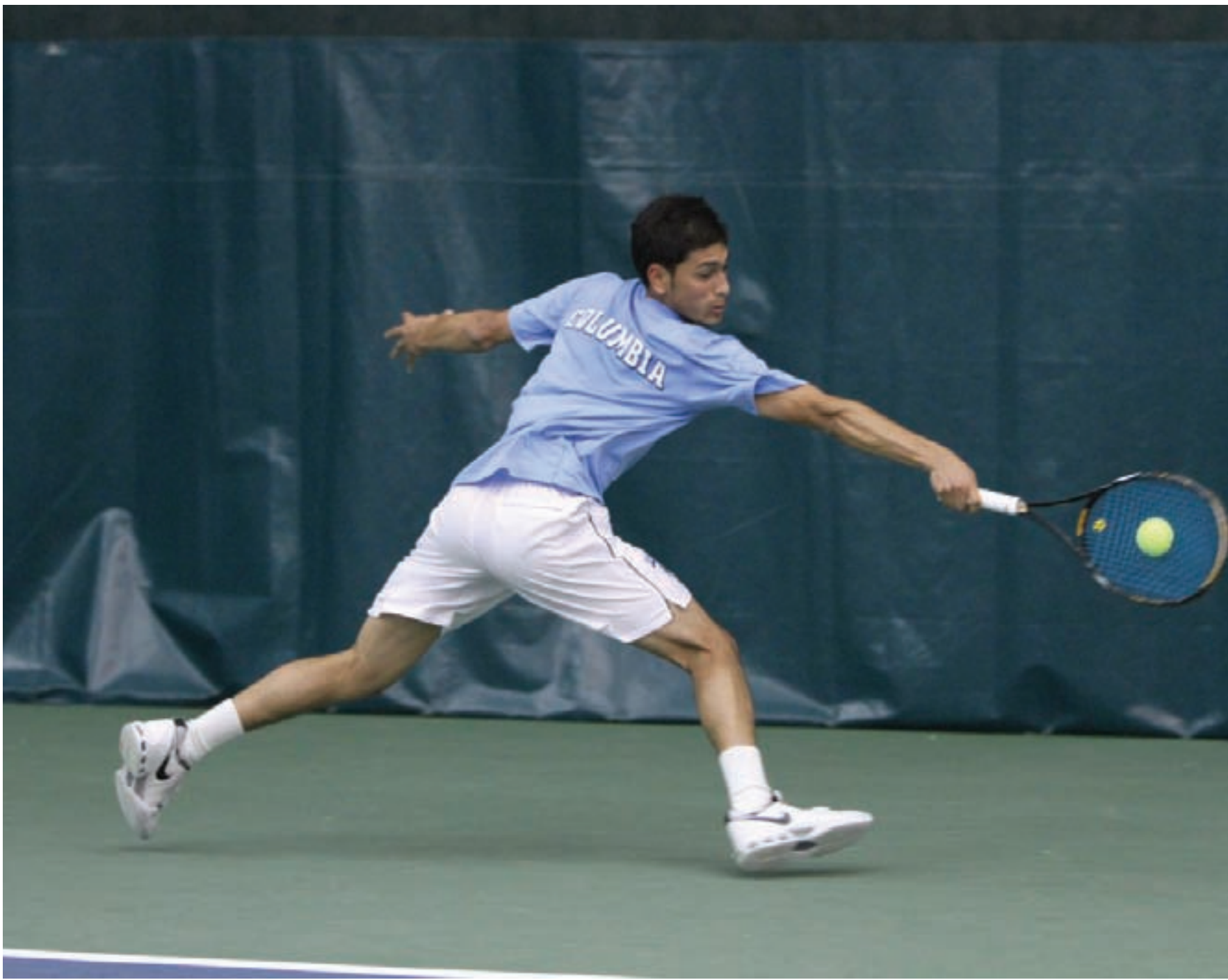
*Michael Shapiro is a List College senior majoring in history and modern Jewish studies.*

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MICHAEL SHAPIRO

### Turn Up the Mike



FILE PHOTO

**AVOIDING TENNIS ELBOW** | One of the common injuries among tennis players—tennis elbow—can be prevented by balanced training and good rest.

## Lions prevent tennis trauma with new methods

BY RACHEL TURNER  
*Spectator Staff Writer*

With tennis season starting up, all eyes are on men's tennis senior co-captain Rajeev Deb-Sen—who has been successful in both singles and doubles with Columbia—to help lead the team to an Ivy title. But even a star player like Deb-Sen is susceptible to injury—and the most common injury for tennis players is lateral epicondylitis, appropriately called tennis elbow.



It is an overuse injury afflicting the muscles near the elbow that turn the palm upward and straighten the elbow. These muscles tend to be overused by the repetitive twisting of the forearm and elbow of the backhand swing—as well as in other activities such as carpentry or construction.

While it may seem unavoidable for a frequent tennis player to contract tennis elbow, athletes can minimize their risk with proper training and good movement. Having the wrong grip or using a racket that is too tightly strung can add to the risk of injury. Another important factor is training—insufficient training can lead to this injury since the muscles will not be

strong or flexible enough to handle all the torque.

In addition to being preventable, tennis elbow is very treatable and few afflicted people require surgery. The trainers at Columbia use a wide range of treatments, according to Jim Gossett, the head athletic trainer for the Lions. These include a basic strap applied to reduce traction on the tendon and anti-inflammatory medications. They also use standard therapies like heat and ice and massage.

Gossett also employs newer methods such as platelet-rich plasma injections. PRP shots inject the patient's own blood platelets at the site of injury. Tendons receive very little blood,

making them slower to heal, and the presence of platelets attracts healing growth factors.

Deb-Sen is not currently burdened with tennis elbow, but did suffer from it recently. He acknowledges the importance of training and strength.

"I never had it again, which makes me believe that it might simply be an issue of strength in the arm," Deb-Sen said. "I think the only way to get rid of it is to rest, and some strengthening issues might help too."

Deb-Sen is right—since tennis elbow is an overuse injury, rest is essential to healing.

**SEE SPORTS SCIENCE, page 6**

## Men's basketball bench players add depth, contribute to wins

BY MICHELE CLEARY  
*Spectator Senior Staff Writer*

This past weekend was much of the same for the men's basketball team. Each of its two matchups were decided by five points or fewer, and the Lions (13-9, 2-4 Ivy) won the first but lost the second. Juniors Brian Barbour and Mark Cisco were the top two scorers for Columbia at both Dartmouth and Harvard. There was one difference, though: Barbour, Cisco, and the Light Blue's three other starters had plenty of help from the bench.

In the first three games of Ivy play, Columbia's bench scored only 19 of the team's 183 points, or an average of 6.3 points per game. In its last three games, the Lions' bench has scored 55 of the team's 176 points for an average of 18.3 points per game.

One of the biggest contributors to this shift is sophomore guard Van Green. Green saw significant action for the first time in Columbia's game at Cornell two weeks ago. While he only had one point in 16 minutes of play, he also pulled down four rebounds and had four steals. His real breakout game came this past weekend, when he had a career-high 10 points in the Light Blue's win over Dartmouth.

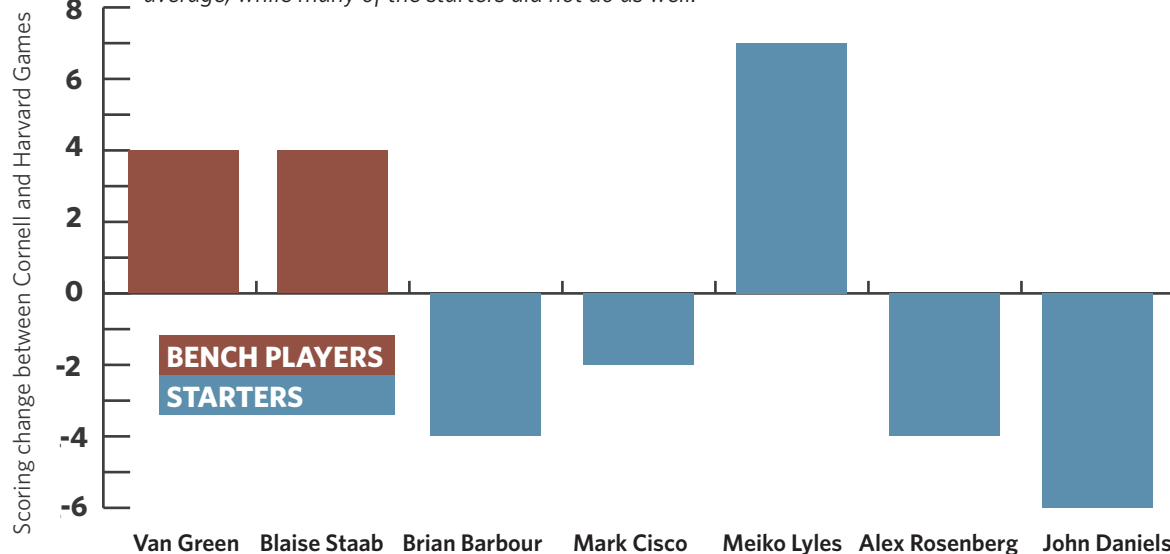
"Van Green's a guy that's been coming on in practice, and I think on our perimeter we need some kind of quickness—someone who can get to the basket besides Brian," head coach Kyle Smith said on Tuesday. "So we need that and that's helpful. Hopefully he'll sustain that success."

Green had five points, four rebounds, and two assists the next night in Columbia's close 57-52 loss to Harvard. After the game, Barbour—the Light Blue's leading scorer—said that it takes some of the pressure off of him when players like Green, junior guard Dean Kowalski,

**SEE MEN'S IN FOCUS, page 7**

## BENCH PLAYER IMPROVEMENT

*During the last two games bench players Van Green and Blaise Staab improved their scoring average, while many of the starters did not do as well.*



GRAPHIC BY CELINE GORDON



ALYSON GOULDEN / SENIOR STAFF PHOTOGRAPHER

**BLAISING** | Senior forward Blaise Staab grabbed seven rebounds along with six points during the last Harvard game.