

Two local Catholic schools to be closed

BY SOPHIE GAMEZ AND ELIZABETH SEDRAN
Columbia Daily Spectator

Two Catholic schools that have been in the Morningside Heights area for over 100 years are slated to close this July.

Annunciation School, on 131st Street and Amsterdam Avenue, and Holy Name of Jesus, located on 97th Street and Amsterdam Avenue, are two of 22 elementary schools the Archdiocese of New York marked for closure.

Citing low enrollment and funding, the Archdiocese announced in January that it would shut down 24 schools in its jurisdiction—including five in the Manhattan area.

“What would it take to save a school that has never been at risk, that has been here for 107 years?”

—Violet Guillet, grandparent of Holy Name student

Yolanda Campbell, whose son is in fifth grade at Holy Name, said she was “devastated.”

“It was hard because I figured he’d be here till eighth grade and then graduate,” Campbell said. “He’s been here for so long, and all of a sudden it just closes.”

According to Campbell, the closure “is going to affect the community in some kind of way because the school has been around for over 100 years.”

Annunciation parent Agustin Blanco also expressed concern.

“I feel bad. I like the school,” Blanco said. “The administration is good, my son likes the school—it’s sad.”

Annunciation parent Nidia Richardson said that parents created a Change.org petition because “it’s only closing because the Archdiocese won’t give more money.”

Liliane Alam, director of finance and administration at Holy Name, said that Holy Name staff and families had one month after learning the school’s at-risk status to appeal the decision and try to raise \$1 million to pull the school out of debt.

The school contacted alumni and benefactors, tried to spread the word through fliers, and looked into fundraising, but did not succeed.

Violet Guillet, a grandmother of two children attending the Holy Name of Jesus School and mother of one of the school’s former valedictorians, said the closures seemed to be “about the almighty dollar and not about the almighty God.”

“What would it have taken to save a school that has never been at risk, that has been here for 107 years?” Guillet said.

Parents at both schools are now looking for other options. Some will continue with Roman Catholic schools in the area, but others are considering charter and public schools. For Jessica Concecion, a parent at Annunciation School, the closure means that her daughter will return to public school.

“I’m very sad,” Concecion said, “because this was her first year and she really liked it. She’ll be sad, and she’ll be OK. She went

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MICHAEL DISCENZA / SENIOR STAFF PHOTOGRAPHER

INTERNATIONAL AFFAIRS | Song Sang-Hyun discusses the relationship between the International Criminal Court and the U.N.

ICC president considers justice, optimism

BY QIUYUN TAN
Spectator Staff Writer

Song Sang-Hyun’s interest in international justice started at the age of nine, when the Korean War erupted in his hometown.

Three years ago, Song became president of the International Criminal Court, a consortium of countries that persecutes genocides, war crimes, and crimes against humanity. And on Tuesday, he reflected on his long-standing passion to combat

atrocities on an international scale at a World Leaders Forum event.

“To this day, I can precisely remember the horrible stink of the decomposing corpses in those hot summer days,” Song said. “I might have been too young to mobilize, but I was old enough to realize the immense suffering and destruction that war inflicts.”

The Rome Statute established the court in 2002 after 160 countries agreed to set up a permanent international judicial system as part of the treaty,

which Song called a “powerful statement of intent by the international community that impunity of atrocity crimes would no longer be tolerated.”

Though the ICC is independent from the United Nations, its operation relies on collaboration between the two organizations, but Song said that the partnership needs to be improved.

“The Security Council has not provided the ICC the help it needs to discharge the mandates into its council resolutions,” Song said. “We need a far more

consistent and vigorous approach by the Security Council.”

Song also addressed how the United States is still not a member of the ICC but could work to change this, an point that Sujith Kumar, GSAS ’13, found interesting.

“As a human rights student, personally I am very encouraged by his comments on how he can see the U.S. working more close to get towards the ICC,” Kumar said. “I understand U.S. is not ready for

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City Council candidate reaches out with history event

BY AVANTIKA KUMAR
Spectator Senior Staff Writer

In December 1991, David Paterson, New York’s first African-American governor, received an anonymous call suggesting he investigate an old African burial ground underneath City Hall—an investigation that, he said, yielded “one of the great secrets of New York City.”

“I always affectionately refer to them as ‘Deep Throat,’” Paterson, an Upper West Side resident, said.

Last night, Paterson presented a talk at a town hall event sponsored by Upper West Side City Council candidate Ken Biberaj that focused on the discovery and landmark of these burial grounds. Held at the Lincoln Square Neighborhood Center at Amsterdam Houses, the event featured live jazz music to honor Thelonious Monk, former jazz musician and Amsterdam Houses resident.

Biberaj said the event was intended to celebrate the neighborhood’s history—the area from 59th to 65th streets, originally called San Juan Hill in honor of an all-black cavalry unit, was initially home to “thousands of working-class” and poor citizens.

Biberaj also said that he was inspired to run the event after meeting with residents of Amsterdam House, seeing the neighborhood center space, and discussing with residents what sort of event they’d like to see. After a lunch meeting with Paterson, Biberaj said, he decided to create an event and “open it up to the entire community.”

In the City Council race, Biberaj said that he has been focusing on “bringing our campaign to the residents”—and that he’d spent every day in January on the streets speaking to constituents.

Paterson said that when he started in local politics on the Upper West Side, he learned the importance of advocacy. He added that Biberaj—who installed “rat crossing signs” in response to a growing rat problem in the neighborhood and spoke about the signs on Paterson’s radio program—embodied the sort of advocacy he admired.

“It was that kind of advocacy that I was proud to be a part of,” Paterson said, calling Biberaj a “nontraditional West Side candidate” in his progressive values.

“We spent every day in January standing outside of subway stations and in front of grocery stores to meet residents,” Biberaj said. “We’ve been doing house parties all across the neighborhood, and we’ve been doing larger community events like this one.”

Attendees of the event enjoyed the former governor’s presentation—and supported Biberaj’s campaign.

Biberaj’s wife, Valerie, said the event was “incredible,” especially given that the governor had once lived and worked in the same neighborhood.

“Hearing about his time in office was incredible,” she said.

Sarah Faxon, an international relations specialist at St. John’s University, said that public

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Grad student lands \$700K for tutoring startup

BY SOMER OMAR
Columbia Daily Spectator

Master’s student Joshua Beach wants to find you the tutor you’ve been looking for.

Beach, a Graduate School of Arts and Sciences student studying the mathematics of finance, recently founded Tutonic, an online tutoring service, with Kyle Cromer and Bill Fan. The online database launched three months ago after the startup was able to secure \$700,000 in investments from Chinese backers. There are currently about 300 tutors using the site.

The site allows tutors to create profiles advertising their services, including educational background and experience in their chosen field.

Students looking for tutors, in turn, can search through the site’s

database and find ones that match their criteria.

Beach and his co-founders said that they saw the tutoring industry as one on the rise, yet bogged down by outdated business methods.

“Most tutors rely on word-of-mouth referrals and outdated means of going to a coffee shop and tacking up a piece of paper,” Beach said.

He noted that traditional tutoring agencies were inflating their prices and reaping the benefits, taking the incentive away from the independent tutor.

As an alternative, Beach used his background in data-driven analytics—he holds a master’s in statistics from Yale—to create a site where students can find the tutor that’s the best fit for them.

“The agencies weren’t using any technology and my roots are in this data-driven, data

analytics background,” he said, “So I’m thinking there’s room to bring a web platform that could handle the scheduling, booking, and billing. But the better part is if you could use data driven algorithms to help match and pair people up.”

Tutonic allows potential clients to rank their learning styles and the material they need help in, then uses this information in an algorithm that Cromer said “weighs attributes” to match the client based on his or her specific needs with a tutor who indicates a corresponding strength with certain material and a certain teaching style.

Looking to the future and Tutonic’s potential for expansion, Cromer agreed with Beach’s vision for Tutonic as one where “someone in Shanghai could get tutored by someone at Yale.”

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KIMBERLY FLORES / STAFF PHOTOGRAPHER

TUTONIC PLATES | Master’s student Joshua Beach launched an online tutoring website, Tutonic, which now has \$700,000 in investments from Chinese backers. The site has about 300 tutors.

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Teachable moment

The Education Umbrella wants to teach student volunteers to teach.

Go for it

Noel Duan on pursuing not just learning, but love as well.



SPORTS, BACK PAGE

Three-pointers are decisive factor for Lions

In the past six games, the Light Blue has struggled with scoring beyond the arc. But in their two Ivy wins of the season, the Lions made over 40 percent of their three-point shots.

EVENTS

Live at Lerner: Sounds #7—Vensaire

Spend your lunch hour with a performance by Vensaire and free food.
Lerner Piano Lounge, 12 p.m.

The Current Presents Michael Walzer

Political theorist talks about his latest book on politics in the Hebrew Bible.
Rembert Hall, Kraft Center, 4 p.m.

WEATHER

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MICHAEL DISCENZA / SENIOR STAFF PHOTOGRAPHER

THE GOOD FIGHT | International Criminal Court President Song Sang-Hyun said his interest in international justice started when the Korean War erupted in his hometown. Yasmine Ergas, right, associate director of the Institute for the Study of Human Rights, moderated.

Song calls for ‘more consistent and vigorous’ Security Council

SONG from front page

the treaty, but at least steps are being taken by the Obama administration.” Song also shared his advice on how to be an effective leader with the audience, which he said included respecting diversity and cultural differences. Even in his free time, Song said that his job is always on his mind, constantly trying to maintain and integrity as a judge.

“My only hobby is to play golf, on the very rare occasions when I have the time for it,” Song said. Some attendees said that Song’s presentation illustrated his unwavering dedication to his passion, which was impressive. Ed Brockhoff, SIPA ’14, said, “It shows you what sort of dedication and sacrifice you have to make to be seen as independent.” Still, Brockhoff wished that

Song would have discussed further the behind-the-scenes aspects of the court. Ester Nyaggah, GS ’12, also said that she wasn’t satisfied with all aspects of Song’s presentation, particularly when he addressed opposition from Kenyan public toward the court. “It really irritated me because I’m from Kenya,” she said. “If they’re going to prosecute these criminals, then the people involved in those states should have a voice in it—if

you’re doing this in the spirit of democracy and the greater good of the people, then why aren’t their voices included?” But Song held firm in his optimism about changing the international landscape. “Ultimately, the fight against impunity can only succeed when the national justice system of each state is strong enough to stand against atrocity crimes,” he said. *qiuyun.tan@columbiaspectator.com*

Constituents say Biberaj invested in community, people

BIBERAJ from front page

events such as this one reflect how Biberaj “really reaches out to the community.” “His persistent involvement isn’t just a bid for attention,” Faxon said. “It’s a strong commitment to do what’s right for the community.” Ruth Reffkin, a real estate agent who grew up and currently lives on the Upper West Side, said that Biberaj has been a receptive candidate. “He wanted to hear from me,” she said after approaching him once, and he later followed up with her concerns. “He’s the only one who’s out on the street every weekend,” Reffkin said. Biberaj said that showcasing Thelonious Monk’s music was a chance to shed “powerful light on the rich musical history and vibrancy” of the neighborhood.

In December, Biberaj led an effort to correct a misspelling on a circle on 63rd Street named after the musician. One of the more interesting stories, Paterson said, was one person who had been buried facing east rather than west, following typical African religious tradition. Research at Howard University revealed that these particular remains were not of African origin—indicating perhaps that he was a white abolitionist. Paterson said that the ruins—and the history that they embodied—presented hope for new generations. Since they were discovered in the 1980s, the first African-American mayor, governor, and president have been elected. “We are moving forward all the time,” Paterson said. *avantika.kumar@columbiaspectator.com*

With closures, parents forced to search for other school options

SCHOOLS from front page

to public school before.” Apart from religious education, Catholic schools provide an alternative to unionized teaching and the high-stakes testing emphasized in public schools, according to Jeffrey Henig, chair of the department of education policy and social analysis at Teachers College. Henig said that charter schools, however, have drawn enrollment away from Catholic schools because with charter schools, “families have an alternative if they want the community aspect and emphasis on order.” Althea Hickson, a teacher at Holy Name of Jesus who sent one child to Holy Name and has another enrolled, said she would no longer teach and would instead take an administrative job at a school. She also said that she would avoid Catholic schools in

the future and send her son to a charter school. “The only thing we are really being told is that the demographics for the neighborhood are changing and that we are not bringing in the revenue on our own,” Hickson said. Alam said that students wishing to continue with Catholic schools would be provided for. “The Archdiocese is very careful to find a place for each child who wants to go to Catholic school—no one child left behind,” Alam said. Yet, according to Alam, the closure will nonetheless represent a significant change for the neighborhood. “Everybody is affected,” Alam said. “The school is part of our landscape. To see the children playing on the street, parents dropping off their children in the morning—it is part of the life of the neighborhood.” *news@columbiaspectator.com*



CHRISTIAN DOUGLASS / STAFF PHOTOGRAPHER

THE BODY POLITIC | Over 70 students from a variety of political clubs gathered in the piano lounge in Lerner Hall Monday to watch President Barack Obama, CC ’83, deliver the State of the Union.

Obama addresses gun control, economy, climate

SOTU from front page

he’s kept on his agenda.” Swara Salih, CC ’14 and Dems webmaster, said that the speech was the president’s “most brilliant yet because he took such an integrated approach on so many issues.” While Obama surveyed many issues, including gun control, economic growth, and education reform, Salih said he was most surprised by the president’s extended discussion of climate change. “Al Gore must be so happy right now,” Salih said. “I’m happy right now because I love environmental policy.” However, Salih found subsequent discussion surrounding Syria unsatisfying. “Just mentioning the same tactic again and again, putting

pressure on Assad, without mentioning any plan is not a good tactic,” Salih said. “Thousands are dying, we need a more coherent approach to Syria.” Malcolm Ray, GS ’13, said that he found Obama’s discussions of military policy similarly murky. “I thought he was a little vague on the drone policy. He hasn’t been as forthcoming with Congress and the American people as he said he has been in his speech,” Ray said. However, as Obama addressed various gender inequalities, Balekdjian said she found Congress more blameworthy regarding women’s rights. “I’m a feminist and a women’s rights advocate, so I really appreciated his support for the Violence Against Women Act, which it is shameful that

Congress has let lapse, and also the Paycheck Fairness Act,” she said. John Kenney, CC ’13 and public relations director for CUCR, said he “appreciated President Obama’s call as to our shared characteristics as citizens.” “I think one of the problems of politics is when there’s an us-versus-them mentality, and so I really like that he called out that we are all citizens of the same nation,” Kenney said. The president concluded his speech with the declaration that “we were never sent here to be perfect; we were sent here to make what difference we can,” pushing for Congress to enact bipartisan reforms on issues that have remained unsolved. *natalie.felsen@columbiaspectator.com*

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DOMINANT | Penn's Miles Cartwright had a career-high 28 points in a resounding 71-48 win over Brown.

Yale wins last two games, Bears still struggling

AROUND THE LEAGUE from back page			
BROWN	48	YALE	69
PENN	71	PRINCETON	65

BROWN by two-to-one in the second half, finalizing this convincing victory.		DARTMOUTH	56
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Brown continued to stumble in Ivy play, picking up its third straight loss against Penn. Brown's Sean McGonagill became the 25th Brown player in history to surpass 1,000 career points, but this was the only cause for celebration for the Bears in their double-digit loss. Penn's Miles Cartwright, with a career-high 28 points, was decisive in changing the momentum of the game for the Quakers. The game was close through the beginning of the second half, but Penn took off and almost outscored

Yale managed to unseat Princeton from its undefeated status in the conference while simultaneously earning two consecutive wins for the first time this season. Yale had a strong first half, offensively shooting 65 percent from the field while defensively confounding the Tigers. Princeton outscored Yale in the second half, but it wasn't enough. The score was 67-65 with fewer than 10 seconds to go, but Yale deflected a pass attempt while earning two free-throws to bring the final score to 69-65.

From start to finish, Cornell dominated Dartmouth with its superior speed. The Big Red had 18 easy fast-break points compared to just two by Dartmouth. Cornell also took advantage of turnovers with 24 points off 18 turnovers, 15 of which Cornell's feisty defense stole. After a 10-2 run at the beginning of the game, the Big Red continued its domination with a balanced offensive attack and four players notching double-digit points. In the second half, the closest Dartmouth came was within 18 points, despite its advantage on boards throughout the game.

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Don't be overwhelmed by your perfectionist mentality

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and self-control, so you not only stop beating yourself up for the mistake, but you also feel it's within your reach to do better next time.

Spear has learned this from years of experience. When asked about mistakes made mid-match, he said, "I will beat myself up about it, and other times I will try to analyze what went wrong and correct my mistakes for the rest of the match. Needless to say the latter is a much better and more successful mindset."

The third method is to disassociate your performance from your self-esteem and self-worth. A study of Swedish elite athletes (Koivula, Hassmen, and Fallby, 2002) showed that perfectionist tendencies were most harmful to those whose self-esteem was contingent on their performance. So if you screw up that CC midterm, it doesn't mean you're an inferior individual who will end up

peddling on the streets. You just had a bad test. Life goes on.

The final method is to go into every situation with a positive mindset. We've all heard this, but a promotion focus does wonders in reducing anxiety. Spear said, "I find thinking about the personal level of the competition too much often brings up a fear of failure, which is an unhealthy mindset and often leads to failure. I am definitely motivated by the possibility of success."

Perfectionism doesn't have to be a paradox. Wield your sword correctly, and it could give you an edge over all those people hacking away at everything in front of them like they're mental. Your best is really good enough, and even if you happen to slip, as long as you can be kind to yourself, well, that's perfectly ok.

Minnia Feng is a Columbia College junior majoring in psychology. Mind Games runs biweekly. sports@columbiaspectator.com

Lions snap shooting slump, gain confidence to go forward

IN FOCUS from back page

games. He wants the team to keep playing its game and taking open looks even if they sometimes aren't falling.

After the 3-20 performance at home against Dartmouth, he said he thought most of the team's three-point attempts were good looks.

"Honestly, I think it's between the ears, for us, as a team. We just gotta get out of this, feel good about ourselves," Smith said after the loss to Dartmouth.

After the win over Harvard fewer than 48 hours later, Frankoski was all smiles as he explained the quick shooting turnaround.

"Keep shooting it because that's what we do. It's one thing we're really good at and work so hard at," he said. "College basketball is up and down. You've just got to stay with your system."

Frankoski also likened last weekend to a pair of games earlier this season.

Three days after dropping a close game at home to Marist, the Lions went on the road and beat Villanova by 18, making 11 treys.

"Coach is always so positive with us, staying upbeat, staying upbeat, because you have to look at the good things ahead," Frankoski said. "Our confidence is really high."

Smith said that next weekend's road trip should keep Columbia's shooting from beyond the arc in the spotlight. Yale, Columbia, and Brown are sixth, seventh, and eighth, respectively, during Ivy play in both field goal percentage on threes and field goal percentage defense on threes. Both Brown and Yale emphasize defending inside.

For now, Smith said he hopes the win over Harvard can be what the victories at Villanova and Cornell were not—a mental breakthrough for the team.

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Consuming thoughts

When I was graduating high school, my English teacher's parting words to my class were that learning was something to be enjoyed and that we could crave knowledge in the same way that we crave food or sex and re-ceive the same dividends from it. Well, almost.

There are two ways that we en-joy learning. The first is structural: It has nothing to do with the content of what we learn. The act of learning itself feels good, which is why we can (rather queerly) enjoy learning about terrible tragedies. It's strangely all right to have a good time at a Holocaust museum. In this case, we don't enjoy the knowledge itself but rather the knowledge of our knowledge—or metaknowledge (I'm making up the terminology as I go). The second, and maybe less intuitive, way to get pleasure out of learning is to enjoy the idea itself. Here, content makes us happy. Learning about relativity and ridding ourselves of the concept of the fixedness of time is a liberating idea, and it makes us feel good. We can enjoy ideas themselves.

Ideas are goods that cost nothing to manufacture.

When I arrived at Leiden University in the Netherlands for study abroad orientation, a dean gave us an introductory speech and touched upon these ideas by wishing us “flow” in our academic careers. Flow is the mental state in which a high degree of dif-ficulty in an activity matches a high degree of ability in



JAKE
GOLD-
WASSER

Thinking Twice

the person performing it—for example, an expert cel-list playing a masterpiece. When this state is achieved, when someone is lost in thought (or, more aptly, found in thought), it allows for temporary freedom from the noise and anxiety that usually occupies our minds.

Our minds themselves are sort of strange in this regard because our own cognition allows us to ex-ecute tasks or thoughts, which in turn affect our cognition. We can think about listening to music or having sex and, based on the thought, perform these actions that in turn stimulate the brain that facilitated them in the first place. Meditation ap-plies this to thought itself: deciding upon what you are going to think about before you do it. And this does not only refer to Eastern meditation—the great meditations of the West (those of Marcus Aurelius, John Donne, René Descartes, etc.) are meant to be thought-exercises.

Our agency of thought is obvious but not trivial because we are shamefully bad at capitalizing on it. Although we seek food and sex and drugs and art, we forget to go out of our way to consume ideas and reap their emotional benefit. Most Columbia students enjoy learning, but many students feel reluctant to take classes purely for their thought content. There is a pressure in Columbia's culture to choose classes as economically as possible, and it is seen as sinful to indulge in an im-practical class with transcendental thought content. So most Columbia students don't get to eat up the tastier ideas because the prettier the idea, the more stigma it has. Ideas are not consumed enough purely for their aesthetic value.

Ideas seem on the surface to be immaterial, but the fact that ideas are made out of matter is important to understanding how we should consume them. An idea is stored chemically in our brains, written down, stored electronically, spoken out in sound waves, or broad-cast in radio waves to carry it into foreign brains, but at no point in that process does the idea lose its material nature.

A well-trained teaching corps

BY MICHAEL RADY

“Give a student a responsibility and the student will act responsibly.” Teaching as a volunteer in a Columbia service group for an unruly, eighth grade West Harlem middle school social studies class, this was the suggestion that came to mind. So that's what I did. I asked the least cooperative student in the class to write key words from our discussion on the board. A few minutes later, faced with snickers from his classmates, I regretted the move. I stole a glance to the board and saw the source of the adolescents' laughter: The note-taker was struggling to spell basic words from the conversation. “Community” was the most obvious.

Realizing the mess I had created, I began weighing my options: Should I ask the boy to take a seat, acknowledg-ing his inability to complete the task, further subjugat-ing him to the ridicule of his peers? Should I pummel through the lesson, ignoring both his struggle and the class' noise? Or should I do something else?

Throughout the course of my participation, the frus-tration I faced at that moment returned on multiple oc-casions. Given my newness to teaching, I had blamed it on my lack of experience. “I'll get better,” I told myself.

But one day, when I was observing the actual social studies teacher lead a lesson, someone in the back of the room began to chat with a neighbor. When the noise be-came unbearable, the teacher exploded at the offending pupil, soon leveling his anger at the class as a whole: “Ten percent of you aren't moving on to the next grade! You better make sure you're not in that group!”

I was shocked: This tenured teacher, with 16 years of experience, seemed to have just as much trouble leading the class. The moment upended my understanding of the recipe for an effective educator. Sure, experience helps. But it's certainly not everything.

I realized that the experienced teacher and I both needed rigorous training, especially in lesson planning and classroom management. I also realized that par-ticipants not only in the same student group but also in volunteer organizations across the University were fac-ing the same challenges. Hundreds of well-meaning un-dergraduates march into struggling local public schools every week, leading classes on everything from sex-ed to robotics and questioning the extent to which they are making a difference in the lives of their students. These frustrations have become evident to me through anecdotes and even reports of groups struggling to retain volunteers for multiple semesters.

One might relate the weak training these groups were investing in their members and the poor retention rates the organization were subsequently facing to the com-mon critique of Teach For America, as articulated in Andrew Godinich's column (“The Inadequacies of Teach for America,” Feb. 12). According to detractors, insuffi-cient training begets teachers who struggle in the class-room and quickly leave their jobs.

Yet the TFA critique turns out to be wrong. Corps members are more effective than conventionally pre-pared new teachers. A majority stays teaching for longer than their two-year commitment, and two-thirds remain in the education sector long thereafter. But knowing that the problem still plagued Columbia, I decided to unite with leaders of several other student groups to see what we could do. We formed a coalition of education-related groups, secured a Student Project Grant from CCSC, and worked to secure a star TFA public school teacher to regularly coach Columbia undergraduates in tried and proven lesson-planning and classroom management strategies. These trainings—co-hosted by TFA and the new Education Umbrella—will be interactive lessons where 15 to 20 participants are expected to model strate-gies and use feedback from teaching coaches to improve performance. This is similar to the model that new TFA teachers undergo during their rigorous summer train-ing institute.

The Education Umbrella, with the help of CCSC and TFA, is taking a bold step to infusing some much-needed investment in Columbia's undergraduate teaching com-munity. Yet not all of Columbia's volunteer groups teach. And to the leaders of those other groups, who lobby and build and do a hundred other things: I could not under-score enough the importance of boosting the training you give your members. Doing so would not only pay dividends to your work but also to service as a whole.

The author is a Columbia College senior majoring in American studies and Portuguese studies. He will be teach-ing in Newark next fall as a member of the 2013 TFA Corps.

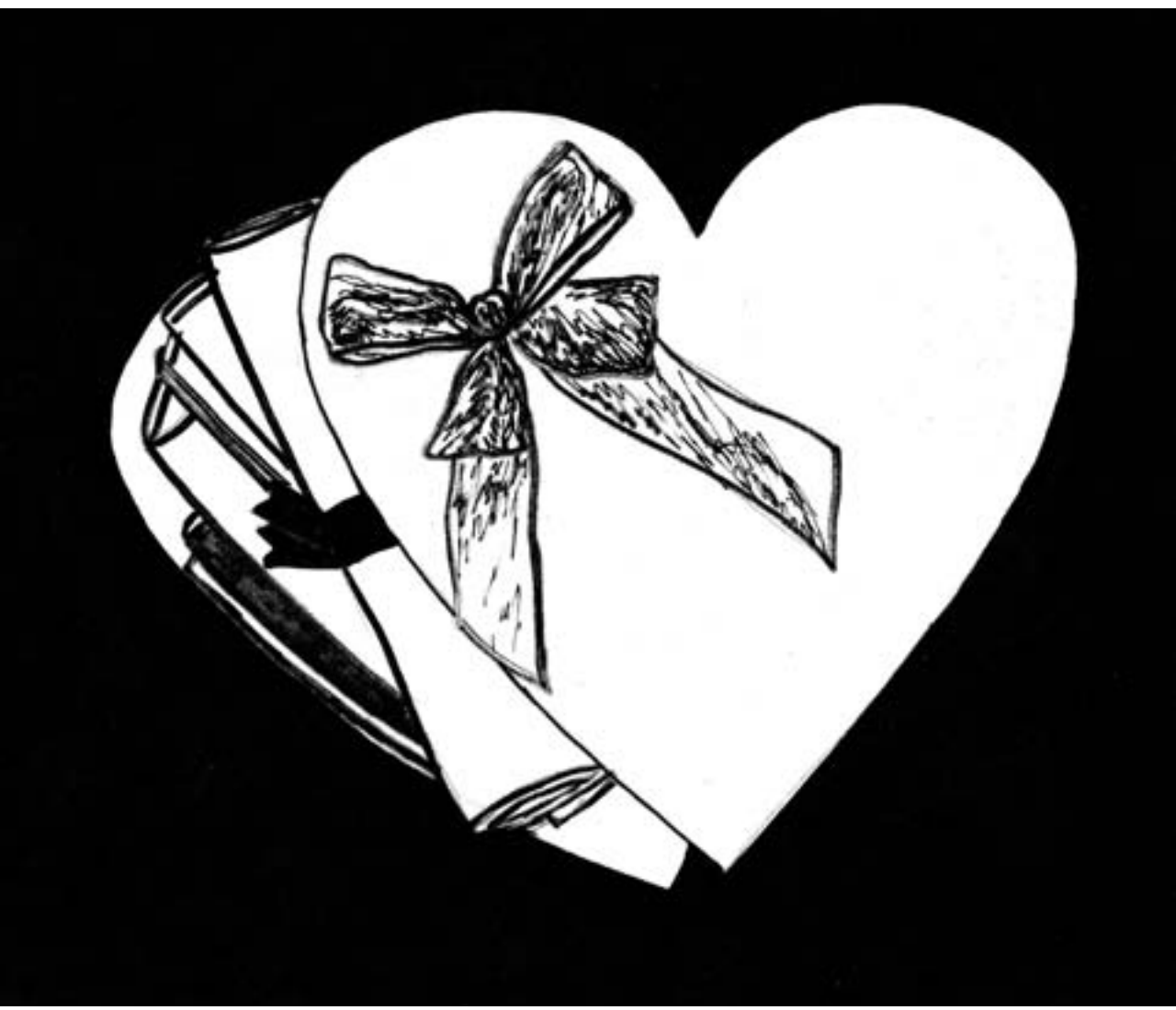


ILLUSTRATION BY ILANA SCHULDER

I CU admiring

“Man, Noel, I wish getting a boy-friend at Columbia was as easy as writing a paper. Wouldn't it be great if we could just pull all-nighters and get boyfriends?”

It was about 3 a.m., and I was sitting in my friend's room in Wien on a Friday night, working on an art history paper, of which I no longer remember the topic. And yet, I remember her exact words as we discussed the state of (lack of) ro-mance in our lives. To state the obvious, romance is hard to find if you're writing papers in Wien on a weekend night.

“I don't understand. You're so career-focused and academically driven. How can you be so proactive about everything in your life ex-cept for love?” a friend once perplexedly asked me.

Most Columbia students are proactive with almost ev-ery aspect of their lives—except in romance. We challenge ourselves with double majors and multiple internships, and we're not afraid to ask for what we want in terms of academics and careers. From fellowships to job offers, we rarely settle for less than the best. And yet, when it comes to romance, we post our admirations on Columbia Admirers, sending our desires to an audience that hears but rarely answers. As someone who is particularly apa-thetic about Valentine's Day—except for the discount chocolate the next day—I am guilty of putting career and academic ambitions before any romantic ambitions. While I can, for the most part, foresee my grades by studying hard and attending class, I cannot foresee another person's feelings—and that uncertainty is what drives me to Butler on Valentine's Day.

“Why do I want a girlfriend? I want a career first,” my friend, a senior in Columbia College, scoffed over dinner.

But why can't you have both? Why can't you be proac-tive in both your career and love life? I asked a graduate school friend for her experienced opinion, given that she is at a different stage in life than a 22-year-old undergrad.

“When I was in college, I definitely put my academics and career first. While I didn't rule out the opportunity to meet a great guy and spend quality time with him, I knew I was focused on personal development,” she replied. She noted that without knowing what you want in life and



NOEL
DUAN

You Write Like a Girl

So you can think of an idea as a substance that has a direct physical effect on the brain it enters. Ideas be-have a lot like psychoactive drugs in that respect. Their value rests only in the effect that they have on cognitive systems. (What use would heroin or cocaine be without consciousness?) And ideas can be addictive, inspira-tional, destructive, cultural. Unlike drugs, though, ideas replicate without using any resources. Ideas are goods that cost nothing to manufacture. They are a hyper-renewable resource (the more you use them, the more plentiful they become), and the good ones have limit-less positive externalities. You can think of all of human achievement as the summation of the positive exter-nalities of good ideas, and this truth is the basis for the Core.

It is quite a liberating idea to recognize that all of our happiness and misery is an epiphenomenon of these brains that can be manipulated so easily. And yet, instead of working to change the center of all of our cognition and perception, the Western custom is to try to change the world around us. This is much more diffi-cult because it requires consent from other people who often want different things in the world—which leads to conflict and suffering. Our brains, our tiny corners of the physical world, contain our entire universes, and we have complete domain over them. And science tells us roughly how to maximize our own happiness by how we eat, sleep, interact, communicate, and spend our time. Consciously making decisions contrary to empirical evi-dence about well-being is the most destructive irratio-nal behavior we engage in, and not exposing ourselves to ideas that will make us happy is part of this irratio-nality. As students, we are expected only to learn, and each semester, we get to choose how we are going to fill our brains. I think that is a liberating idea too.

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having a clear career direction, you can't really be proac-tive about relationships.

Another senior chimed in, “I think people think that everyone at Columbia is way too busy to be in a relation-ship. I think that's true to a great extent, but I also think that it's such a self-fulfilling paradox that people don't put themselves out there enough to actually make anything work or even realize that other people might have feelings for them at all.”

At Columbia, we learn to open our minds to great books and new philosophies—but we're still hesitant to open our hearts to love. We speed read through The Iliad, but we also obsessively re-read text messages sent from our crushes. We exchange lingering glances, but we keep our mouths shut. We hesitate. We pause. We stop. With a problem set, you are either right or wrong. With love, be-ing wrong could feel very right—and vice versa.

A friend in a committed relationship said, “I think in-vesting time and energy into building strong friendships and relationships can make it easier, in the long run, to deal with the academic and professional pressures that Columbia puts on us. In that sense, being in a long term, stable relationship has made me happier more secure and much more productive than I thought it would.”

I remember being in my art history lecture a week later. The girl sitting in front of me spent the entire class period on a guy's Facebook, pausing ever so slightly on every photo where he was with another female. I understand that sentiment all too well—the curious feeling of hope and hopelessness when you like someone at Columbia, but instead of asking them out, you stare at their Facebook when you should be paying attention in class. And who knows—maybe he's sitting in his lecture class, typing your name into the Facebook search box, too.

With that in mind, perhaps my happily-coupled friend is right—the time that we spend pining about unrequited love could be spent being proactive and ultimately find-ing someone who feels the same way. We don't have to be actively searching for romance—but just as we enter the classroom with open ears, perhaps we can leave our dorm rooms with open hearts. We are so quick to protest and speak out at this school, but are we willing to stand up for our feelings, too?

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

02/13/13

Healthy perfectionism is key in athletics

Perfection. It's a word we intensely love and loathe at the same time, something we continuously strive for, and yet are crushed by, time after time. Whether it's school, work, or social life, Columbia students know better than most what it's like to demand the absolute best one can possibly muster.

I won't even try to deny that I'm a perfectionist myself, although I would vehemently deny that I am in any way perfect with all the excessive humility and graciousness of an Anne Hathaway acceptance speech.

Truth is, it's impossible to ever reach the standard of everything being completely right. In a world with so much uncertainty, things can just never be perfect, no matter how much one may try.

Perfectionism has come to be seen widely as something negative, but looking at the issue from a sports-related point of view can yield some new insights into how perfectionism can hurt performance but also how it can actually be used as a positive motivator.



MINNIA FENG
Mind Games

One needs to allow for those inevitable slips that are simply natural.

Think of a few of your favorite top professional athletes. There's a very good chance they are perfectionists. If you thought eating sushi in Butler while cramming for finals was hard, the grueling work ethic, countless sacrifices, and constant pressure to succeed are amplified in the life of an athlete. But most of the time, this perfectionist mentality ironically ends up impacting performance negatively.

Psychologists Gordon Flett of York University and Paul Hewitt of the University of British Columbia have come up with the term "perfectionism paradox." The phrase describes the effect in which a pre-occupation with attaining perfection cannot only undermine performance, but it can also lead to a sense of never being satisfied with one's performance unless it's absolutely flawless, which is impossible, as not everyone is named Beyoncé Knowles. Their study shows that excessive concern with mistakes can lead to many negative outcomes, including anxiety, low confidence, failure orientation, and negative reactions to mistakes during competition.

I spoke to fencer Will Spear, CC '15, a member of the USA Junior World Team and No. 1 in men's sabre among U.S. juniors, about the perils of perfectionism. Spear, who has the greatest name a fencer could ever have, says he is definitely a perfectionist, but only when it comes to fencing.

"It is nearly impossible for me, and many of my teammates would agree, to move on after a poor performance. It can take hours or even days to stop obsessing over the loss, but I would say I am never truly over a bad performance," he says.

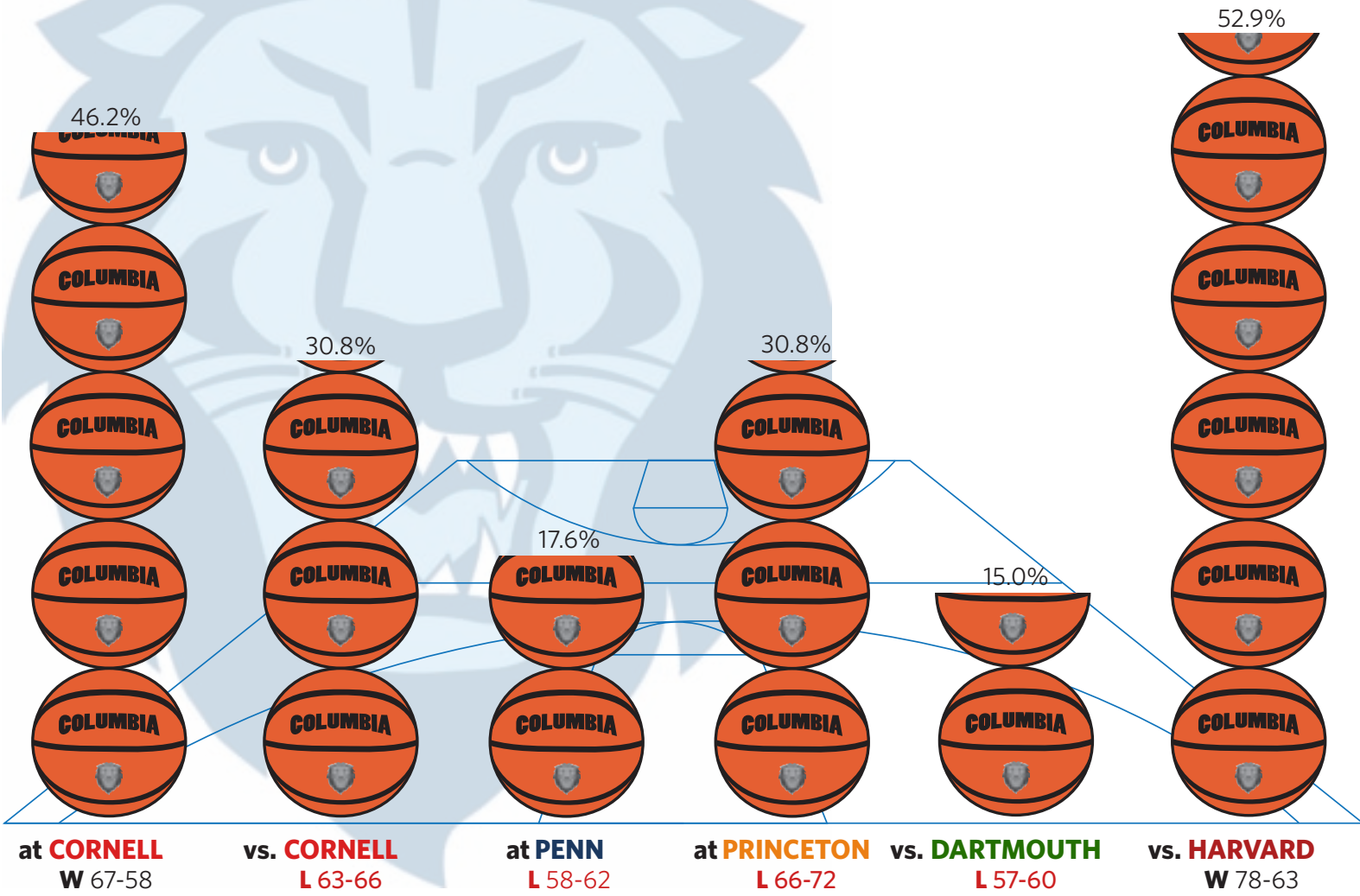
The same researchers who penned the York and UBC study do, however, offer practical advice on how to alter the perfectionist mindset to be more helpful to and healthy for one's mentality.

The first key is to set realistic expectations and be flexible in those goals. High-performing athletes like Spear are often buffered from the negative effects of perfectionism due to their mostly positive results, but even the best baseball hitters fail seven out of 10 times. One needs to allow for those inevitable slips that are simply natural.

The second tool is to alter your appraisal of the situation and the way you cope with your performance. Avoidance- and emotion-focused coping that involves self-blame should be emphatically ditched in favor of a healthier appraisal of the situation, where you analyze it realistically to understand what went wrong. Central to this method of coping is a feeling of self-efficacy

SEE FENG, page 3

LIONS' THREE-POINT SHOOTING PERCENTAGES IN IVY PLAY



GRAPHIC BY BENJAMIN BROMBERG GABER

Three-pointers crucial in Light Blue's Ivy wins

BY MUNEEB ALAM
Spectator Senior Staff Writer

As Nemo loomed closer, the men's basketball team trailed Dartmouth with under 30 seconds to play. On its final possession, sophomore guard Steve Frankoski put up two potential game-tying threes but missed both, capping a 3-20 night for Columbia



from long range—its worst single-game performance of the season.

Two days later, Frankoski went 5-for-7 from beyond the arc, scoring 27 points as the Lions upset Harvard, 78-63. They shot 9-17 from downtown for a season-best performance from long range.

"If we shoot it well ... we do drill people," head coach Kyle Smith said.

Until the Harvard win, Columbia was going through one of its worst shooting slumps from beyond the arc

this season. The Lions made only 24 threes, on 27 percent shooting, in their first five Ivy games. During non-conference play, the fewest three-pointers Columbia made over a five-game stretch was 34, and the Light Blue averaged 37 percent long-range shooting before opening its Ivy schedule at Cornell on Jan. 19.

Although the Lions have tried developing a stronger inside game this season, three-point shooting has remained important. They have been

better than 35 percent from long range 10 times this season and won eight of those games. On the other hand, the Lions were 4-2 coming into conference play when they shot below 35 percent—their season average. But they've now dropped all four such Ivy games. Three of those four losses were by six points—two threes—or fewer.

Smith relates the problem to the team's year-old issue of winning tight

SEE IN FOCUS, page 3

Crimson, Tigers both pick up first Ivy losses of season

BY RACHEL TURNER
Spectator Staff Writer

The Harvard and Princeton men's basketball teams picked up their first conference losses this week while Yale made a statement with two consecutive wins. Penn and Cornell split their games this week, but Cornell looked like a league contender in its thorough domination of Dartmouth while Penn's win came over still-struggling Brown.



HARVARD	67
CORNELL	65

Traveling to Ithaca, Harvard (13-7, 5-1 Ivy) picked up its fourth win in a row, holding off a comeback attempt by Cornell (11-12, 3-3). Siyani Chambers led the team to victory with his second straight double-double, which included a career-high 11 assists. The Crimson slowly built up a lead over the course of the first half and led by as much as 21 points in the second half. The Big Red's Errick Peck added 17 points and led Cornell within two points from its 21-point deficit. Cornell outscored Harvard both off the bench and off of turnovers, but it was not enough to complete the comeback bid.

BROWN	46
PRINCETON	63

Struggling Brown (8-12, 2-4 Ivy) was unable to be competitive against the Princeton Tigers (11-8, 4-1 Ivy). Brown's Rafael Maia had a game-high 19 points, but his contribution couldn't make up for a 13-minute drought where Princeton's defense held Brown to just three points. Princeton had three players scoring double-digits, including Denton Koon, who had 17 points with a career-high three three-pointers.

YALE	68
PENN	59

In a foul-filled contest, the Yale Bulldogs (9-14, 3-3 Ivy) secured their

Ivy (LW)	TEAM
1 (5-1) (1)	HARVARD CRIMSON Though the Crimson lost its first Ivy game to Columbia on Sunday, it still has the best record in the league.
2 (4-1) (2)	PRINCETON TIGERS The Tigers lost their first conference game to Yale, keeping them at the number two spot.
3 (3-3) (3)	CORNELL BIG RED Cornell lost a close game to Harvard, but then dominated Dartmouth, winning 79-56.
4 (3-3) (7)	YALE BULLDOGS The Bulldogs are working their way through the rankings after winning their last two games.
5 (2-3) (5)	PENN QUAKERS Penn held the lead early in both of its games, but came away with only one win.
6 (2-4) (6)	COLUMBIA LIONS The Lions split a set of games over the weekend, losing to Dartmouth but handing Harvard its first Ivy loss.
7 (2-4) (4)	BROWN BEARS The Bears continued to struggle after Princeton and Penn crushed them, unable to collect more than 48 points in a game.
8 (2-4) (8)	DARTMOUTH BIG GREEN The Big Green beat Columbia in a close game, but fell to Cornell two days later.

victory over Penn (5-17, 2-3 Ivy) with strong plays on both sides of the ball. Penn had the lead early, but Yale's Armani Cotton immediately responded with a 9-0 run. The lead shifted back and forth for most of the first half, with Penn up 32-29 at the half. Yale dominated with offensive boards, scoring 19 second chance points compared to Penn's seven. Both of Penn's top scorers, Henry Brooks and Tony Hicks, fouled out of the game, giving Yale an opening to secure its victory.

SEE AROUND THE LEAGUE, page 3

ATHLETE OF THE WEEK

STEVE FRANKOSKI

Steve Frankoski led the charge in Columbia's win over previously undefeated Harvard on Sunday. Amid cheers of "Steven Frankoski," the sophomore guard played 38 minutes and went 9-12 from the field, scoring a career-high 27 points. He missed only one shot during his 20-point first half. Frankoski also contributed three steals, two of which directly led to layups that gave Columbia the lead—and ultimately the win.

—Muneeb Alam



KIERA WOOD / SENIOR STAFF PHOTOGRAPHER