

## Barnard students vent housing frustration

BY EMMA GOSS  
*Spectator Staff Writer*

Students affected by Barnard's housing shortage rallied against the college's administration at Monday night's Student Government Association meeting.

Members of SGA's Housing Advisory Board advertised the meeting as a chance for students to express their concerns about the way Barnard's administration handled the housing shortage that developed over the last year. Administrators were ultimately able to offer on-campus housing to most students, but only after encouraging some students to seek off-campus housing, retroactively changing contracts that had guaranteed housing to students taking leaves of absence, and converting 31 coveted single rooms in Plimpton Hall into cramped doubles.

Hannah Goldstein, BC '13, returned from a medical leave of absence this semester. Administrators revoked her housing guarantee while she was away, and while she ultimately fought successfully for a housing assignment, she said that students might now be wary of taking medical leaves.

"We all know that Barnard is a place committed to women's health. There shouldn't be shame in taking medical leave, and now there is," Goldstein told SGA. "We will lose our housing for taking time off. That's ridiculous, and it should definitely be brought up" with



HENRY WILLSON / SENIOR STAFF PHOTOGRAPHER

SEE HOUSING, page 2

GRIEVANCES | Housing Advisory Board member Jennifer Fearon listens to Hannah Goldstein's concerns..

## CU thieves get at least 7 years in prison

BY LUKE BARNES  
*Spectator Staff Writer*

Two of the men convicted of stealing nearly \$6 million dollars from Columbia were sentenced to at least seven years in prison Monday.

George Castro and Jeremy Dieudonne were found guilty in August of grand larceny, criminal possession, and money laundering. Prosecutors said that Castro and Dieudonne, along with two other men, manipulated the University's computer

system, siphoning off millions of dollars intended for New York Presbyterian Hospital into one of Castro's IT company's bank accounts.

Judge Robert Stolz sentenced Castro to eight to 24 years in prison and Dieudonne to seven to 21 years in prison. Assistant District Attorney Kim Han said at New York's Criminal Court on Monday morning that Castro was "motivated by callous greed ... which led him into taking the easy way of earning money and stealing it," then

using the cash to pay off debts and buy an \$80,000 Audi Q7 and various Apple products. Castro has said that the money simply appeared in his account.

"Castro showed no remorse for his actions," Han said. "He took the stand and repeatedly lied."

Han also pointed to Castro's past criminal ventures, including a five-year conviction in 1981 for armed bank robbery.

"It would be inaccurate to

SEE THEFT, page 3

## Graduate student in math master's program dies

BY CASEY TOLAN  
*Spectator Senior Staff Writer*

Graduate School of Arts and Sciences student Zeev Mendelsberg has died, according to an email sent to undergraduates Monday afternoon.

An international student from France, Mendelsberg was working toward a master's degree in the math department's Mathematics of Finance program. According to his LinkedIn page, he worked in equity derivatives sales at the New York office of BNP Paribas, a French bank.

Mendelsberg was "a great kid, always happy to see his friends."

—Raphel Journo, GS-JTS '15

GSAS students and professors received an email about Mendelsberg's death from math department chair Ioannis Karatzas and Mathematics of Finance program director Lars Tyge Nielsen. Dean of Community Development and Multicultural Affairs Terry Martinez passed the email along to Columbia College and School of Engineering and Applied Science students on Monday.

"We are all united in grieving the loss of a member of our

SEE MENDELBERG, page 2

## CU, Ursinus College to compare core classes

### Mellon Foundation funds joint study of schools' core curricula

BY JEREMY BUDD  
*Spectator Senior Staff Writer*

Columbia and Ursinus College are teaming up to study and improve their core curricula, powered by a \$300,000 grant from the Andrew W. Mellon Foundation.

Ursinus, a liberal arts college in a Philadelphia suburb with an enrollment of about 1,700 students, created its main core course in 2002, more than 80 years after Columbia instructors taught the first Contemporary Civilization classes. Now, the two schools will collaborate, with the Mellon Foundation grant funding visits from Ursinus professors and students to Columbia, and vice versa.

Columbia College Dean of Academic Affairs Kathryn Yatrakis said in an email that Ursinus used "the Columbia College model" to develop its main core course, a year-long class called the Common Intellectual Experience.

The CIE syllabus includes a combination of texts that are taught in Literature Humanities and Contemporary Civilization.

"We are extremely pleased with this opportunity to formalize those earlier links by sharing institutional knowledge about the challenges and opportunities of running a successful Core program," Yatrakis said.

While Ursinus doesn't

mandate any other classes for all students, like Art Humanities and Music Humanities at Columbia, it requires that students fulfill distribution requirements across disciplines ranging from music to mathematics, in addition to completing the CIE.

"Any exposure to outside influence can only be good."

—Gareth Williams,  
*Literature Humanities chair*

The Mellon Foundation funding will support "visits from Columbia scholars whose expertise pertains to works in the CIE syllabus," as well as visits to Columbia from Ursinus Junior Fellows and select first-year students, according to an Ursinus statement. Additionally, an Ursinus professor will teach a Core class at Columbia.

Roosevelt Montas, the director of Columbia's Center for the Core Curriculum, said that the partnership would help Ursinus troubleshoot as it continues to develop its core, and that Columbia graduate students would be able to take

SEE CORE GRANT, page 2



FILE PHOTO

PARLIAMENTARY MANEUVERING | City Council member Gale Brewer speaks at a Community Board 7 meeting last spring.

## Brewer seeks to compromise on bill requiring paid sick leave

BY EVA KALIKOFF  
*Columbia Daily Spectator*

Upper West Side City Council member Gale Brewer is avoiding a parliamentary maneuver that could bring her paid sick leave bill to a vote.

Brewer is the chief sponsor of a bill that would mandate paid sick leave for many New York employees. But Council Speaker Christine Quinn, who plans to run for mayor next year, does not support the bill because of concerns that it could cause businesses to cut jobs, and she has not allowed it to be voted on—despite the fact that 36 of the 47 council members support it and polls show that over 70 percent of New Yorkers support the idea.

Brewer could use a parliamentary maneuver called a motion to discharge, which would bypass Quinn and bring the bill to a full vote with the support of the lead sponsor—Brewer—and seven other supporters.

But Brewer, who is running for Manhattan borough president next year, told Spectator that she would like to come to a compromise with Quinn rather than use that procedure.

"I think the motion to discharge is a good thing to have on the books, but to me, I want to work with my wonderful colleagues to come up with a bill," Brewer said. "It's good to have back-and-forth discussion."

Observers say that using a motion to discharge could have negative political consequences for Brewer, and that the maneuver could cause the bill to lose support.

"Use of a motion to discharge will alienate the speaker, whose support Brewer wishes to keep, especially if she does run for Borough President," Barnard urban studies professor Flora Davidson said in an email.

"Bills like these always make the business community

SEE SICK LEAVE, page 3

### WOMEN IN PUBLIC SERVICE



AYELET PEARL / SENIOR STAFF PHOTOGRAPHER

WORLD LEADERS | Barnard hosted several dignitaries at a Women in Public Service Project event Monday night, including Kosovo President Atifete Jahjaga (fourth from right) and Thailand Prime Minister Yingluck Shinawatra (at podium). See Wednesday's paper for a full story.

### A&E, PAGE 6

#### Local consignment shop has vintage feel

Columbia U Consignment is one of the best deals you can get without having to venture onto the L train.



### OPINION, PAGE 4

#### Find help

Amanda Gutterman says it's possible to find success with Columbia's resources.

#### Dollar dilemmas

Yoni Golijov explains how Barnard is hurting its students to save money.

### SPORTS, BACK PAGE

#### Athletes raising games through nutrition

Columbia's Championship Performance Initiative is part of a greater dedication among Lions athletes and teams to eating right.

### EVENTS

#### Le nuove musiche

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### WEATHER

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# City calls for cleaner heating oils before 2015 deadline

BY CHRIS MEYER  
*Columbia Daily Spectator*

Building heating systems on the Upper West Side create more pollution than those across the rest of the city, but that could change thanks to a city program to help building owners switch to greener heating oils.

Under new energy standards issued by the Department of Environmental Protection last year, New York City buildings will be required to switch from the environmentally damaging No. 6 fuel oil to cleaner alternatives by the end of 2015.

Representatives of NYC Clean Heat, a citywide program that will provide financial support to building owners making the costly conversion, addressed funding sources and environmental concerns in a presentation on Monday evening at Riverside Library. The officials said that the program would help owners avoid fees for failing to meet the 2015 deadline.

“We’re not trying to offer you a program that is just an incentive, but rather, we’re trying to get in front of anyone getting any kind of penalty,” said Annemarie Eimicke, a community development analyst in Mayor Michael Bloomberg’s Office of Operations and a former office manager at Columbia’s Earth Institute. “But I don’t think you’ll find anyone who says, ‘I want dirty air.’”

And dirty air, the officials said, is what neighborhoods get when they use No. 6 oil. In a 2008-09 study, the city’s health department found that concentrations of harmful particulate matter were 30 percent higher at sites using higher density heating oils like No. 6.

That fact is particularly relevant to Upper West Siders, as the neighborhood is “one of the dirtiest in the boroughs,” according to Ken Camilleri, the operations

manager of NYC Clean Heat. Camilleri said that 144 of the city’s top 1,000 polluting buildings are on the Upper West Side.

“That’s why we’re here, and that’s why I really wish there were more of you here,” Camilleri said to neighborhood residents who attended the presentation. “We have to do something.”

Posie Constable, the director of clean heat finance at the New York City Energy Efficiency Corporation, said that there are resources in place to help finance building conversions, including partnerships with private banks that have already lent roughly \$90 million to city building owners.

According to Constable, the city is also encouraging private lending by setting aside about \$5 million to cover losses incurred through default or non-payment.

Still, some environmentalists raised concerns at Monday night’s presentation that the program would increase the use of natural gas in heating oils.

“The bottom line is, it’s going to drive up the demand for fracked gas,” said Gusti Bogok, a member of the Sierra Club Gas Drilling Task Force. “Fracking is such a toxic and destructive force, and we’re going down the wrong route to switch all of these buildings to an outdated fossil fuel.”

But Camilleri and Eimicke said that the program is “fuel-neutral,” meaning it allows building owners to use many different kind of fuels, including biofuels, natural gas, and lower-density heating oils.

“I’ve heard this program called a natural gas conversion program, and it really irritates me, because it’s not,” Camilleri said, pointing to the relative cleanliness and feasibility of No. 2 heating oil and biofuels. He added that there are tax rebates encouraging building owners to use biofuels in their heating systems.

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HENRY WILLSON / SENIOR STAFF PHOTOGRAPHER

OPEN FORUM | Members of Barnard’s Student Government Association listen as students voice their concerns about administrators.

## SGA plans to take housing concerns to Barnard admins

HOUSING from front page

administrators, she said.

Two transfer students who were forced to live off-campus said that as commuter students and transfer students, they feel removed from the Barnard community—and community is exactly what they were looking for when they decided to leave their previous schools.

Housing Advisory Board member Winn Periyasamy, BC ’13, told the two students—who asked not to be named because they feared further problems with the administration—that she is working with resident advisers and Skip Stop, a social organization for commuter students, to “create more of a sense of community” for commuters.

“As a transfer student myself, I totally resonate with not knowing anybody ... Making the move to leave a university and come somewhere else is a big thing,” Periyasamy said. “I’m making it a

priority to make it a better environment for you guys.”

Ayelet Pearl, BC ’14 and a member of SGA, had her Plimpton single unexpectedly turned into a double. Pearl, a Spectator deputy photo editor, said she wants administrators to personally apologize to each student affected by the housing crisis.

“The total disrespect was beyond angering and disappointing. There’s so many issues, and all I’m hearing upon coming to campus is, ‘Let’s move forward’ ... There was no apology,” Pearl said. “There was no admission of responsibility from the administration at any point.”

Housing board members said they planned to bring students’ concerns to the attention of administrators, and SGA President JungHee Hyun, BC ’13, said she wants to “productively move forward from this.”

“We can’t change what happened, but we can address what’s happening now,” Hyun said.

Housing board co-chair Jennifer Fearon, BC ’13 and a member of Spectator’s editorial board, said she would suggest that administrators start making housing assignments for students on the non-guaranteed waitlist in June, rather than in August.

“Moving that timeline forward makes it so that you guys have more faith in the process,” Fearon said.

SGA members expressed frustration with the administration as well. SGA member Rachel Ferrari, BC ’13, said it’s frustrating that “we don’t really know what the truth is, because we’re hearing from a lot of different parties with a lot of different interests,” and Class of 2014 President Aliza Hassine said that the administration’s response to the housing shortage did “not feel transparent at all.”

“Communication on this campus with the administration has been at an all-time low,” Hassine said.

Goldstein, though, said that calling the administration’s response to the housing shortage a failure of communication would be an understatement. She suggested that SGA form a committee on administrative accountability.

“No one has the money or energy to sue Barnard for these things ... Put the administration in contempt of SGA,” Goldstein said.

SGA is planning to hold a town hall for students to talk to administrators about the problems caused by the housing shortage, but Periyasamy called Monday night’s meeting a good first step.

“It was great hearing from real students, not just in online comment sections, but also in person. It means that we are showing ourselves as resources,” Periyasamy said. “It’s opening the door that this is not going to be the last conversation we are going to have about this.”

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LILY LIU-KRASON FOR SPECTATOR

HAZARDS | The Upper West Side has some of the most polluting heating systems in the city, largely because of the use of No. 6 oil.

## Grant will fund fellowships, Core teaching positions

CORE GRANT from front page

summer workshops at Ursinus that would introduce them to a “liberal arts pedagogy.”

“The main benefit to Columbia from this collaboration comes in the opportunities it will create for our graduate students to learn about teaching in a liberal arts college,” Montas said, adding that some of the grant money will be used to create post-doctoral positions for Columbia doctoral students who teach in the Core.

The Mellon Foundation funding will also fund the establishment of post-doctoral

fellows at Ursinus, as well as the creation of the Mellon-CIE Junior Fellows program, which is being modeled after Columbia’s Core Scholars program.

Classics professor Gareth Williams, who is currently chair of Literature Humanities, said that he hoped that the new partnership would generate more interest in teaching in the Core among Columbia faculty members.

“Any exposure to outside influence can only be good to reflect on what we teach here,” he said.

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## Mendelsberg studied the mathematics of finance

MENDELBERG from front page

community in this time of great sadness,” the professors said in their email.

Raphael Journo, GS-JTS ’15, said that Mendelsberg was “a great kid, always happy to see his friends and meet new people.”

“We met many times on campus to get lunch or even just to talk a little bit,” Journo said in an email.

Journo added that he had seen Mendelsberg recently.

“In the last week I saw him twice, and he was happy as always, with his usual smile on his face,” Journo said in an email. “The first time was last Wednesday, in Kent:

he started talking to me and asked me if I wanted to get lunch some time and so we met on Thursday. Again, he seemed fine and asked me about my classes.”

“It is not easy to think that the person you had lunch with less than a week ago is gone,” Journo added.

Students can contact Counseling and Psychological Services at 212-854-2878 or 212-854-9797. Students can also contact the Center for Student Advising at 212-854-6378, the Office of the University Chaplain at 212-854-1493, and Barnard’s Rosemary Furman Counseling Center at 212-854-2092.

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**GUILTY AS CHARGED** | Judge Robert Stolz sentenced George Castro and Jeremy Dieudonne to at least 7 years in prison on Monday.

# Defendant in theft of \$6 million maintains his innocence

**THEFT from front page**

say that he had been leading a law-abiding life,” she said.

Defense attorneys asserted that the money recovered from Castro amounted to significantly less than the amount he was supposed to have stolen. They added that Castro now has two children with a New York State police officer, which they called a sign that he had undergone a change of character.

Han called the other defendant, Jeremy Dieudonne, the brains of the operation. Dieudonne chose to represent himself in court.

“Dieudonne put the scheme into effect after he found the Columbia University insider,” Han said, referring to the help

that Castro and Dieudonne received from Joseph Pineras, who worked in the University’s finance department.

**“I’m not guilty of anything. I’m not a thief. I’m a son of a preacher.”**

—Jeremy Dieudonne, convicted larcenist

Dieudonne, however, argued that he had been set up, saying on Monday that he “was not running away” when he was

arrested in Massachusetts living under a fake name.

“I’m not guilty of anything, I’m not a thief. I’m a son of a preacher—I don’t steal, I don’t kill,” Dieudonne said. “All these people are saying lies about me, and that’s all it is.”

Despite those claims, Stolz said that Dieudonne played “a central part” in the theft, and sentenced him to seven to 21 years in prison for two counts of criminal possession in the first and second degree, as well as one count of grand larceny in the first degree. Sentencing for Pineras and the fourth defendant, Walter Stephens, Jr., was postponed.

Members of Dieudonne’s family, some of whom were present at the sentencing, expressed outrage at his prison

sentence, saying they planned to assist Dieudonne with his appeals process.

“Nothing in that courtroom was fair,” Linda Dieudonne, Jeremy Dieudonne’s sister, said. “The verdict was unjust. There was no evidence to point to complicity other than what Castro said,” Ronald Gauntt, Dieudonne’s cousin, said. “Why is Jeremy the brain when [Castro’s] wife is getting everything?” he asked, arguing that Castro’s Audi SUV was registered in his wife’s name.

“It slaps in the face of common sense,” Gauntt added.

A University spokesperson declined to comment on the sentencing.

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# As Ivy play gets underway, all teams still contending

**LEAGUE from back page**

Fordham, the Big Red was determined to start the season off right at home and did just that against Yale. Sophomore safety Andrew Nelson ominously picked off freshman quarterback Eric Williams’s first career pass, setting the Big Red up in the red zone. Freshman running back Luke Hagy wasted no time in putting his team ahead, scoring on an 11-yard run. After its hot start, the Big Red never looked back, shutting the Bulldogs out through halftime, 35-0. Yale managed to score in the second half, but the Big Red went on to win 45-6. Junior quarterback Jeff Mathews, named co-offensive player of the week, once again put up astronomical numbers, recording 340 yards and four touchdowns. After Saturday’s blowout, Cornell plays its first game under the lights at Bucknell this Saturday.

**DARTMOUTH**

The Big Green (2-0, 0-0 Ivy) remains undefeated heading into the start of its Ivy schedule

against Penn this Saturday. After starting the season with a 35-7 blowout home victory over Butler, Dartmouth slid past Holy Cross last Saturday, winning 13-10 on a field goal by sophomore kicker Riley Lyons in the final seconds of the game. The Big Green will rely heavily on its defense, which has yet to allow more than 10 points this season, as it hopes to continue its early success at home against Penn this Saturday.

**HARVARD**

The Crimson (2-0, 1-0 Ivy) is the only Ancient Eight team undefeated in both overall and conference play. Harvard started the season with a 28-13 home win over San Diego before hitting the road to travel down to Providence to face the Bears. The Crimson succeeded in its goal of crashing Brown’s big game on NBC Sports Network, pounding the Bears 45-31 after taking the lead in the second quarter. Crimson senior running back Treavor Scales was named co-offensive player of the week, recording a career-high four touchdowns as well as 136

yards. Harvard returns home to Cambridge for a streak of three home games, against Holy Cross, Cornell, and Bucknell.

**PENN**

The Red and Blue (0-2, 0-0 Ivy) will start its Ivy schedule winless after losing to both Lafayette and Villanova. Penn started the 2012 campaign on the road against Lafayette losing a turnover-laden game, 28-21. Hoping to right the ship in their home opener last Saturday, the Quakers ended up being blown out 24-8 as Villanova’s defense prevented them from scoring until their last drive. Despite its previous setbacks, the Red and Blue can start the season anew this Saturday in its Ivy opener on the road against Dartmouth.

**PRINCETON**

The Tigers (0-2, 0-0 Ivy) are still in search of their first mark in the “W” column after back-to-back close losses. Princeton’s woes began on Sept. 15 on the road against No. 13 Lehigh. After being shut out 17-0 in the first half, Princeton rallied from

behind to nearly pull off an upset victory over a ranked opponent, but fell short after being forced into several third-and-long situations in the fourth quarter. Hoping to start off with a win at home, Princeton fell in the final 14 seconds as Georgetown took a 21-20 lead on a late field goal. Like Penn, the Tigers will have a chance to start over as they open their Ivy schedule against Columbia on Saturday.

**YALE**

Yale (1-1, 0-1 Ivy) started its Ivy schedule off with a hard loss to Cornell last Saturday. In their second in a series of two road games, the Bulldogs were unable to mount a strong defensive front, allowing conference foe Cornell to score 45 points. Last Saturday’s loss at Cornell was a huge difference from the Bulldogs’ season opener at Georgetown. As the Bulldogs prepare for a month-long stretch at home, they hope to bring out the team the beat Georgetown and get back on track against Colgate on Saturday.

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# Bill puts Brewer in politically precarious position

**SICK LEAVE from front page**

nervous—increased regulation increases their costs—and the mayor will likely veto it as well,” Davidson added.

At the same time, Brewer is under pressure from liberal activists to force a vote. Prominent activist Allen Roskoff, president of the Jim Owles Liberal Democratic Club in Chelsea, said that Brewer is not putting “her money where her mouth is.”

“What Gale Brewer is doing is preventing the issue she is promoting from passing,” Roskoff said, adding that any compromise would “water down the number of employees eligible, reduce the number of sick days, redefine what sick means,” and generally make the bill less effective.

In response, Brewer said, “My name will stay on the bill and I’m going to keep working on the issue.”

Some other liberal groups are staying neutral in the debate over the parliamentary maneuver. Dan Cantor, executive director of the Working Families Party—which supports the bill—said in a statement that he expects Quinn will eventually support the bill.

“The time has come for a vote on the paid sick days bill,” Cantor said. “With Speaker Quinn’s background as a public health advocate, we’re optimistic we’ll get a vote, at the end of the day, with her support.”

Brewer, who is term-limited, will not be on the City Council after next year’s election, and not all of the candidates running to replace her support the bill. Candidate Ken Biberaj, a local businessman, told Spectator that he still has questions about the legislation.

“Before politicians promise anything about paid sick leave, we need to look closely at how this actual bill is crafted,” Biberaj said in a statement. “Otherwise well-intentioned legislation will punish businesses doing right by their employees.”

—Ken Biberaj, City Council candidate

Brewer has already compromised by adding several concessions to small businesses, including a one-year grace period for new businesses to begin giving employees sick pay and an exclusion for businesses with fewer than five employees.

“We are calling for Gale Brewer to take her name off as chief sponsor or for another member to take on a similar bill and take it on with the discharge,” Roskoff said.

Casey Tolan contributed reporting. news@columbiaspectator.com



FILE PHOTO

**NY LIFESTYLE** | Defensive lineman Josh Martin is a leader of a Lions defense that is third among Ivies in rushing defense.

# Columbia has difficulty on offense, defense strong

**IN FOCUS from back page**

Mangurian also alluded to the Light Blue defense giving the offense opportunities with turnovers. Though the first came on special teams, when junior defensive back Jeremy Mingo forced a fumble on the opening kickoff, the Lions forced three more turnovers—two fumbles and an interception. That brought the Light Blue’s turnover total to seven in two games, the most in the Ivy League.

Moreover, the Lions held an accomplished passer in Higgins to just 168 yards on 17 completions in 25 attempts with a touchdown and an interception, after Higgins threw for over 225 yards in each of Fordham’s

previous two wins. The Light Blue pressured Higgins all day in passing situations, creating three sacks while also making two other quarterback hits. This is in addition to the numerous times the Lions tackled Higgins in the backfield for a loss on a running play.

Still, the Lions know even if they played well in one defensive phase, there’s still much work left to be done before their first Ivy game against Princeton on Saturday.

“Eliminate big plays, first of all, and critical mistakes, and then the small mistakes too,” junior linebacker Zach Olinger said. “We’ll get back, watch film, and make improvements on those things.”

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COURTESY OF MARK KELSEY / THE HARVARD CRIMSON

**NO LINE HE CAN’T SCALE** | Crimson senior running back Trevor Scales ran for four touchdowns over the weekend.





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# Success and pressure

BY DANIEL GARISTO

It was July when I was handed a brand-new copy of the “Iliad.” At that summer advising session, Dean of Advising Monique Rinere gave a crowd of anxious students a word of advice: “Relax.”

“While you still have time” was implied. In a few short months, we’d be going through the first semester of our college experience, the outcome of which would be judged by our GPAs.

Transitioning into Columbia brings varied challenges that are simply on a different level than those met when starting high school. The academic rigor of Columbia’s classes, for one, are on a wholly different level than most first-years are used to. Combine this with the pressure to achieve excellence—among extremely talented peers—and it becomes a recipe for a potent cocktail of academic stupor.

Columbia—as its full name implies—is located in the city of New York. For almost all incoming students, this represents a huge change of scenery. The city presents boundless and overwhelming opportunities, which can be both delightful and terrifying in their number. Even outside the city, in the safety of

## Bootstrap’s Bootstraps

Have you ever tried to pull yourself up by your own bootstraps?

If you have, then you know that it’s one

of those physically impossible things, like inserting an elbow into your ear. If you aren’t familiar, the expression “to pull oneself up by one’s own bootstraps” means to make your own way in the world, without the help of anybody. This, I will argue, is equally impossible.

However, those who try to pull themselves up by their own bootstraps do so in earnest. They try to do the right thing, to play by the rules. Consider the character of Bootstrap Bill in “Pirates of the Caribbean.” Bootstrap Bill (or William Turner, father of the sulkily sensuous Orlando Bloom character) raised moral objections to the way his fellow buccaneers pilfered the cursed treasure chest and mutinied Jack Sparrow. Bootstrap Bill was rewarded for his integrity with a trip to Davy Jones’ locker. He had been the sole voice of compassion among the group, speaking up when others were too afraid, and he was killed for it (until the third installment when he springs back to life, raised from the ocean depths).

This is the feeling I perceive among many Columbia students considering life after college: that insider knowledge, not earnest effort, determines our post-graduation fates. And certainly, there is something to be said for this. Family connections and financial advantages, of course, are distributed unevenly across the student body, and not according to merit. But once we jettison the impossible notion of pulling oneself up by the bootstraps—the idea of total self-reliance—there is room to discover the variety of programs and organizations, at Columbia and elsewhere, that are out there, just waiting to help.

The origin of the expression “to pull oneself up by the bootstraps” is mysterious, but where it is dated back to early 19th century America, it is used as an adynaton, or a hyperbole taken to ridiculous lengths. Somehow, between then and now, the phrase evolved, alongside our revived enthusiasm for the pioneers who supposedly made it all alone, to become something people would think was possible.

Mitt Romney, for example, claims to have pulled himself up by his own bootstraps, using the expression itself, or simply claiming, “I have inherited nothing. Everything I earned, I earned the old fashioned way” at a fundraiser in May. Which, of course, is a barrel of lies, to be supplemented by his rude remarks about people who do depend on forces outside themselves—and admit to it. At a private fundraiser the Republican candidate deplored the 47 percent “who are dependent on government ... who believe the government has a responsibility to care for them,” saying, “My job is not to worry about those people.”

Whether or not it is possible to pull oneself up by the bootstraps has, oddly, become a mine for political contention. At a rally in Virginia, President Obama explained, “If you were successful, somebody along the line gave you some help ... Somebody invested in roads and bridges. And if you’ve got a business, you didn’t build that. Somebody else made that happen.” Which set the Republicans ablaze insisting that it is possible to build your own business without outside contribution. After all, if success is achievable solo, that seems to justify penalizing those who don’t reach it.

If we, for a moment, consider Columbia like the government, we notice a variety of programs: some (I declare in my senior wisdom) are BS—see my previous column “Elections and discontent”—and some are totally not. I had only met my academic adviser once before the start of senior year; I had heard from others and experienced firsthand that academic advisers use the same information in their sessions that is available on department websites and SSOL. This was a disappointment: Adviser meetings yielded neither inside information nor preferential treatment. However, I realized at the start of senior year that I had not been making the best use of my adviser, and that is why I had missed out.

I learned that these advisers can recommend jobs and internships professionally culled from the hundreds on LionShare. Instead of parroting major requirements off the course bulletin, they can turn us on to the fellowships and grants that would be right for us after college. If we ask big questions of our advising deans and of CCE—big questions are sweeping, philosophical, out-on-a-limb, future-minded—we get big answers in return.

Another wonderful way Columbia can help you out is the Work Exemption Program for students who receive financial aid. New York Times “Economix” blogger Steven Greenhouse recently described his ambivalence when it comes to unpaid internships (“The Uses and Misuses of Unpaid Internships,” May 7, 2012), which provide a necessary stepping-stone to employment but also reinforce the class system if non-parent-supported students cannot afford to get them. The WEP gives students who might not otherwise be able the chance to petition Columbia to pay them significantly to work as unpaid interns.

This is not to say the lives of less privileged students are filled with sunshine and roses, or even that any student necessarily has an easy time finding help. But often at Columbia, where many of the University-funded programs are obvious BS, we tend to discount them all. At times, we feel like we’re on our own, and that the only option is a fruitless tugging on the bootstraps. In its own subtle way—sometimes too subtle—Columbia finds a better solution: programs that invest in our roads and bridges.

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the campus, the opportunities remain staggering: Sports, clubs, and various events take place around the clock. Walls can be plastered with dozens of unique fliers advertising different things to do or experiences to have.

What to do then? To combat this problem, other colleges, including MIT, Swarthmore, Johns Hopkins, CalTech, and Brown, have instituted forms of a pass/fail system for the first semester of freshman year. Students take all the classes they would normally take—even those that will count toward their major—but only receive a pass or fail marking.

The theory is that without the pressure to achieve perfection, students can actually learn while genuinely acclimating to their new college lives. Instead of striving relentlessly for an A in a difficult class, students can settle for a comfortable grade without anxiety. The mental stress normally present would be dramatically reduced—which in many cases, actually improves grades. The real boon of pass/fail is that it gives students far more time to grow accustomed to college, in whatever way that means.

Acclimating to college is something that requires a great deal of time. It is a holistic enterprise that includes encountering any kind of problem or unfamiliar challenge, from finding a bathroom, to deciphering a professor’s arcane scribble, to getting ridiculously sick. There is so much to get used to, to understand the workings of. It’s almost laughable that we attempt to start new lives while taking on all of the normal school and

extracurricular-related responsibilities.

Adapting certainly means acclimating, but it also means exploring your boundaries—something made far easier by the pass/fail system. With a pass/fail system, the eager-eyed over-achiever won’t ruin her GPA after trying to take seven classes and end up with a C in LitHum. This way, the avid procrastinator will get his butt in gear after witnessing (privately) his grades, but not suffering the potentially long-term consequences for them. This way, the beleaguered student can actually make trips off of campus and take in the sights and sounds of the city they will call home for the next four years. This way, even the average student can better cope with all the trials and tribulations that college throws his way while he transitions.

Sadly, this is something that rarely happens and students often remain sedentary, making few, if any, trips to experience the city. Instead, the first semester puts students’ noses to the grindstone even as they unpack their belongings and find their footing.

Why is it that we think baptism by fire is the easiest and most effective way to transition students into college? It’s not, and because it isn’t, Columbia needs to implement a pass/fail system during the first semester for first-year. Establishing a safety net for students in which they can experiment, explore, and more easily adapt to college life should never have been a novel idea.

The author is a Columbia College first-year.

## Barnard, put what’s important first

Barnard administrators are continuing to injure the Barnard community.

In just four years, Barnard administrators have made four major decisions that have hurt students, and each time they’ve promised to listen to students in the future only to prove these promises empty at the next injury.

In 2009, they made meal plans mandatory for all students—even students with dietary restrictions and allergies (though this policy was revoked in 2010). In 2011, they ended a tradition of allowing part-time enrollment in students’ final semesters—without any prior warning, and without allowing exemptions for juniors or seniors who were most affected. This cost many students thousands of dollars and showed a complete disregard for students’ plans. This year, Barnard administrators revoked many students’ housing guarantees and didn’t notify them until right before the semester, causing students to scramble to find housing and threatening others with the loss of \$11,000 in financial aid. Again, where is the concern for students?

Finally, the college is at this very moment trying to gut their office workers’ and dorm access attendants’ quality of life. Barnard administrators are demanding a three-year wage freeze (i.e. a pay-cut because of inflation), cuts to retirement benefits, more expensive pensions, cuts to health care, stricter limits on sick leave, flexible hours, and leaves of absences, and some say a reduction of maternity leave.

This list is long, but it will only continue if we don’t take a stand.

Barnard administrators used the rhetoric of “community” to justify mandatory meal plans and ending part-time enrollment, but their actions prove that they are pursuing opposite ends. A community cares for its members. Students outraged by administrators’ hurtful policies are upset about the lack of consideration given to the most basic and obvious solutions. For instance, Dean Hinkson’s original email notifying students of the housing shortage implied that returning students hadn’t been guaranteed housing—it took Bwog’s posting of the original contract for Dean Hinkson to admit that the policy had been quietly changed in February.

Students want honesty, a voice in decision-making, and a thoughtful implementation of new policies.

It’s common sense that if the college cannot consistently provide food that is safe for those with allergies and dietary restrictions, those students should be exempted from the meal plan.

It’s startlingly obvious what students’ main problem with the part-time policy change is. Every year, dozens of students planned their lives with the part-time enrollment tradition in mind. Announcing an absolute end to this tradition once school had already started threw many people’s lives into complete disorder. If administrators announced the change in May, students would have had months more to plan.

Even more common sense is this simple solution: “grandfather” in seniors who don’t have time to change their plans.

The dynamic at play here is that Barnard is pulled in two

directions: providing quality education and a caring community, and making money. Administrators always feel the pressure to make more money, but the pressure to provide and improve education and community only arise when members of the community create that pressure.

Yes, Barnard has a deficit, but that’s exactly when this latent dynamic becomes most important. Barnard will raise some money through all these maneuvers, but that doesn’t mean they need to hack away at their community. Will Barnard alumnae donate as much when they remember these hurtful policies and the way they were implemented? Could Barnard really not wait one year before implementing the ban on part-time enrollment? Will Barnard retain dedicated and experienced staff who care about Barnard and its students?

Barnard and Columbia students are right to see this attack on staff members as another attack on our community and to see the union’s struggle for a fair contract as a fight for us all.

The members of United Auto Workers 2110 are fighting against the corporate pull on the College and for stronger community values. Every struggle for better benefits for workers increases the quality of life we will have when we are in the job force—the connection is even more direct in the case of UAW 2110, where some employees are Barnard graduates.

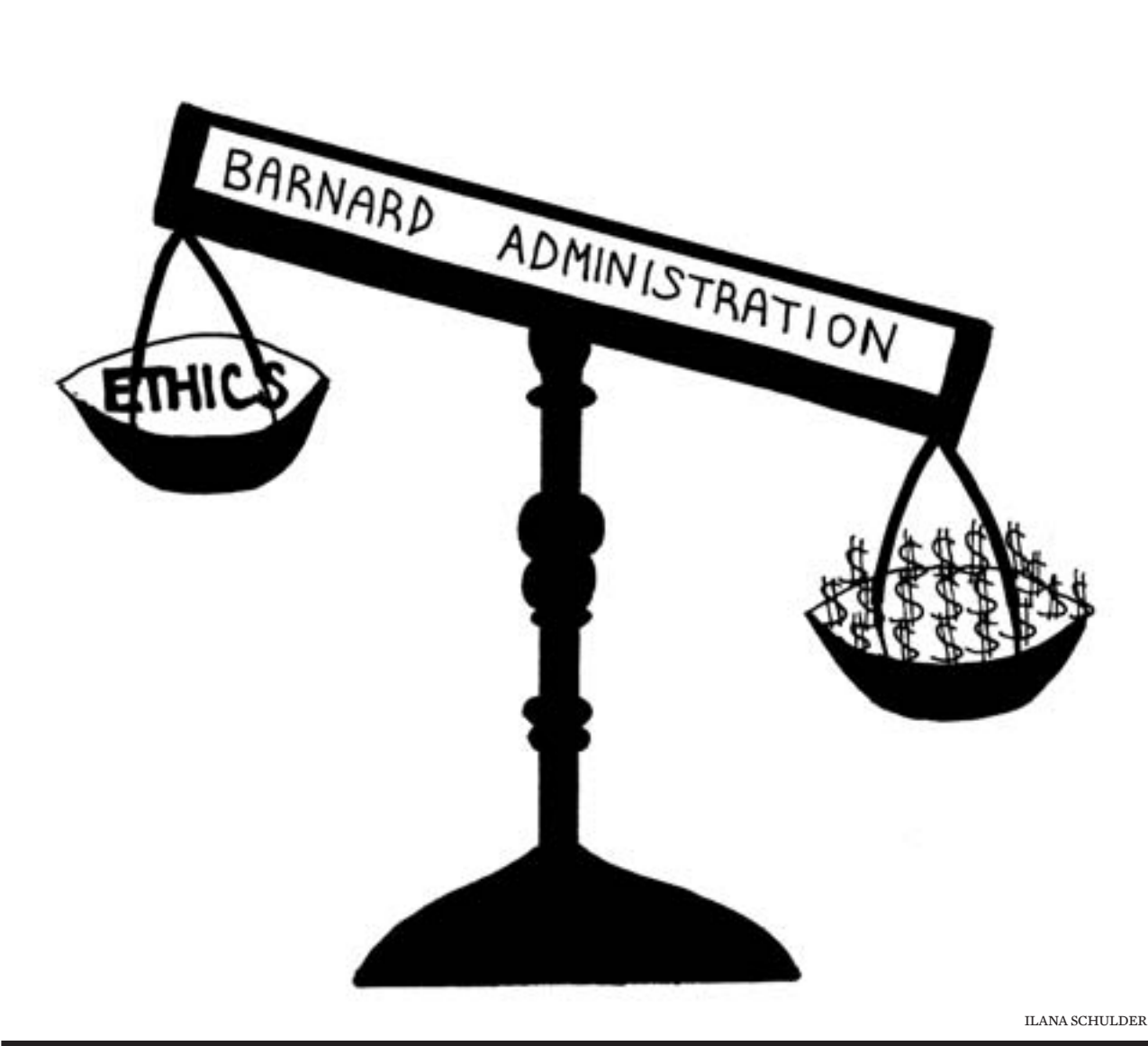
The history of the UAW 2110 at Columbia and Barnard is especially clear on what workers’ and union struggles accomplish for all of us, and throws into sharp relief the contrasting roles that employees and administrators play in furthering Barnard’s mission of advancing women’s rights.

The large majority of the union’s members are women and people of color. No wonder the union has been fighting against racism and sexism at our University for three decades. The union’s first contract victory at Columbia in 1985 won the creation of a \$125,000 fund to combat racism, favoritism, and sexual harassment. Since the ’80s, the office workers here have fought for adequate funding for child care, for promotions without gender and racial bias, for healthcare, and for tuition benefits that go a long way to fighting the systemic inequalities in our education system and our country.

As the union’s petition points out, UAW 2110 workers are Barnard’s lowest-paid employees. But without our office workers and dorm access attendants, Barnard and Columbia wouldn’t run. Shared sacrifice means the people with the most—not the least—should give up the most, if a budget needs to be balanced. Every day, these workers make our educations possible. Their struggle is another contribution to our educations—a history lesson on how people can change the world for the better—and a contribution to our futures.

If we want a university that puts community before profits, and if we want a university that fights to end sexism and racism instead of perpetuating them, then this is our fight.

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ILANA SCHULDER

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.









SECOND HAND | The student who wants designer wares without the retail price tag can head uptown to Columbia U Consignment for some bargains.

## For a vintage fix, head uptown to Columbia U Consignment

BY ANNABELLA HOCHSCHILD  
*Columbia Daily Spectator*

It's not as big as the established Beacon's Closet vintage consignment chain, nor as thrifty as shops on the Lower East Side and in Brooklyn, but Columbia U Consignment is one of the best deals in vintage shopping you can get without having to venture on the L train.

Located at 50 Tiemann Place between Broadway and Claremont, the store is less than a 15-minute walk, or a five-minute subway ride for someone with a monthly unlimited card.

Off the beaten path, you won't find many be-draggled tourists here—but you will find some great clothes, from fur to factory.

You are going to have to dig through rails and rails and rails, but there are unexpected treats. The fur was not quite as clean as I would have liked to see it, but it still will keep you warm for winter and, unlike the used furs at Upper East Side consignment stores like Michael's (1041 Madison Ave.), you won't have to put up with the choice of selling your car or starving yourself.

The shop doesn't just limit itself to clothes. Vintage records are aplenty and they could be used either in the 20th-century sense, as in for listening to, or adapted for the 21st century into cheap dorm room decoration.

The print dresses and suiting are the best-stocked sections of the store. Both options were reasonably priced and the vintage cuts so on trend.

In particular, a green silk Gucci print dress caught my eye—I want it, and it wants to be mine.

Though there are upscale designer finds for those willing to look, other garments cross the line out of consignment and into thrift.

Though basic tank tops were reasonably priced at \$5, a savvy consumer would be better off going to Old Navy, JCPenney, or Macy's, where she'd see the same price for goods that have not been pretreated with sweat.

One thing is for sure: Don't trust the hours. My attempts to shop were rather futile at first, as I arrived twice at the opening time of 11 to find a gated store. However, as in most things, with perseverance I got what I wanted, and it was delightful.

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## Barnard alum Melissa Macedo takes theater degree to big screen

BY NICOLLETTE BARSAMIAN  
*Spectator Staff Writer*

It's one thing to take an acting class at Barnard, but it's another thing to put your theater degree to work in Hollywood.

Melissa Macedo, BC '10, has landed leading roles in the sitcom "Time Lapse" by Smashbox Studios in Los Angeles and an upcoming film titled "Indestructible" from Daniel Myrick, co-director of the "Blair Witch Project." Spectator sat down with the actress to discuss her career and time at Barnard.

"I love the idea of theater as a political tool. Theater is so powerful and the more I learned about it, the more fascinating it was."

—Melissa Macedo, BC '10

According to Macedo, her years at Barnard were particularly formative in terms of her personal growth as an actor.

"I had such great professors that really taught me how to act," she said. "Something that I take away from Barnard is the work ethic. You need that kind of skill set in the entertainment industry. I love that Barnard taught me how to push my limits and how

to think in a critical way while also teaching me how to take critique. Most importantly, the people I met there are still some of my best friends."

Macedo first started acting in her Los Angeles high school's theater program.

"I really dove into acting then and knew it was what I wanted to do in college," she said.

Shaheen Vaaz, Macedo's theater teacher in high school and a graduate of the MFA acting program at Columbia, inspired Macedo to push herself. Once she was at Barnard, Macedo did everything she could to immerse herself in theater.

"The exciting thing about Columbia/Barnard is that there is always so much happening," she said.

As a theater major, Macedo participated in many productions and took as many acting classes as possible. Macedo acted in Barnard's department shows, including "St. Joan of the Stockyards," "What of the Night?," "After Miss Julie," and "Snow White."

"I can honestly say every one of those experiences were life-changing."

Macedo also acted in student productions including "Elektra" and participated in student projects by MFA film students.

"I loved doing that. It was great practice and those filmmakers are very talented," she said.

Macedo knew she wanted to study theater academically, focusing her studies on dissident theater in Eastern Europe.

"I love the idea of theater as a political tool," she said. "Theater is so powerful and the more I learned about it, the more fascinating it was. World theater was also interesting to me because people use theater for completely different purposes all around the world."

While at Barnard, Macedo was also able to go



SILVER SCREEN | Melissa Macedo has come a long way since graduating from Barnard in 2010, landing several leading roles in Hollywood.

to Finland to conduct research that gave her a new perspective on acting and its importance in the world.

Macedo advises aspiring actors to "hit the ground running."

"If acting is what you really want when you graduate, just go for it. A lot of people will tell you it's hard and difficult, but if there's a will, there's a way. And also, have fun! There are so many fun classes and shows happening on that campus. Take advantage of it."

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## Author takes new approach to drug, alcohol education

BY ALEXANDRA MARTINEZ  
*Columbia Daily Spectator*

Remember the drug safety videos from elementary and middle school where the mantra "I'd rather be a chicken than a dead duck" was tirelessly used to instill fear in young minds and forever blacklist all mind-altering substances (coffee and alcohol included)? Needless to say, that is not the reality for most people, especially in college. Luckily, there seems to be a new "drug safety" or "harm reduction" video on the horizon, recently screened by Students for Sensible Drug Policy and directed by SSDP alumnus Eddie Einbinder.

The educational film "Play Safe" is based on Einbinder's book "How to Have Fun and Not Die," which promotes the same goals of reducing harm when using illegal and legal substances. While lecturing at campuses across the nation, Einbinder thought it would be more beneficial to provide a visual aid to complement the themes discussed in the book.

"We wanted to make a completely real drug education film unlike anything that's been done before," Einbinder said.

The film captures the 15 most common drugs being used by willing individuals Einbinder either knows personally or who approached him about being a part of the film. Some scenes are more whimsical than others, with the LSD sequence playing out more like a comedy scene, but, for the most part, it does not stray from a didactic approach to drug use.

Each individual describes what it is they're feeling while they're under the influence and, in some cases, Einbinder interjects with commentary explaining the harm associated with the particular drug at hand.

"The goal is not to promote or condemn drug use, but I was always worried that people would immediately write us off as trying to convince people that drugs are okay," Einbinder said. "I'm pro-education."

Though seemingly controversial, the film remains objective and simply portrays the reality of drug use. The opening sequence, which Einbinder says was absolute "hell" to film, shows a girl being rushed to the hospital after overdosing on psilocybin mushrooms. Though unplanned, the reaction is exactly what the film needed to write off any critics deeming that the film "condones" drug use.

"To me, it doesn't condone drug use at all. It doesn't make it any easier to choose a drug knowing all the risks at the top of your head that can come out of it," Blaine Harper, SSDP chapter president, said. "It is always possible to have a negative experience."

However, high school and college administrations have still been hesitant to screen the film, claiming that they cannot "acknowledge the use of drugs."

"I think I've taken advantage of not having a license to lose, which allowed me to feel the freedom and courage to work on all of this and do all of this knowing I wouldn't be ostracized by a community I was a part of," Einbinder said.

Though other organizations have promoted similar goals of harm reduction, none are as focused on reaching out to the population of college and high school students that is affected the most, especially about alcohol, which Einbinder calls the number one killer of kids today.

The ultimate goal is to "reinvent health class" to help society "acknowledge the issue." This is a goal that Columbia seems to be moving towards, with the recent repeal of the dry-dorm policy representing a shift towards acknowledging responsible alcohol usage.

"We are only harming the people's choices by regulating only by saying 'never'," Harper said.

The Responsible Community Action discussions and the new alcohol education program added to NSOP this year both serve this purpose of "educating people to make the right choice," falling in line with Einbinder's ultimate goal of understanding.

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RACHEL TURNER FOR SPECTATOR

**LIVE FREE OR DIET HARD** | Senior defender Quentin Grigsby and the men's soccer team have taken a new, more serious approach to nutrition this year.

## For CU athletes, never a day off from nutrition considerations

### NUTRITION from back page

Kevin Anderson does his part by having meals catered for his players.

"In the past, during preseason, when we're alone and dining halls are closed, we were given a certain amount to spend on food. This year, Coach had every meal catered. It changed our approach to nutrition, and we've taken it more seriously," senior Quentin Grigsby said. "The day of a game, we have the same meal at V&T's: chicken, pasta, broccoli, and bread"—an example of a balanced meal that provides carbs, from bread and pasta, and protein, from chicken and broccoli.

Wrestling coach Carl Fronhofer also stresses nutrition. "We do team-wide tutorials, and depending on individual needs, we'll meet with them. We also do an orientation, where the assistant coach gives guidelines for nutrition, and then takes players to the cafeteria to walk them through."

But wrestlers don't get to carb-load, as they must make weight an hour before competition. "Usually I

just focus on rehydrating and maybe having a power bar to get some quick energy after making weight," senior wrestler Steve Santos said.

**"The assistant coach gives guidelines for nutrition, and then takes players to the cafeteria."**

—Carl Fronhofer, wrestling coach

### DOING DINING HALLS RIGHT

Making the right choices, even for non-athletes, can be hard when you have to do it in a dining hall. But for the most part, healthy options do exist.

Ryan said that she has generally found what she needs, although she is no longer on the meal plan. "The omelet station is awesome, since that's an

excellent source of protein," she said. "The sandwich selection is also good."

Cross-country senior Leighton Spencer, who has stuck with the meal plan, said he likes the main entrée station and the salad bar. "The guys on the team, we love Jay's."

Junior football captain Zach Olinger has also stayed on a meal plan. "While the options can be limited, there are healthy alternatives that I can make do with instead of spending extra money to purchase items elsewhere."

### SMALL SELECTION, TEAM DECISIONS

Fronhofer agrees that there are healthy choices at dining halls, but the biggest issue for athletes, he said, is limited options. "If you want to eat healthy, there are options, but you might get bored quickly."

Grigsby, who is not on a meal plan anymore, said that the difficulty was that dining hall hours didn't fit with his packed schedule of training and classes.

One of Ryan's reasons for going off the meal plan is that it only allows one

swipe per meal. Ostrowe encourages eating many smaller meals a day but this was tough for Ryan to maintain with a meal plan.

"It became difficult, since I'd always have to buy some yogurt, or almonds, for snacks outside of the dining hall," Ryan said. "You can grab things from the dining hall to save, but it's harder."

While the choice to stay on or leave the meal plan varies, it tends to be a team decision. For the same reason that Weight Watchers encourages group meetings while dieting, eating with a community makes it easier to maintain a healthy diet.

Spencer and his cross-country teammates are all on the meal plan, eating both regular and pregame meals together. While Grigsby and Ryan are not on meal plans, they still bond with their teams over eating.

Whether it be pregame meals at V&T's or Greek yogurt from 212, or Wilma's omelettes, good nutrition is a team effort.

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## Defense, offense must come together

### TYDINGS from back page

it can to keep the Lions in games. Backed up inside their own 30, when defenses should be reeling, the Lions have risen to the occasion.

Against Fordham and Marist, the Lions allowed eight such possessions, giving up two TD's and forcing three turnovers. Twice, opponents have had first and goal at the Columbia one yard line: against Marist Zach Olinger forced a fumble and against Fordham a tackle for loss on a run play and a sack forced the Rams into a long field goal that they would miss.

Of course, trying to take anything meaningful from a two-game sample size is asinine. Columbia could come out against Princeton this Saturday and score five touchdowns in this scoring range, or even score from outside the "blue zone" (as they did with Louis DiNovo's long catch-and-run against Fordham) and we can all sing "Dog Days Are Over" on College Walk.

**At the same time, we cannot expect the defense to keep forcing turnovers at such a high rate.**

For that to happen, Sean Brackett's decision making and the offensive line must drastically improve. If that does not change in the coming weeks, the defense's superhuman effort in the same territory will go to waste. The Lions also need to find some stability at kicker, as Luke Eddy has made both of his chip shots, but badly missed longer range kicks in each of the first two games.

At the same time, we cannot expect the defense to keep forcing turnovers at such a high rate, especially with the quality of opponents improving over the coming weeks. If the offense and defense were playing at the same level, there is a great chance the Lions would be 2-0 or 0-2. For now, they should focus on working out the offensive kinks and perhaps be satisfied being in between.

Sam Tydings is a Columbia College senior majoring in history. He is a sports broadcaster for WKCR. sports@columbiaspectator.com

## St. John's is last tough test for CU before Ivy play

BY MUNEEB ALAM  
Spectator Staff Writer

After working on offense toward the end of last week, Columbia (2-4-1) had a little, but not a lot, over the weekend to show for its work. It drew with Long Island on Saturday, 1-1, as sophomore midfielder Andrew Celsus scored his first goal to tie the game in the second half.

The Light Blue will probably need a significantly better performance to keep pace with No. 13 St. John's (5-1-3) on Tuesday evening.

"I think we need a stronger start for our next game against St. John's," sophomore defender Jack Gagné said. "They caught us sort of asleep. ... For the rest of the game we were sort of fighting our way back into it."

The Red Storm was beaten handily on Saturday by No. 2 Connecticut, 3-0. It was outshot 15-6 (6-2 on goal). Despite the loss, it has still outscored its opponents 14-7 this season in nine games. Senior midfielder Jack Bennett leads the way with three goals—all on penalty kicks—and three assists, and four of his teammates also have at least two goals.

Despite St. John's potent offense, the Lions, after taking Sunday off, continued working on offense in their single full day of practice on Monday.

"I think the focus right now is more on creating chances for ourselves," Gagne said. "I think defensively this year we've been pretty solid for the most part, aside from a few lapses. We've given up most of our goals from set pieces from the other team."

St. John's also boasts a 0-0 draw with then No. 9 Akron and a 3-0 win over Princeton, which took the penultimate spot in the Ivy standings last year. (Columbia tied for third.)

"Sometimes, there can be a tendency to sort of go into a shell a little bit when you're facing an opponent ... that you know is going to be tough," Gagne said. "We know it's an important game, and if we come out on top we're going to turn some heads."

To date, the best opponent Columbia has faced this season is Monmouth. After a solid 1-0 win over the Lions, the Hawks moved from unranked to No. 19, and have stayed ranked in the top 25 since. The Light

Blue has not faced the Red Storm since 1989.

"The whole team sees it as a chance to prove ourselves," Gagne said.

Kickoff is at 7:30 p.m. in Queens, NY. sports@columbiaspectator.com



ALYSON GOULDEN / SENIOR STAFF PHOTOGRAPHER

**RIISING TO THE OCCASION** | Junior defender David Westlake and the rest of the Lions defense will need to maintain their strong play against the Red Storm.

# SPECSPORTS



## BALLIN' SINCE 1877



A tale of 2 sides of the football for Columbia

Depending on which side of the football you pay attention to more, you could easily make the case that Columbia football deserves to be either 2-0 or 0-2 after Saturday's seven-point defeat against Fordham. Each of the Lions' first two games were decided by one score—plays like a blocked PAT or a TD wiped out by an illegal forward pass sealed the fate of the loser.

Offensively, the inability of the Lions to capitalize on great field position nearly cost them a Marist game they should have dominated and ended up leading to their defeat against Fordham. Were it not for the defense not breaking inside its own territory, the Fordham game could have been a blowout and the Marist game could have been a loss. So should Columbia feel lucky to have one win or frustrated it is not undefeated when Ivy play starts on Saturday?

The first two weeks of Columbia's football season have been hallmarked by the team's performance in what I'll call the "blue zone." As the skills of offenses and kickers have improved in recent years, the idea of the red zone (inside the 20-yard line) as scoring position seems antiquated. As offensive strategies and special teams play has improved, 30 is the new 20 when it comes to scoring.

Columbia's performance inside this blue zone has been fantastic defensively, but inept when the Lions possess the ball. Assuming the defense will not be able to force as many turnovers in the "blue zone" going forward as they did in the first two games, it is imperative that the offense cashes in at a higher rate when being handed opportunities by its opponents.

As much as the offense has tried to give the games away, the defense has done all it can to keep the Lions in games.

Nothing has typified Columbia's offensive struggles this season more than its performance in the first quarter on Saturday. After winning the coin toss and deferring, the Lions forced and recovered a fumble on Fordham's 10-yard line. From there, they ran twice and Brackett threw an incomplection, forcing them to settle for a field goal.

They started their next drive at Fordham's 40, and after a short rush and two incomplete passes, another punt followed. On drive number three, Columbia once again started in Fordham's territory and, once again, went three-and-out. That's three possessions on the plus side of the field, no first downs, and only three points. The defense and special teams gave the offense a chance to punish Fordham for its myriad of early mistakes, but the Lions left the door wide open.

The problem for Columbia so far hasn't necessarily been getting into scoring position, it has been capitalizing on the many opportunities it has had so far. Through the first two games, Columbia has been inside the opponent's "blue zone" 11 times. On those possessions, they have scored just one touchdown and three field goals, turning the ball over as many times as they've scored (four). Twice they have started inside the opponent's 10 and have come away with a combined six points.

These numbers are unacceptable for any offense, and if they are frustrating to read, they are even more so to watch in person. It is the football equivalent of the Yankees' struggles to hit with runners in scoring position this season: endless opportunities, far too few results.

The other side of the ball has been much more rewarding for Lions fans, and as much as the offense has tried to give the games away with its performance in this territory, the defense has done all



SAM TYDINGS Booth Review



DOUGLAS KESSEL / SENIOR STAFF PHOTOGRAPHER

BIG SMURPH | Senior linebacker Ryan Murphy has 13 tackles, a sack, and a fumble recovery for Columbia this season.

Notwithstanding hiccups, Light Blue defense solid

BY MYLES SIMMONS Spectator Senior Staff Writer

After losing to Fordham (3-1), 20-13, on Saturday, the Lions (1-1) know there's plenty of room for improvement. The offense's red zone woes were problematic for the football team, but that certainly isn't the whole story.

Fordham running back Carlton Koonce lit up the Lions defense for 268 all-purpose yards—250 on the ground and 18 through the air—to go along with a rushing and a receiving touchdown. A 92-yard touchdown run toward the end of the first quarter provided much of Koonce's yardage.

"Obviously, it's very critical to the game," senior linebacker Ryan Murphy said. "It's a very long run, 92 yards. But

it's all correctable."

On the run, Fordham's offensive line sealed the edge on the right side, allowing Koonce to dart past the first level of defenders. After that, the running back's speed took over and propelled him past the goal line.

"It's a great feeling for an offensive line when they're able to knock people back off the ball, get a push," Rams head coach Joe Moorhead said. "And then you have guys like Carlton and our other guys running the football. So the offensive linemen, they take pride in that."

But Lions head coach Pete Mangurian believes there were many more factors for the loss than just the Fordham running back.

"Koonce had some runs, but that's not the reason we lost the game," he said. "We lost the football game because we didn't score points when we had the opportunity."

The Lions had those chances because, aside from Koonce, the Light Blue defense continued to show why it's one of team's biggest strengths. Koonce was the only Ram to gain more than 10 yards on the ground, as Fordham running back Jared Crayton gained six on a carry, but the rest of the team—including quarterback Ryan Higgins—combined for 11 rushes for -47 yards. That's a credit to the "D," as it combined for nine tackles for a loss, which brought the Rams team rushing total down to 209 yards on the day.

On the whole, though, Mangurian didn't find that number to be any consolation.

"Our defense has been good, although they cringed when they looked down and saw 209 yards rushing," he said. "They don't want to give up anything."

SEE IN FOCUS, page 3



BY ROBERT WREN GORDON Spectator Senior Staff Writer

Two weeks into the season, Harvard and Cornell top the conference standings at 1-0 while Dartmouth, Columbia, Princeton, and Penn have yet to play an Ivy game.

BROWN

After starting the season off with a win at Holy Cross on Sept. 15, the Bears (1-1, 0-1 Ivy) fell to the Crimson on Saturday night in their nationally televised home opener. Despite having a 7-0 lead after taking the opening kickoff 78 yards for a touchdown, the Bears were unable to hold on and allowed Harvard to take the lead in the second quarter on a 98-yard scoring drive. With a 10-7 lead, the Crimson never looked back, forcing Brown to play catch-up for the rest of the game. The Bears' defense struggled to keep Harvard's offense in check, ultimately resulting in the 45-31 loss. The Bears hope to capitalize on two consecutive nonconference games against Georgetown and Rhode Island before playing Princeton in their next Ivy contest on Oct. 13.

CORNELL

Cornell (1-1, 1-0 Ivy) currently sits atop the conference along with Harvard after a decisive 45-6 victory over Yale on Saturday. Having learned from its opening loss to



COURTESY OF MARK KELSEY / THE HARVARD CRIMSON

OUT IN FRONT | With a strong start, the Crimson, the current defending Ivy League champion, is a favorite to win the Ancient Eight for the second year in a row.

Athletes look for results with balanced, smart diet

BY RACHEL TURNER Spectator Staff Writer

We've all had the experience of walking into John Jay, surveying the offerings, and grudgingly selecting the same old salad or sandwich. The transition from eating at home to eating in dining halls at college can be a challenge for anyone. For the college athlete, whose success in sports depends on good nutrition, choosing what to eat is especially important.

Fortunately, athletes at Columbia have nutritionist Tara Ostrowe, who also works with the New York Giants, at their disposal.

"She'll meet with you in the fall, break down how you eat, and figure out how to change that for you," junior soccer player Chelsea Ryan said. "During the rest of the year, if you want to reach out to her to schedule a weigh-in, do a body fat check, or just to talk, she's always there. I met with her two or three times last year to follow up."

The addition of Ostrowe is just one component of Columbia Athletics' new Championship Performance Initiative, which makes sports psychology, leadership training, and nutritional education available to Columbia athletes.

GOOD GUIDANCE, HEALTHY CHOICES

Mary DiGiorgi, a professor at Columbia Medical Center's Institute of Human Nutrition, recommends a balanced diet for athletes based on guidelines put forth by the American College of Sports Medicine, emphasizing the difference between eating well for the average person and eating well for an athlete. For example, while a low-carbohydrate diet can be positive for weight loss, this type of plan is unrealistic for an athlete who needs energy from carbs.

Ostrowe particularly encourages having a high-protein diet. Protein is an important fuel for the body, since it contributes more to muscle repair and growth than to providing energy during exercise.

"During season, everything is protein-oriented," Ryan said. "From Greek yogurt to cheese to meat." She noted that Greek yogurt and chocolate milk are big favorites of the women's soccer team.

Both Columbia's nutritionist and Light Blue head coaches help their athletes when it comes to eating right.

As for the men's soccer team, coach

SEE NUTRITION, page 7

Familiar leader as Ivy play ramps up this weekend

RK	TEAM
1 2-0	<b>HARVARD CRIMSON</b> One of the usual contenders is off to a hot start.
2 1-1	<b>CORNELL BIG RED</b> The 45-6 rout of Yale was impressive with great performances on both offense and defense. Can the Big Red keep it up?
3 1-1	<b>BROWN BEARS</b> The defense is either going to have to keep the score down or the offense will have to start to put up points-.
4 1-1	<b>YALE BULLDOGS</b> Will the real Yale Bulldogs please stand up? This team is a mystery on both sides of the ball.
5 2-0	<b>DARTMOUTH BIG GREEN</b> In the Ivy League, 2-0 against Butler and Holy Cross means nothing.
6 1-1	<b>COLUMBIA LIONS</b> The defense has been solid but the Lions have struggled to put points on the board.
7 0-2	<b>PRINCETON TIGERS</b> This team could easily have been 2-0 right now.
8 0-2	<b>PENN QUAKERS</b> Winless Penn can leapfrog undefeated Dartmouth with a win on Saturday.

SEE TYDINGS, page 7

SEE LEAGUE, page 3