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Inside: Changing Tastes and Votes as the Clocks Fall Back.

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The Indy is getting an extra hour of sleep!

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As Harvard College's weekly undergraduate newsmagazine, the *Harvard Independent* provides in-depth, critical coverage of issues and events of interest to the Harvard College community. The *Independent* has no political affiliation, instead offering diverse commentary on news, arts, sports, and student life.

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My Body is

Self-care, when you need it most, comes in lyrical forms.

After years of biology courses and common sense, I can tell you that the human heart is located off-center in your chest towards the left side of your body. But the moment Mitski walked onto the stage, I felt like my heart was everywhere at once. There is something special about screaming in a crowded room with your best friends while your hero is also screaming only 10-15 feet away from you. Feeling the drums reverberate throughout my body made me feel weightless. For the duration of Mitski's set, it was as if my life was comprised of nothing but

Made of

By HUNTER RICHARDS

Crushed Little Stars



Mitski in concert at the Paradise Rock Club on Nov 1. Photo by Hunter Richards.

that moment.

I bought tickets over two months ago. At the moment I entered my credit card info, I realized this might be the one time I have planned and committed to something so far ahead. I had not even enrolled in my fall courses but I knew that I was going to make it to this concert. It has been on my calendar for months and times when I would start feeling overwhelmed, I would get excited instead thinking about how the concert was getting closer and closer. Yet, the week of the concert was surprisingly hectic compared to previous weeks: I had a paper due Tuesday at midnight, a final project that has had construction halted multiple times this week even though it is due Thursday, a problem set for a class that's flown over my head this entire semester due Thursday, and a final project for which I need to collect and test samples. I was busy working through assignments up until the moment we got on the shuttle to begin our travel towards the venue.

It may seem ridiculous to many, but I recognized that this was one of those moments where I needed to put myself first. I had often canceled dinner plans with friends so that I could spend an extra hour finishing a problem set before section, or missing parties because I needed to spend the weekend working on a project. Rather than give myself credit for what I have done to better my academic career, I often reprimand myself for what I could have done better or how I should have done more. Perhaps it is a Harvardian characteristic to sacrifice your own well-being to instead plan for the future and work towards long-term goals, but just because I see my peers often doing the same does not mean I am not concerned when I do it myself.

Junior year has been a pivotal time of realizing what is positively benefiting me and forwarding

INDY FORUM

my progress towards my goals, and the toxic self-criticisms and near-punishments I inflict on myself in private. I have grown an incredible amount in every possible direction since last year. I have learned to constantly reflect on what I am doing and whether it makes me happy. I am not afraid to walk away from something I have grown comfortable with once I realize it does not excite me in the same way that it used to. This semester, I have add/dropped classes late, switched concentrations, and tackled personal struggles I long had underestimated or overlooked, all while recovering from a concussion. It has not been easy, but something about the longing and reclamation of Mitski's songs helped me to stay grounded this semester.

We have all been there: you have been in the shower much longer than is socially acceptable and you let the same song play on repeat for longer than the album it was originally featured on lasts. Maybe it is your first break up or when you got your midterm exam back or you just realized you have absolutely no idea what you want to do with your life, and maybe it is all at once because that is just how life works sometimes. It doesn't matter, though, because there's at least one song that you are going to find during this period that helps you make sense of everything. Even after playing this

song for hours over the course of a week, you are still going to have a special spot in your heart for it because it helped you make it out alive from that point in your life. Maybe you will paint the lyrics onto your bedroom wall, or maybe you will just hum along to it on your walk home from class, but it will always be there and symbolize your strength for coming so far from where you were.

Often, we deal with issues like this in private and do not let others know what we have been going through. Perhaps it is out of fear of admitting we have weaknesses and need help, which is a common concern amongst Harvard students who time and time again strive to perform their absolute best for others. Even when students say they don't care and are fine with "taking the L," you will still find them in the house library at 2 am with their laptop out frantically trying to finish an assignment.

It is easier to pretend you don't have a problem if you are the only one who knows about it. It is a lot like missing class but telling yourself you will watch the lecture videos later to catch up: The accountability to actually follow through is solely on you and it can be easy to keep missing lecture to watch videos online afterwards. However, just because you know where to find them on the

course site doesn't mean you'll actually sit down to watch them. And even if you do sit down to watch the videos, chances are you'll watch them at minimum 1.4x speed and try to multitask with another homework assignment from the comfort of your room.

At Harvard, it can be easy to keep a Google calendar full of office hours, extracurricular events, and work. It's not natural for us to schedule in time to take care of ourselves. As often as we preach the importance of self-care, we still struggle with what that actually means. For me, it was taking a trip into Boston to see an artist who had helped me through my existential crises for the past few months even though I had four classes demanding more from me than I felt able to give. Junior year I have learned to accept my limits and allow myself the freedom to rest and recuperate instead of pushing myself to always do more. I understand that doing more does not equate to doing better.

Hunter Richards (hrichards@college.harvard.edu) is gonna be what her body wants her to be.



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Changing Tastes

Over the last few months it seems as though every other day brings a new announcement about restaurants closing and opening in Harvard Square. While the reviews pour in about the new establishments, a broader look at the changes reveal a rapidly evolving culinary scene. The new restaurants are creating a more upscale feel in our old little college neighborhood. From new sit-down restaurants to the advent of the “Fast-Casual” trend, the Square seems to be getting a little fancy in the food department.

For years Harvest, Henrietta’s Table, Red House, and Alden + Harlow have been the upscale restaurants in town with the Russell House/Grafton/Park trifecta as the next standbys for special occasion meals and parent brunches for many students. And until recently, Panera, Au Bon Pain, and Cafe Algiers were competition for Cardullo’s in the sandwich and quick lunch category. Now the Square is inundated with fast casual spots like Tatte, Clover, Tom’s Bao Bao, and Shake Shack. While there are many possible reasons for this change including national trends, real estate politics, or simply a shift in the market, it is clear that the influx of new restaurants and exodus of classics is changing Harvard Square’s culinary aesthetic.

One of the events that has affected the closure or relocation of many establishments is the renovation of the Smith Campus Center. Finale bakery was the first victim of the Smith renovation in late 2014. It closed after 12 years in the Square also right around the time when Mike’s Pastry opened its doors across the street. In the spring of 2016 Au Bon Pain, Oggi Gourmet, and Al’s were forced to close or move when the Smith Center went into full construction mode.

The restaurants that have opened in the wake of sudden closures (Panera, Cafe Algiers, and Tory Row all closed without warning), have a shiny, new, simplistic aesthetic. From the all white tile approach of Tatte and Clover to the dark wood, mood lighting, and simple dishware of restaurants like En Boca, the restaurants all project a modern, often rustic, and cool atmosphere.

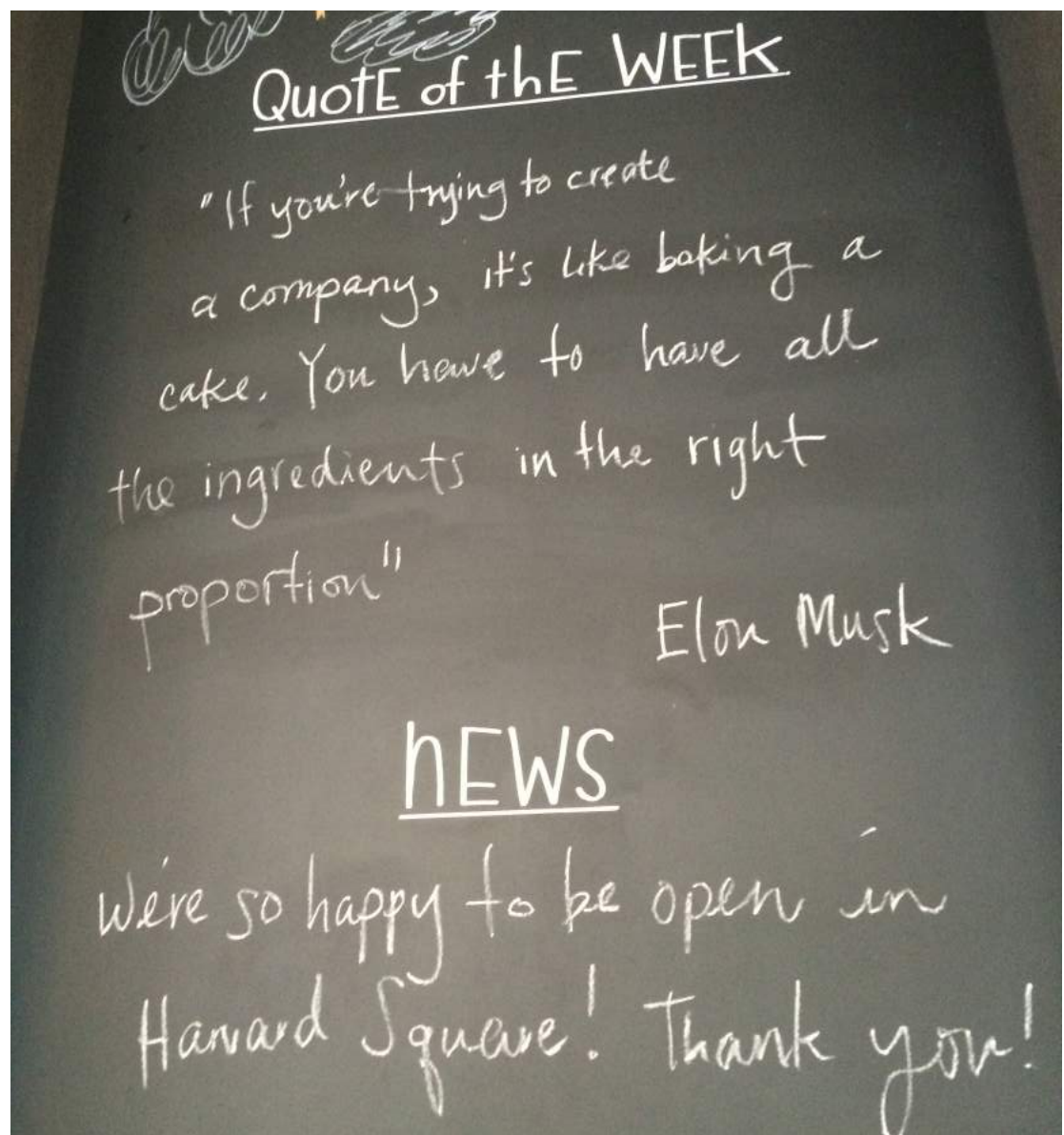
Harvard Square is not the only area of Cambridge that has seen an influx of upscale casual restaurants. Kendall Square near MIT

Culinary transitions in Harvard Square.

By KELSEY O’CONNOR

saw the opening of Smoke House Barbecue and Mamaleh’s this summer. Both trendy-casual spots. Kendall’s eateries are also mostly fast casual, regional chains like Sebastian’s, Clover, and Bailey and Sage. These are contrasted with the more established The Friendly Toast, which specializes in breakfast food and sports a retro-diner aesthetic. It seems that the regional chain is an important phenomenon in Cambridge. Adding to the existing contingent in Harvard Square of J.P. Lick’s, Boloco, and Toscano are Tatte and the just opened Flour. Each of these establishments has a sibling or siblings in other parts of Boston.

Emma Noyes, the Editorial Director for Spoon University-Harvard, sees the move toward fast-



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casual dining, in places like Tatte, Clover, B.Good, and Sweetgreen, as a growing trend across the US. In an interview she writes “America in general is trending toward more trendy, accessible restaurants. In large American cities, fancy restaurants have existed for much of the 20th century. For much of the past, however, there was a gap: high-end French restaurants on one end, fast food/mom and pop joints on the other, and not much else in between. Slowly, restaurants that feel posh but don't require you to shell out \$50/per meal started filling in that empty space.” Whether these middle-ground restaurants are targeting students or just exist in a very populated

and touristy area is yet unclear, but as Noyes notes, the restaurants are “aware of their surroundings,” offering coupons and even special pricing for their openings.

As we see the old standbys closing their doors due to real estate conflicts or unwanted competition with shiny, trendy, new restaurants nothing is quite certain. Will these new establishments last as the old ones did? Will their aesthetic and the influx of more upscale restaurants like The Hourly discourage students from trying them out? These changes seem to be happening all at once, but one thing is for sure, students are not at a loss for places to eat.

Kelsey O'Connor (kelseyocconnor@college.harvard.edu) is always sad to see the old ones go and also really enjoys Tatte's lemonade.



Flour in Harvard Square. *Photo by Caroline Cronin.*



We Got the

Beat

By ADITYA AGRAWAL and CAROLINE GENTILE

On a cold Monday afternoon, we walked into the psychedelic interiors of the Beat Brasserie and I was instantly reminded of a Moroccan villa crossed with the American Wild West. Tucked away below The GAP store on Brattle Street, the Beat Brasserie has remained a hidden gem in the vast firmament of Harvard Square eateries.

Although the Beat Hotel has been a favorite of Harvard Square for several years now, only recently did they begin to offer lunch. However, it is no surprise they have decided to expand their menu offerings; the restaurant is always packed for dinner and brunch, and is known for having one of the best bar scenes in Harvard Square.

Veteran Indy food critic Caroline Gentile '17 and I decided to try out Beat's all new lunch menu. Caroline, unlike the unadventurous me, had been to Beat on previous occasions and was excited to see how the new lunch menu built on the restaurant's previous offerings. I, on the other hand, went in with a blank slate and an empty stomach.

Beat has aggressively driven down prices relative to its dinner menu to position itself

competitively in the race for Harvard students' wallets. The new lunch prix fixe menu, at \$24, comes with a soup or salad and a sizable entrée. For dinner, this is typically the price of just one entrée. In terms of menu offerings relative to the dinner menu, the lunch menu is simply a scaled-down version. None of the appetizers, entrees or drinks are unique to the new lunch menu, but were offered in smaller portions and at much lower prices.

The staff was attentive and the service swift. The soup for the day was a French lentil soup with curried yogurt and kale. As an Indian, lentil soups, or dal as they are colloquially known in India, are a big part of my daily diet. I expected the soup to be a play on the standard moong dal I may have had back home in India on any given day.

And hit too close (and too accurately) to home it did. While I was hoping for it to taste less like what I usually eat in India, Caroline appreciated the fusion of quintessentially Indian flavors into an American dish. However, we both agreed that it had all the sensation of being "heavy" without actually being so. I appreciated the subdued flavors of the soup – the chef did not try to temper

the taste of the lentils too much with additional spices or flavors.

But the soup did more than replicate a classic lentil soup. The choice of add-ons was a stroke of genius. The curried yogurt added a pleasantly unexpected zing to the soup, the overall product being both warm and refreshing. With the brisk autumnal weather beginning to turn frosty, this soup is the perfect dish: hearty and flavorful without weighing down your stomach.

The entrée swiftly followed the soup and we couldn't wait to dig in. I ordered a braised rabbit pasta, while Caroline went with one of Beat Hotel's signature bowls, the Greek bowl, with an add-on of roasted chicken. The bowls consist of vegetables, a grain, and protein and each have a distinct flavor profile, from more quintessentially Latin flavors to Mediterranean. Both dishes are offered on the dinner menu, but with the lunch prix fixe menu, were significantly less expensive, albeit the portions a bit smaller. For anyone who has not tried one of the four bowls at Beat Hotel, lunch is the perfect time to do so. Not only are they delicious, but also they are the epitome of a well-balanced meal (which can be difficult to

Beat, continued.



Lentil soup at Beat Brasserie. *Photo by Caroline Gentile.*

find in Harvard Square, the land of burgers, burritos, and fro-yo). In fact, the night before Caroline ran a half marathon, she purposefully went to Beat for dinner to get the Azteca bowl, and claims it was the perfect pre-race meal—take note, athletes.

The rabbit pasta could also be a good pre-workout meal, but it took a lot of courage and self-goading for me to push my frontiers and order it. I generally tend to be very un-experimental with my meats, and therefore would not usually order rabbit. I decided to be adventurous, though, and felt that at a restaurant with as good a reputation as Beat, this was a prime opportunity to try something new. And yet, I was a bit disappointed. While I actually enjoyed the rabbit (fun fact: it tastes like chicken!), I felt that the dish as a whole was bland. While some – like Caroline – may have appreciated the subtle flavors of the pasta, it was not my favorite. I would have loved it if they had brought out the flavors of the rabbit meat more strongly, or made the sauce a bit richer. The light, thin sauce that went with the pasta worked much better with the bread than it did with the pasta.

When all was said (er, I guess eaten) and done, we were overall satisfied. Not only was this meal the perfect amount of food, it was also delicious and served in a reasonable amount of time. For busy students, the latter is ideal. We came in at noon and still made it to our one o'clock classes. However, for some, sparing an entire hour for lunch amidst a busy day of class and meetings can be a challenge. A



Rabbit pasta at Beat Brasserie. *Photo by Aditya Agrawal.*

trip to Fly-By or a d-hall, or picking up a sandwich from Crema or burrito from Felipe's, likely makes more sense for those who have jam-packed schedules. For this reason, Beat Hotel may not be particularly popular amongst students. Also, \$24 for lunch is still a steep price to pay on a student's budget for one lunch, regardless of the quantity and quality of food that buys you. For special occasions, though—birthdays, relatives in town, taking a professor out for lunch on Harvard's dime—Beat Hotel is one of the few places in the square, among Harvest and Henrietta's Table, where one can get a multiple course, high-quality lunch.

Aditya Agrawal (adityaagrawal@college.harvard.edu) and Caroline Gentile (cgentile@college.harvard.edu) are now starting a petition to get Beat Hotel to accept Crimson Cash.



Greek Bowl at Beat Brasserie. *Photo by Caroline Gentile.*

Elections That Matter: The UC

Voting that
doesn't require an
absentee ballot.

By CAROLINE CRONIN

The democratic process has taken hit after hit this election cycle. Many of us have dreaded the arrival of our absentee ballots and put off sending them back due to our disillusionment with American politics and general fear for the future. (Hint: you all should have done that by now, though.) At a time when it is ever so important to make our voices heard, many are reluctant to speak up. But while those Official Election Mail envelopes have been sitting ignored in our mailboxes and desks, members of the Harvard community have been prepping for another election. This coming Tuesday, the dreaded November 8th, will bring another type of political action into play besides the election of a new American President (God help us all). That political action is the commencement of the Undergraduate Council candidate campaigns!

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Prior to this, the petitions forms closed Monday night and the official candidacy declarations for UC President and Vice President closed on October 30th. The candidates for this cycle are interested in discussing the age-old but still important topics of financial accessibility and sexual assault prevention on campus. However, a few new initiatives have made this year a little different.

First, the UC will have a stipend of up to \$1,500 for those whose need to hold a term time job would

usually stop them from running for a UC position. Samartha Gupta '18 is a campaign staff member for UC Presidential candidate Eduardo A. Gonzalez '18 and his running mate Alex Popovski '19. He points out that "financial accessibility for students in every part of Harvard" is incredibly important and needs to be addressed in a detailed manner. For example, the price of textbooks is a problem that students are forced to deal with every semester and it is one on which the UC wants to help alleviate some pressure.

Next, petition forms have been circulating to put certain points up to the voters. These range from the lighthearted to the divisive. For example, both the question of whether to make the Harvard Turkey the school mascot and whether to repeal the administration's sanctions on single-gender organizations have received a great number of signatures.

However, the power of these referenda to actually enact change depends on the voter turnout. According to Ben Molin '18, the Lowell House Representative, "The UC must take action on a ballot referenda question only if it receives a majority of the votes, and if a majority of the undergraduate student population votes. I don't believe that the last UC presidential election had over a 50% turnout, so the results of any referenda questions were non-binding. However, even if we don't get the 50% voter turnout, if a majority of voting students vote for something, that is a pretty good indicator that the UC should look into that issue. The referenda questions on the ticket are powerful, but people need to vote." So if you feel passionately about the turkey, by all means vote on it.

Gupta agrees with Molin in that much of the result of these referenda will depend on the number of students who vote. Gupta is also unsure about how the referenda question regarding the administration's sanctions will play out, because the Administration has put a lot of time into the sanction policy and its implementation. However, members of the UC - specifically the President and Vice President - are often invited to faculty council meetings (like one held on Monday) and are also currently a part of the sanctions Implementation Committee. In this way, the UC candidates allow for greater communication between students and administrators. Therefore, Gupta believes the election will be important during this transitional period.

The apathetic attitude Harvard students have towards the Undergraduate Council is not a new phenomenon. The UC has often been criticized for being pointless, ineffective, and superficial in the past. However, the political stress the national presidential election has put on American citizens this year may be leaking into the simple collegiate democratic process. Students are perhaps less likely to see UC candidates as advocates for their concerns and goals. The pertinence of the specific issues at hand that matter to the students, in ways the University may not understand, should - nevertheless - bring student voters to the (virtual) polls.

One freshman, Arnav Agrawal '20, as an elected representative to the UC wants to emphasize the ubiquitous nature of topics with which the UC deals. She states, "This election is significant in that it is a significant opportunity to foster greater campus conversation around issues that matter to the student community. These include policies related to feminine hygiene products, mental health, peer and academic advising, single-gender organizations, textbook costs, final exam hours, dining issues, accessible and inclusive social spaces and addressing challenges posed by sexual assault, etc." It is in this time and in this landscape that students need to work to make their voices and opinions heard. It is for that exact purpose that the UC functions. Agrawal continues, "In addition to voting for candidates for President and Vice-President, students can also make their voice heard on larger campus issues that involve the entire College. There has been a significant increase in student interest and involvement in the UC and the election process, which reflects the growing perception of the relevance of the UC's actions to the lives of students. Greater student involvement also means that the UC's initiatives are taken more seriously by the administration and the basic process of voting thus creates long lasting positive externalities."

Though students may be unimpressed with past actions of both the administration and the UC, the way to change that is not through inaction. These UC members would urge readers, therefore, to look beyond November 8th, and to continue striving to make a difference in our communities.

Caroline Cronin (ccronin01@college.harvard.edu) applauds the democratic system that can amplify the voice of passionate students above the paternal speech of administrators.

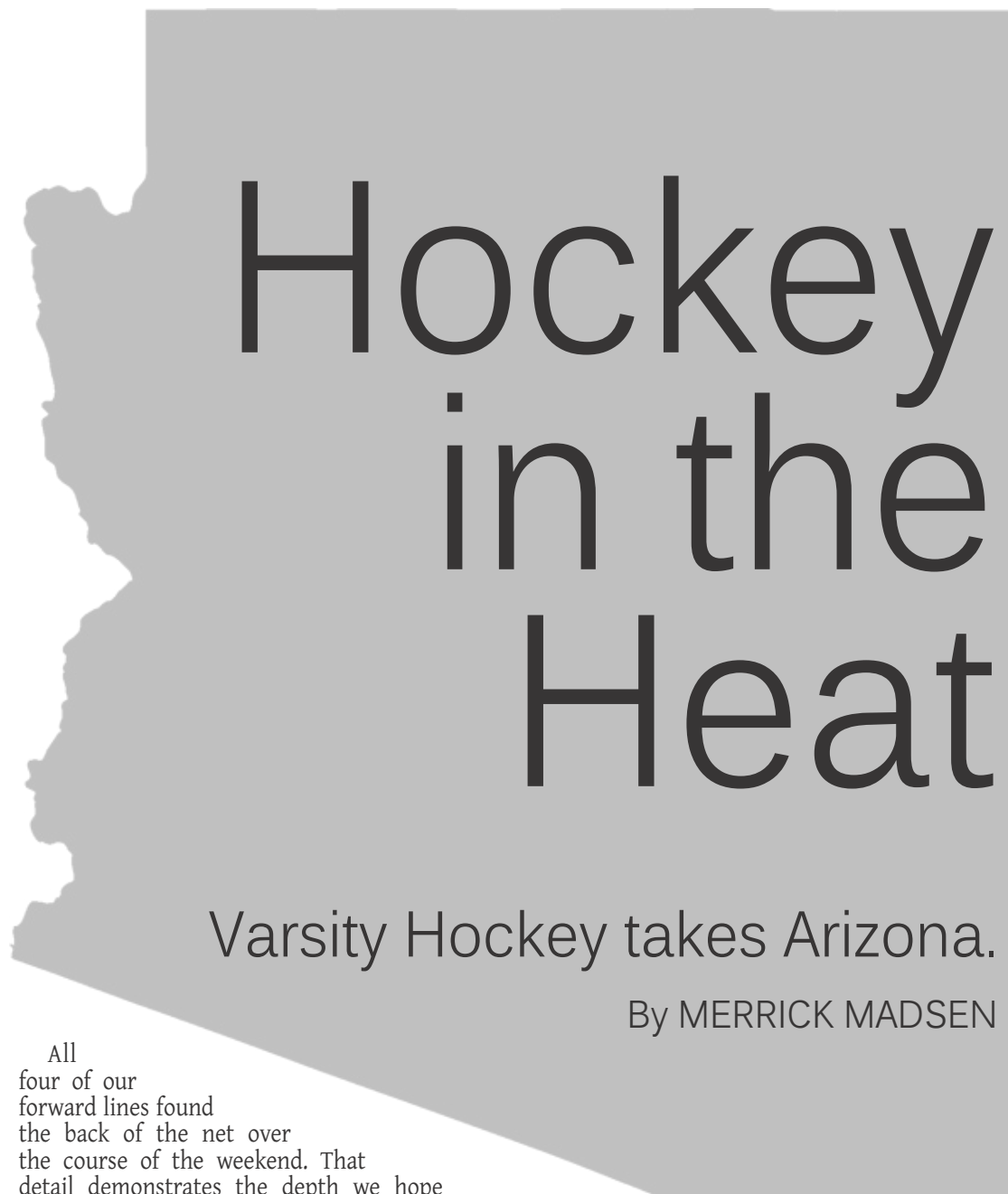


Harvard
Undergraduate
Council

As we stepped off our plane in Phoenix, AZ, all of us on the hockey team wondered exactly how we would meet the expectations surrounding us. We had traveled thousands of miles away from the hockey hotbed of New England to play against a new Division 1 program at Arizona State, and tackle our first two games of the regular season. How the outside world thought we would fare this year was surrounded by a host of questions throughout our pre-season. Most pointed to the fact that we had lost several key players to graduation - particularly Jimmy Vesey, now lining up for the New York Rangers. We nevertheless began the season with a Top 15 national ranking before a single game was played. However, if we wanted to maintain or improve upon this, we knew we needed more than just two close games in Arizona. We put these thoughts in the back of our minds the best we could and pushed on, trying to treat it as just a normal weekend of college hockey.

This would prove to be tougher than we expected. Whereas the average temperature in Cambridge hovered around a crisp and comfortable 50 in the last week, we walked out of the Phoenix airport to be engulfed by a suffocating 95-degree heat. Waiting for our bus, we found ourselves sweating through our brand new Harvard Hockey polos. As we made it over to the rink, and got on the ice for a quick practice Thursday night, we found that even the ice-cold rink was warmer than what we were used to. It was a strange experience for all involved. All we could do to combat the temperature was to hydrate ourselves the best we could, and prepare as best we could for the upcoming games.

On Friday night we played the first game of the season. We proved that Harvard kids accustomed to New England weather can take the Arizona heat through our 7-0 win. Perhaps it is telling that this score matches that of our explosive debut at Dartmouth last season. Though we began a little slower than we would have preferred, we eventually came to outplay the Sun Devils throughout the game, and ultimately matched or exceeded many of the expectations set for us. While we went in feeling confident, it was still quite the exclamation point, and we were excited with the hot start to the new season. The harder part of the weekend came in the next night's follow-up game. In the second match, Arizona State came much harder, and even controlled the game for a short span in which they scored two goals. But we still managed to prevail with our offensive strength, and left the rink with a 6-2 victory.



Hockey in the Heat

Varsity Hockey takes Arizona.

By MERRICK MADSEN

All four of our forward lines found the back of the net over the course of the weekend. That detail demonstrates the depth we hope to have throughout this season, and puts to rest the question of whether we would field enough offensive output without some of last season's stellar forwards. We also found defensive strength. Even though two of the six defensemen in the lineup were freshman, we emerged with a strong goals-against average of 1.0 on the weekend. While we can be happy with our first weekend as a team, it will be important for us to look forward to more challenging league games ahead of us. This weekend, as we trade hockey in the desert for its more familiar climes, we turn our gaze towards Colgate and Cornell - and the season ahead.

Merrick Madsen (merrickmadsen@college.harvard.edu) is the goalie of the varsity hockey team.



The Harvard Independent introduces the
Counter Culture Survey
about drugs and body modification at Harvard.

The survey is short, and respondents
can enter a lottery for **gift cards** to
Soul Cycle and restaurants in the Square
(in case your newfound Tatte addiction is hard to kick).

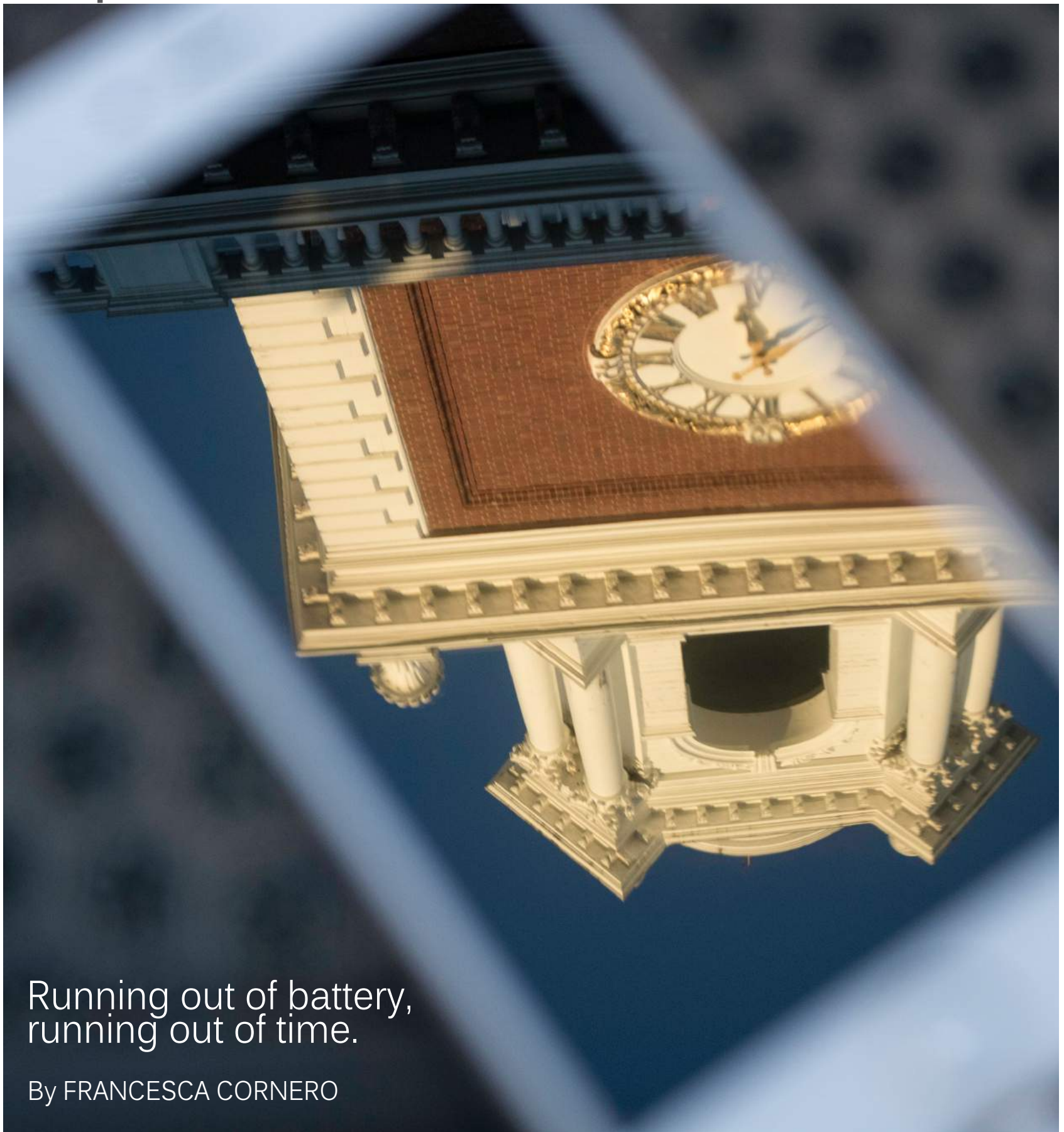
You can also share your stories –
we're talking about the ones that don't get passed around the
Thanksgiving table. (well, unless it's a #lit one...)

Finally, we're welcoming guest contributors –
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captured and shot



Running out of battery,
running out of time.

By FRANCESCA CORNERO