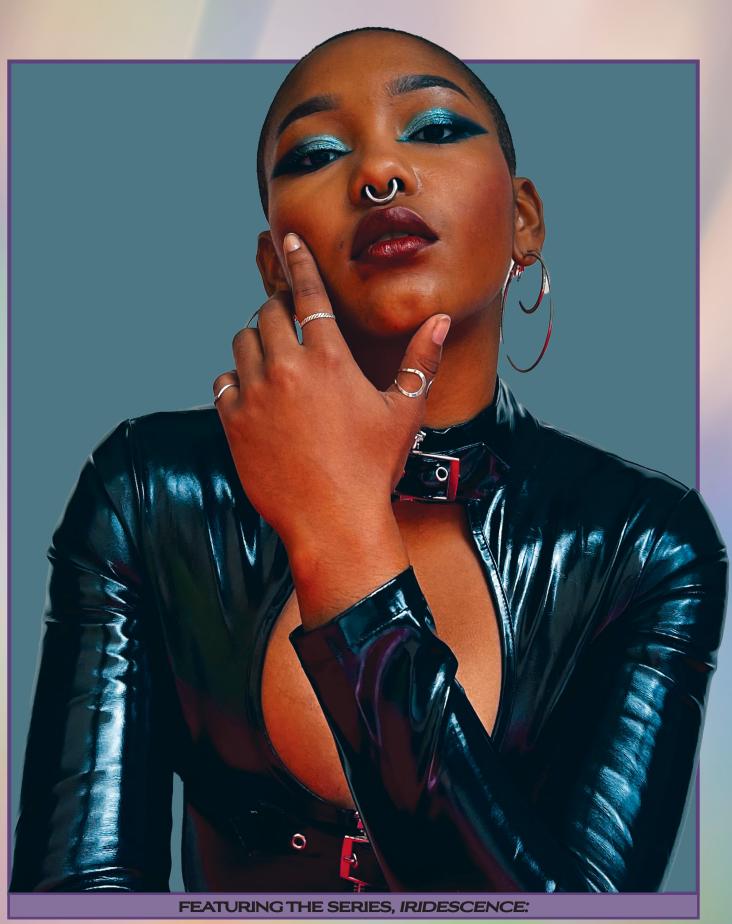
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"EVERYONE'S A HOT MESS"







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October 7, 2021

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## Ten Days of Solitude

Students' reactions to COVID-19 isolation periods raise questions of mental health risks

BY MARY JULIA KOCH '23

hen a Harvard student tests positive for COVID-19, they are required to isolate for ten days in one of the University's designated housing facilities. Food, water, medical supplies, and toiletries are regularly delivered to their door (although one student received dish soap instead of shampoo). What these students can't have, however, is the thing that gave them the virus in the first place—human interaction. As a matter of public health, proper isolation periods are necessary to control the spread of COVID-19. But less discussed is the question of mental health. It's clear that social isolation protects other students from getting sick, but how is it affecting the very students who sequester?

Overwhelming evidence indicates that solitude correlates with higher levels of anxiety and depression, explained Harvard History of Science Professor Elizabeth Lunbeck. However, individuals' reactions can vary widely. "Some people are able to deal quite well with isolation," said Lunbeck. "For other people, it's almost intolerable."

Olivia Proctor '23 spent ten days in a room at the Harvard Square Hotel after receiving a positive COVID-19 test result. Experiencing only mild symptoms, she filled her time facetiming friends, getting ahead on schoolwork, and watching Netflix. "I got accustomed to doing nothing relatively fast, which is concerning," Proctor said.

Brad Campbell '24 also adjusted easily to the low demands of life in COVID-19 isolation. Living in the Cronkhite Center, a graduate housing building used as an additional isolation facility, Campbell spent his time reading a few books, completing school work, and attending classes over Zoom.

"It was clear that there was to be no socializing: I received a few emails noting that some students had been hanging out in their rooms together and that doing so would send us straight to the Ad Board," he said. To maintain a sense of normalcy, he did bodyweight workouts in his room and facetimed friends and family. "Having those virtual connections made the whole process much easier than it would have been in a pre-digital age," he said.

However, Campbell didn't mind the social isolation granted to him by a positive COVID-19 test. "I felt relatively indifferent to the whole situation," he said. "I was, in a strange way, happy with the slowdown of life after a crazy first few weeks on campus; I was glad to be able to refocus myself and set goals for the upcoming year."

But for John Mark Ozaeta '24, isolation did not provide such respite. His ten days in the Harvard Square Hotel provoked "a slow descent into some sort of mental anguish," he said. "It didn't help that my hotel room window faced away from the sun, so I received no real direct sunlight for 8 days."

Exacerbating Ozaeta's frustration was the fact that he never actually contracted COVID-19. Being in close contact with someone who tested positive and then developing a sore throat necessitated a ten-day stay in the Hotel, Ozaeta's resident dean said, even after he tested negative for the virus.

He spent his time doing jump squats, schoolwork, and watching SNL on his phone. "My screen time went from 2 hours a day to 10-12 hours. There was little to do but wait to get out," Ozaeta said.

Isabella Lenzo '22 also felt emotionally debilitated while isolating at Cronkhite, adding to the physical symptoms of her COVID-19 infection. Similar to Ozaeta, Lenzo struggled with remaining completely indoors during her stay. "I would try to open my window and fit my whole

> upper body to feel fresh air," she said, as she was not allowed to walk outside to Cronkhite's courtyard. "I felt like I was locked up." To avoid being completely sedentary, Lenzo tried to walk up and down the hallway outside her room each day, although this was prohibit-

> engage in some social interactions during her isolation. On a couple of occasions, Lenzo and the other COVID-19-positive students would congregate in the halls or encounter each other in their shared hallway bathrooms. "I was beyond grateful for this amenity because I heard the horror stories at the Harvard Square hotel as the rooms

'COVID HOTEL' PHOTO BU ED WONSEK Lenzo said. "There was one day where I didn't see anyone for a day and half, and I was in such an

HARVARD SQUARE HOTE

anxious, depressive, and somber mood. The minute I hung out with some of my isolation friends, I felt infinitely better."

An individual's reaction to solitude depends on their characterological preparedness, Lunbeck said. Does being alone feel familiar and comfortable to them, or alien and distressing? For those who suffer from social anxiety, forced isolation may actually feel like a relief rather than a burden. "Being alone is not just a state of isolation, but a state in which you are able to be with yourself and to feel stable, fully realized as a person in that state," Lunbeck said.

But for many college students, pandemic-induced disruptions to their social lives have resulted in broader emotional stresses. Even for those who haven't contracted COVID-19, students have had to quarantine and limit their socialization throughout the past year and a half.

"We won't know for years what the full effects of it are, but the immediate effect psychologists are finding is higher levels of anxiety and depression," said Lunbeck. "The need for mental health services is especially high among college students, and not surprisingly."

Lenzo stressed the need for such services from a personal standpoint. Each day she was at Cronkhite, nurses came to her room to check her temperature and oxygen levels, and a Harvard University Health Services nurse called to ask about her physical health. "But we never were asked about our mental health, which, I know from talking and bonding with others in the facility, suffered immensely during this time of isolation," she said.

Should less apparent health struggles be overlooked just because they can't be measured by a Color test kit? "COVID-19 is a disease," Lenzo said. "But isolation is a disease, too. The College needs to recognize that."

Professor Lunbeck currently teaches HISTSCI 1780: Psychopathologies of Modern Life, which explores how the stresses of modern life have led to greater psychic distress and mental

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illness, such as social anxiety and isolation. Mary Julia Koch '23 (editorinchief@harvard. independent.com) is thrilled to be out of her own COVID-19 isolation.



## "We Stand for the Flag, and If You Don't Like It, We Don't Care"

### Dispute over students' Nicki Minaj flag sparks freedom of speech debate

BY MCGAVOCK COOPER '24 & DECLAN BUCKLEY '24

suppress. The blockish and brutish tower still maintains the strict and secure attitude of its 1970 anti-protest design. But from under the mass of concrete has sprung a stem of blatant, star-spangled expression in the form of a Nicki Minaj flag. Red, white, blue, and Barbz (her fanbase's self-dubbed moniker), the flag was hung in the common room window of Mather B-426 at the beginning of the semester and, weeks later, it still hangs. Portrayed wearing only a bra, Nicki Minaj stands sentry over the Mather courtyard, saluting students, faculty, and staff.

ather House was built to

The decoration quickly drew the attention of House authorities, who thus sent an email on September 5th to the displayers, Yousuf Bakshi '23, Kevin '23, Guilliam '23, and Izzy '23. "I don't want to censor anyone's political or aesthetic expressions, but I'm concerned that members of the community will find the poster offensive, so I'm wondering if you'd be willing to take it down." the authorites' email stated. This request, however, was met with students' impulse to rebel.

When Ethan Kelly '24 arrived on campus this fall, he had no intention of displaying the Minaj flag that rose in popularity over the summer as part of a TikTok trend. As an avid fan of the artist, however, Kelly was quick to show the Mather dorm support when the controversy sprung up. "I never actually ended up buying [the flag] until I saw that Harvard had actually emailed someone to take down the flag in the first place," Kelly said. "I bought one in solidarity."

He saw an opportunity to turn this dispute into a movement. Together with other Harvard students who owned the flag, Kelly posted a video on September 13th of the group outside of Widener Library to his TikTok account, which had over 600,000 followers at the time. The students wrapped the flag around their shoulders, held it proudly for the camera, and saluted like Minaj herself. Riley Green's "Different 'Round Here" served as the soundtrack, with lyrics: "we stand for the flag and if you don't like it we don't care." The choice of location was symbolic: l. "I think it's the most iconic Harvard building," Kelly said of Widener Library. Securitas approached Kelly's "Barbz Rally," rally but decided it was just fun, harmless expression and approved of further congregation. The video has garnered over 320,000 views.

Now, the students who started it all are looking to remove themselves from the conversation. "We're taking a step back from the limelight and aren't getting involved in any further talk on the flag," they said in an emailed statement to the *Independent*. But the controversy has erupted across campus and the internet, even reaching as far as the rapper's twitter feed itself; Nicki Minaj's

personal twitter account "liked" Yousef's since-deleted tweet about



"THE FLAG" PHOTO FROM @IMIUSTIUICE

her flag. The flag was destined to go viral given its mass-appeal.

Though the flag was his roommate's purchase, Ryan Tiereny '24 enjoys its presence in his Leverett common room. "It kind of ties the room together as a centerpiece," he said. "We actually got a second Nicki Minaj poster in the mail a couple days ago that went up this morning." To Tiereny, the controversy has come as a welcome surprise. "We found out [the Mather students] were getting flack for having a flag and thought it was the funniest thing ever," he recalls. "We're amazed that other people actually own that flag at Harvard. We thought it was such a niche thing that other people wouldn't have it. So I saw the tweets and everything, and I thought it was pretty hilarious."

Funny as he may find it, Tiereny recognizes why the flag stirred opposition from the University. "Of course it's controversial because the flag has Nicki Minaj scantily clad saluting, and it's the American flag. So it's a little, one could say, sacrilegious at least in terms of American nationalism and everything."

Kelly thinks the flag has been politicized, drawing comparisons to displays of Trump and Biden flags. "Maybe it was viewed as her being a political figure," he said. "That was the main concern of the email in the first place. But I mean, had it not been a flag with the American flag in her saluting, I don't think there would have been any pushback on it."

Tiereny says that while the University's concern about this flag is misguided, there are many instances where student expression de-

serves to be removed from the public eye. He cites the example of a whiteboard that hung in a first-floor Matthews dorm the day of the Harvard v. Brown football game, which read: "Daughters Welcome, Milfs Preferred." "They got a lot of flack for this, I think rightfully so," he said.

Tiereny pointed out that the specific nature of that sign made it more offensive than the Minaj flag and therefore a fair example of administrative censorship. "It's kind of crass and it's in the Yard with all the people coming in and out. I could see why the Harvard administration would want to take that down because it's pretty explicitly lewd." The higher profile of the Matthews window justifies the university's swift censorship, Tierney said. "Harvard is trying to sell the school's image."

Minaj has become an unlikely symbol of the constant tension between free speech and censorship, a tension made fiercer by the University's concern for its public image. Despite this concern, Harvard has long recognized the importance of expression.

The University's Free Speech guidelines state that "curtailment of free speech undercuts the intellectual freedom that defines our purpose. It also deprives some individuals of the right to express unpopular views and others of the right to listen to unpopular views." However, the same document

goes on to acknowledge that free speech is never quite that simple. "There is often ambiguity about where the line should be drawn in terms of the rights of speakers, protesters, and audience," it states. Thus, there is a difference between free expression that should be protected and offensive messages that should be removed.

Some see Minaj as a hero, others a horror, and how the PG-13 pennant should be judged still remains controversial and unsettled. How to judge a symbol and deem whether it belongs in the panorama of Harvard could perhaps be answered by Justice Stewart's opinion in Jacobellis v. Ohio, in which he said he can't define pornography, but "I know it when I see it." When the administration saw the flag, they saw something that some people could find offensive and should be moved.

When Tierney sees the centerpiece in his common room, he had the opposite reaction. In contrast to the Matthews whiteboard, "The Nicki Minaj flag is harmless," he said. "Different things. Way different."

McGavock Cooper '24 (mcgavockcooper@college. harvard.edu) is comping the Indy.

Declan Buckley '24 (declanbuckley@college.harvard.edu) is comping the Indy. nd just like that, Zoom high school came to an end. The lucky undergraduate class of 2025 began our first of four years at Harvard with an in-

troduction from Ivy Yard Dean Katie Denzon to the common phenomenon of impostor syndrome. Denzon spoke of the tendency for first-year students to characterize ourselves as "other," believing we don't belong here as much as our peers. Like many of my classmates, I prepared to be daunted by Harvard's competitive stereotype. But my first impression of Harvard is that this isn't quite the case.

In Annenberg, first-years convene and feelings of imposter syndrome subside. All are welcome; many students feel comfortable sitting down at a random table. I had visions before coming to Harvard of walking into the

church-like hall with a lunch tray knowing no one and not having a place to sit. But in my first week, I found myself stuck in one heated debate about the possibilities of aliens and one discussion on the animal rights attached to fruit flies.

"We have a really interesting student body, but I think a lot of the interesting aspects about people you don't get exposed to if you just randomly meet with them once or twice. Nobody wants to talk about their accomplishments, right?" said Tyler

Heaton '25. I find myself tempted to ask every random freshman the infamous question: "How did you get in?" But I prefer speculation. I enjoy simply observing intelligence as one of their main traits rather than their defining characteristic.

However, first-years are quick to see past the glory of Annenberg's glass windows and start to grapple with the academic rigor before them. We knew the work would be hard, but didn't know we'd have to work past midnight in the first few weeks. Avoiding the luxury of Lamont's 24-hour availability is a goal that many have not achieved. Last night, I attempted and quickly failed to skim How to Build a Habitable Planet for my General Education requirement. Instead, I found myself procrastinating and staring at the stains of my late-night Jefe's burrito from the night before.

For Julia Frietag '25, problem sets are the leading hindrance for any free time.

"While taking attendance, my teaching fellow in my [Life Science] section asked what fun thing we did during last week, and I didn't have an answer. And none of us did. It was kind of an eye-opening experience. It was nice to know we are all in the same boat, good or bad," Frietag said.

While I can relate to this predicament, I cherish the academic freedom that Harvard offers with over 3,700 courses from which to choose. The undergraduate workload depends heavily on students' courses and their concentration, which they have until the end of their third semester at the College to declare. "I think academically I look forward to the choice, like the freedom. In the UK, you don't have that; you have to pick one thing," said Charlie McNamara '25.

Despite the workload, first-years still

I think it's a great opportunity."

Despite the competitive nature of joining clubs, first-years' are overwhelmingly interested in making friends. Before coming on campus, many freshmen connected with their future classmates over social media. exemplifying the phenomenon of 'friend scheming' in which friendships are formed entirely online. "I have been meeting all of the incredible people that 've been kind of interacting with on social media, but haven't met in person," Anoushka Chander '25 said. "I'm literally about to have dinner with someone that I met through social media. ... So it's cool, because you get to see people as they're transitioning into college ... but then actually get to be real-life friends with them."

However, the friend-making process is a lot of trial and error. Without a big party

scene, meeting people at Harvard can be difficult, and the conversations can remain superficial. Heaton said one of his greatest worries about his college experience is "not being able to make deep meaningful relationships. Everything feels very surface-level at this point." Though it may be difficult to do so, many first-years evidently want to get to know each other rather than compete with each other.

Starting college pushes people beyond their comfort zones which often leads to monumental personal growth. "I do feel inspired by everyone around me, but also it is very intimidating at times," said Lenzo. "I think it's good to feel

uncomfortable and to step into and embrace that feeling."

Perhaps this discomfort is itself unifying. Though we come from every corner of the globe, our anticipation and trepidation are a powerful and unexpected commonality that we may not have known on the first day. If everyone feels a bit out of place, then aren't we all exactly where we need to be?

Eliza Kimball '25 (elizakimball@college. harvard.edu) accredits Milk Bar for her pre-study sugar highs.

# First Impressions Reflections on the Class of 2025's first month

BY ELIZA KIMBALL '25



"HARVARD YARD" PHO70 BY RIVERS SHEEHAN '23

desire to find student organizations that match their passions. Many of the 450 student organizations use the "comping" process to determine who is qualified to earn membership to their club.

For many of us, it took the joy out of trying out something new. "Comping is pretty overwhelming since I didn't know what clubs I actually wanted to do," said Freitag. "It felt like a lot of extra work for things I might not end up joining in the first place that I just wanted to try out." Similarly, McNamara's comping experiences have dissuaded her from applying to a few student organizations, due to their extensive application process and competitive selection committees.

"I feel like the comping process definitely challenges you to go out of your comfort zone," said Alexandra Lenzo '25. But she sees this as a good thing: "I think it's important to embrace those challenges. And you learn a lot from these comping processes. And

# Finding a Flow A close look at what it means to be a rapper at Harvard

BY HARRY COTTER '25

arvard has a rap scene, and its members are making moves. Student rappers are travelling across the country to record, throwing live shows, and giving back to their communities. The *Independent* spoke to

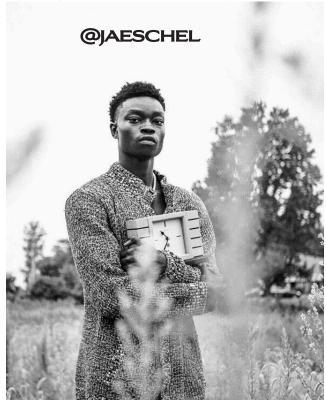
Jaeschel Acheampong '24 ("YoungJae"), Erick Silva '25 ("E Moreland"), and Braden Ellis '24 ("shock apollo," recently changed from "brady williams"). Acheampong has released a project and multiple singles, Silva has released four singles, and Ellis is a producer that has put out multiple instrumental projects.

Rap songs are often discussed as a combination of vocals and an instrumental. With regards to vocals, a rapper has to have both lyrics and flow that come together to make a distinguishing sound. These vocals must work in tandem with an instrumental to create a compelling song. Beats can incorporate audio files found online, samples from other media, or recorded loops created by the producer themself or a collaborating artist. For those with a strong musical familiarity, the production of beats is often where songs really reach the next level, particularly when the producer can make many of the instrumental loops themselves. Acheampong and Silva both write their own lyrics and can produce their own beats. Acheampong has a wide variety of musical skills, playing primarily viola, saxophone, and piano. His instrumental skills have enabled his great variety in production and given him a certain musical intuition. "I knew what would sound good," Acheampong said about first getting into the song-making process.

Silva described how music inspired and shaped his childhood. "I would run through phones listening to so much music," he said, highlighting the classic enemy of music lovers: their phone's battery. Recently, he put in serious effort to connect with other producers, taking a weekend of this semester to travel to New York City and Philadelphia to visit different production studios.

Ellis, though not a rapper himself and more partial to neosoul, a unique music style strongly connected to soul and R&B, has produced a number of beats that could be utilized by the rap genre. Years of experience with violin, bass, and other instruments allow him to tap into a wide variety of sounds.

All of the artists highlighted the importance of collaboration in their music. Acheampong emphasized the cross-genre nature of rap. "Something I like about rap



music is that it blends a lot of genres," he said.

The artists also emphasized Harvard's role in this area. Harvard makes an effort to admit artists from all over the music world, and Acheampong appreciates the accessibility of musicians with different specialties and styles. "I know that because of Harvard, I can reach out to [them]," he said. However, Ellis did make note of the difficulties that come with trying to work with other artists. "Collaboration is something that takes a while to smooth out. People have different schedules and ideas," he said.

For Silva, even the geographic location of Harvard was an advantage. Coming from next-door Somerville, Massachusetts, he already had some awareness of the professional studios available in Cambridge when choosing to attend. "It would be hard to make music if I wasn't at Harvard," he said.

Harvard received a less definitive appraisal with regards to its physical resources. While some music production spaces exist on campus, these artists had to bring at



least some personal equipment from home. Acheampong recently performed at Black Convocation, a celebration hosted by the Harvard BSA to welcome Black first-year students to a supportive community of other Black students, and was critical of Harvard's hardware.

"Harvard has very bad speakers and very bad mics. It almost discourages people who want to do that kind of performance," he said. He wasn't entirely sure how to appraise Harvard's resources for actually making music, but he did say that the college has "not the best resources to produce your own music, but the best resources to market your music." Ellis focused more on the necessity for Harvard to actually provide more production resources. "If you're trying to rap, you don't need a studio," he said. His own beat-making career started with just a computer, earbuds, and a keyboard.

Unfortunately, for a college of young people that grew up during the era of "SoundCloud rappers," many students do not take the idea of a rap career seriously. Silva commented on light jokes that he's experienced. "Some people call me Lil Pump," he said. Ellis identified common misconceptions experienced by rappers and producers:

"There's these two stigmas when you tell people that you want to make beats or want to be a rapper. Not everybody knows what a producer is. They ask, 'Oh can you DJ?' I don't know how to DJ, but I say yes. For rappers people say, 'You came to Harvard to do rap?' The nice thing is that being able to make beats demonstrates that you understand music. But people hear you want to rap and think about SoundCloud rappers. You feel that pressure on you. 'What do you have to rap about? You go to Harvard!"

Acheampong explained the skepticism that he often faces when telling peers about his music. "It takes people a second to take it seriously. I let them hear it and then come talk to me about it. They'll say, 'Oh, you made this? This is actually good. This is something I'd actually listen to," he said. Silva expressed a desire to correct any misconceptions about rappers in the Harvard community. "I want to change the narrative, if there is one at all," he said. Skilled rappers are talented musicians just like any member of Harvard's bands and orchestras, and it seems appropriate for them to be respected as such.

It should be acknowledged that being a rapper has also allowed for many positive social experiences for all artists we talked to. Ellis recently made beats on the fly for some friends on the basketball team to freestyle to. Acheampong's performance at Black Convocation was wholly well-received. Silva is excited for opportunities to create great experiences for his fellow students, even giving the Independent a promise: "I'm going to perform at a Harvard

Part of being a rapper is deciding what areas your content will cover and how you choose to approach your subject matter. Silva has developed clear standards that he and his friends follow when making music. "I have three rules: don't talk about guns, don't talk about drugs, and don't say anything derogatory towards women."

Acheampong admitted that he initially slipped into less genuine subject matter when first making music. "One thing that I used to do when I first started to make music is lie. Then one of my friends told me, 'You have more in your life to talk about." Though it may feel easy to slip into what Acheampong calls "rap talk," he seeks to use honest material in his music.

Silva generally sticks to subject matter that reflects his lived experience. His song "Beat the Odds" reflects on the difficulties faced by members of his community. Honestly representing his experience and his home is important to him. "No matter where I go, where I come from is never going to leave me," he said.

Silva has already used his music to give back to his community. In August of this year, his first show raised \$1600 and 250 pounds of canned goods for the Somerville Homeless Coalition. "I want to help my community out," he said. He has a simple model that has already started working: "Make good music first, then push social change forward."

There are currently no official student organizations dedicated to making rap music at Harvard, and it's unclear whether such a group could materialize. "As of right now, the Harvard I know, there aren't a lot of people who are into making that kind of music," Acheampong said. Silva has thought about trying to get a rap club started himself. "People have told me I should start one," he said.

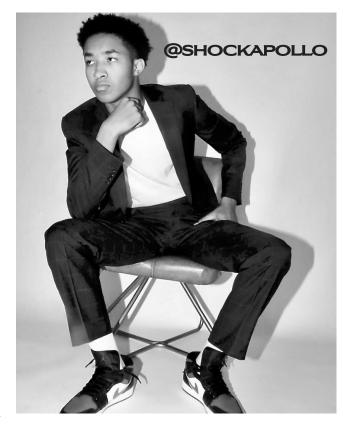
How do you get started? Silva shared a piece of advice a producer once gave him: "Don't go away from anybody without letting them know you make music."

Ellis has some basic recommendations and a friendly offer: "Just start writing and get a flow together. Nobody wants someone with no flow. Come find me. I'll get you straight."

And if you know someone who's trying to enter the rap world, Acheampong encourages you to respect their work. "Support your friends," he says. "If they're going to post something, listen to it. If you rock with it, tell your friends about it. Don't be a bad friend."

Look out for new projects and singles in the coming months from these rising stars in the Harvard music scene—YoungJae, E Moreland, and shock apollo.

Harry Cotter '25 (harrycotter@college.harvard.edu) enjoys casually freestyling and not listening to contry music.





he lack of free time and self-motivated initiative threw this photoshoot on the backburner for over a year and a half. Since then, the person who was going to run the shoot with me graduated. Some of the models who were going to be asked also graduated, some were taken off the email list, and some were still asked but never showed on the day.

A few weeks ago when I finally decided to do this shoot, to create a crowd-pleasing, ego-boosting, celebrity-feeling series, I realized that I needed to gather a group of people who would be instantly recognized as a bunch of bad bitches. Other creatively-and-commercially-attuned Indy members and I spitballed names; I responded, *mmm*, *no not that one*, to most.

After a moment of contemplation, they also came to agree with me. There was just something missing about the *no*'s. It was so easy to see they weren't a bad bitch even if they posed like one.

It made me think about what it takes to *be*, not *act*, like a bad bitch. A bad bitch holds their attitude in their whole body. A bad bitch walks in the room and everyone suddenly moves to make space; it's not a choice a non-bad-bitch gets to make—they must move. A bad bitch can look like

a mess and somehow make a mess look hot. A bad bitch gets to do, say, and wear whatever they want because they are a bad bitch. Shitty actions become what a savage, sweetness becomes oh, but they're actually really nice, ego and pride become as you should, and lack of attentiveness and respect become gives no fucks.

Everyone wants to be a baddie. Unfortunately, everyone, baddies and betas, can always see through the facade. To be a bad bitch is not a subjective label. Once you've revealed your bad bitchery, everyone knows. It was actually baffling to show others the final list of models and have them *mmm* in agreement. No one questioned my choices.

It was baffling to see how offended people were that they never made it on the *Indy Bad Bitch Photoshoot* email chain, their eyes dropping to the ground, *whatever*. I said nothing to console them. The bad bitches who weren't invited (which was completely my fault) just cooly smiled, *hit me up next time*. Bad bitches know they are bad bitches. They don't need approval.

On the day of the shoot, I set up a near-collapse, fake studio: putting cardboard boxes over two moving white walls to create a dark box. I projected different kinds of gradients and lights over the walls.

When the models showed up and

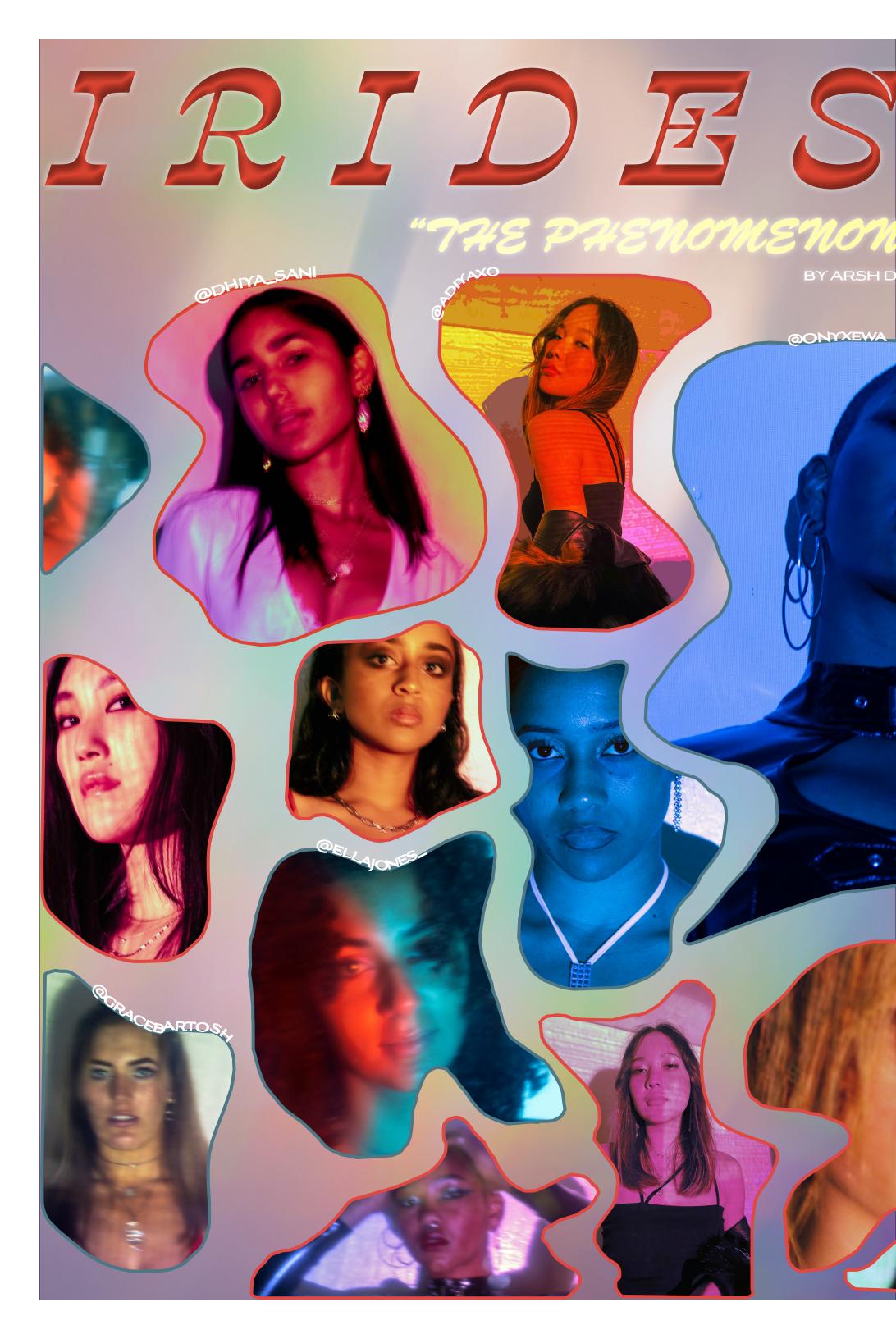
saw the makeshift studio, I saw the momentary judgment in their eyes, but they didn't say a word because they knew I saw. One of our models gave me the *I should spit on you* look when I admitted the studio was a little rinky-dink.

Near the end, when our cover star, Onyx Ewa '24, began their shoot, everyone else in the room halted to an abrupt standstill and shut their mouths—a bad bitch doesn't need a fancy studio or legitimate lighting to show who they are. They aren't acting. They're revealing, living on-top like they should.

Arsh Dhillon '23 (asekhon@college.harvard.edu) is the Head of Design and the President of the Independent.

Photos by Arsh Dhillon '23

From left to right: Izzy Isselbacher '23, Dhiya Sani '23, Grace Coolidge '24, Sara Park '23, Onyx Ewa '24, Mayi Hughes '23





# Explanating

## The social dynamics of students who gapped and those who didn't

### BY ALEXANDRA FRIEDLANDER '25 & ARIEL BECK '25

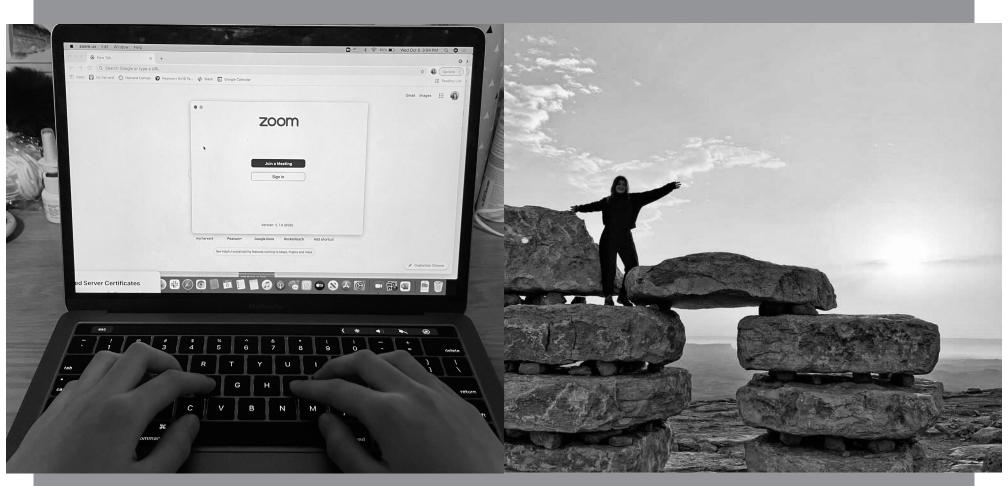
record-breaking 20% of Harvard College's Class of 2024 chose to defer their first year— three times higher than the usual amount, according to an August 2020 *Forbes* article. The class of 2025 became the largest class in Harvard's history and perhaps also the most diverse in experiences. How are these first-years adjusting to campus life? Hear from two students who took a gap year and two who did not.

"I feel like going to college is almost a step down in terms of independence," said Abby Miller '25, who spent nine months of her gap year at a computer science bootcamp in Israel. Meanwhile, Katie Laverty '25 spent her gap year living at home, working as a babysitter and sharpening her diving skills before starting on Harvard's swim and dive team. She believes she didn't develop academically, but says she "professionally matured" from working and training during her time off.

Although Miller and Laverty spent their gap years differently, they agreed that it is much easier to quickly bond with someone who also took a gap year as they have a sense of shared experience and maturity.

These friendships may also form on the basis of similarities in age and maturity. "I've noticed that it's easier to connect with gap year students," Miller said. This observation stemmed from a concern she had coming into the school year: "I was worried that everyone would be super immature compared to me because I had just spent nine months abroad and gained all this new independence."

Students who came into their first-year immediately after high school offer an alternative perspective. The high number of gap year students in the class of 2025 "adds to the nuance of the amazing experiences that we can all bring," said Lily Roberts '25, who spent her senior year of highschool completely online. "I finally get to be surrounded by new people and by people like me and also people who are so different from me and have different life experiences," she said, such as those who hiked across the country or worked in a lab last year. If fewer



"NON-GAP YEAR & GAP YEAR" PHO7OS BY ALEXANDRA FRIEDLANDER '25 AND ARIEL BECK '25

first-years took time off, Miller adds, the social dynamics wouldn't be as "exhilarating." For Dylan Piggot '25, being surrounded by gap year students at Harvard is "a good influence," he says, "pushing me to work harder in classes." He did not take a gap year, instead spending his senior year of high school alternating between virtual and in-person classes. After such an academically disorienting year, Piggot said he benefits from the presence of older first-years who are particularly focused on their school work.

Gap year students bring grounded and mature outlooks to campus life, Piggot FORUM 10 and Roberts concurred. But

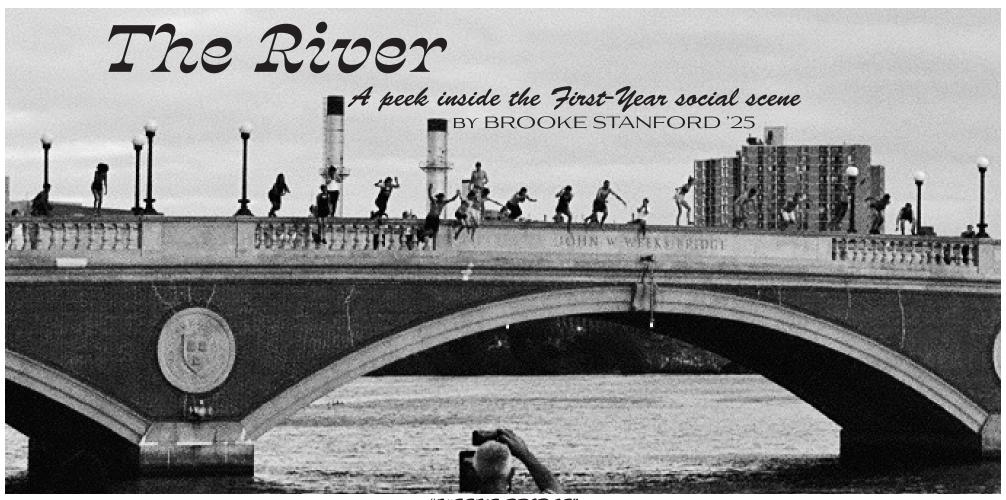
"at the end of the day," Miller said, "we're all really mature, driven, passionate people, so you don't really notice whether or not someone took a gap year."

Before the fall semester began, some students worried that abnormal social dynamics would prevail amongst the large class of 2025. Instead, they've found that its diversified profile actually serves as a benefit. The combination of gap year and non-gap year students has provided the class with room to grow, an urge to work harder, and an expanded outlook.

As Piggot reflects on the year ahead, he considers that while "this year is a little peculiar, I believe that we are better off than we were last year, and I'm excited to see what happens!"

Alexandra Friedlander '25 (afriedlandern@college.harvard.edu) took a gap year, and is so glad she did.

Ariel Beck '25 (arielbeck@college.harvard. edu) did not take a gap year, but wishes she had.



"WEEKS BRIDGE" PHOTO BY RIVERS SHEEHAN '23

icture this.

It's Friday night. You've been waiting for this point all week. You made it through two Econ 10 lectures, stayed

(mostly) awake through all three hours of your freshman seminar, consumed the mystery meat being served in the dining hall, went to 6+ comp meetings for clubs you'll never get into, turned in 17 covid tests, worked up the courage to go to the gym, and consistently neglected to do laundry.

You tell yourself it's okay you didn't go out Thursday night—it could wait another night. After all, it's better to save your energy anyway. Friday would be the night to end all nights. Right?

Wrong. It's 9 pm when you start sending out texts. "What's going on tonight?" Your heart sinks a little more each time you get the same response. 2 words, 8 fateful letters:

The river.

Once you've had enough drinks to stomach the fact that you're going to the river yet again, you begin heading over. It doesn't take long until you spot the massive horde in the distance. As you get closer, the dark mob begins to take the shape of studentsunrecognizable in the pitch black. There are probably 200 Harvard first-years standing next to the Charles, each one worse at handling their alcohol than the next. The absence of music makes it painfully awkward, especially once you've run through the typical lineup of conversation-starters: where are you from? what dorm are you in? You scramble to find a familiar face, only to find that one kid in your section whose name you can't remember. The minutes crawl by.

When you've finally had enough (and it doesn't take long), you decide to call it a night. You've almost escaped back to your dorm when someone in the throng of people shouts something that resembles "Jefe's." You can't resist—what night is complete without

some subpar Mexican food?

You only sort of regret buying two orders of the nachos—they must taste better at 2 am. It's an hour later when you finally get back to your dorm. As you fall asleep, drained from the weight of your own disappointment, you find yourself trying to remember why you didn't just go to a big state school. It doesn't help that your social media has been nonstop flooded by seas of yellow and blue on game day. But, as always, you are kept afloat by

"Once you've had enough drinks to stomach the fact that you're going to the river yet again, you begin heading over. It doesn't take long until you spot the massive horde in the distance. As you get closer, the dark mob begins to take the shape of students—unrecognizable in the pitch black."

one thing, and one thing only: the tragically naive pipedream that next week will be better. (Spoiler alert: it won't be.)

In the post-COVID era, there has been a conspicuous absence of social activity at Harvard, especially for first-years. Even the few planned events have been cancelled: I think we all remember lamenting the loss of B.O.B. upon hearing our beloved Crimson Jam concert was "indefinitely postponed."

Most weekends turn into an endless scramble to find plans, only to end up in a dorm with a dozen other kids you hardly know with only a vague memory of how you ended up there. "The dorm scene was tolerable to begin with, but got repetitive pretty

quickly," says Nicole Uribe '25. This sentiment has been echoed by many first-years. "At this point," Sam Suchin '25 says, "an exciting Friday night means Pinnochio's or Jefe's."

Yet the social scene may be beginning to improve. Now that clubs have begun their "comp" processes, there are more organized events on campus than in the first couple weeks of the semester. Students are also beginning to take advantage of many social opportunities outside of Cambridge. "I always thought there was nothing to do, but I think we've all sort of had tunnel vision," says Caroline Baynard '25. "There are so many other schools in the area that we can go to, and we essentially have all of Boston at our disposal." Harvard may be going through a bit of a social dry spell. But my dramatically cynical reflection aside, is that really such a bad thing?

After all, we didn't come here for the parties. This is the place that opens up an unlimited number of opportunities, not only in our four years on campus, but for the rest of our lives. This is the place where we will meet the kind of people who will leave an indelible mark on our worlds and the world. "I couldn't be luckier to go to a school where everyone you meet is extraordinary across disciplines," says Cole Breen '25. "I'm hoping to leave this place even half as clever and capable as my classmates."

First-years: you get to go to Harvard. Anyone would give just about anything to be standing in your shoes. And if that means the occasional river function, then so be it.

Brooke Stanford '25 (bstanford@college.harvard.edu) is two dry weekends away from transferring.

# Made by Marlo

### Column #1: Keith Raffel and the Balancing Test

BY MARBELLA MARLO '24

've been wanting to start this column for many reasons, but meeting Kieth Raffel was undoubtedly the deciding factor. After meeting with me over

zoom mid August to review my course selection, to which he supported each of my class choices (and perhaps with a little too much optimization), we grabbed lunch in the Mather Dining Hall where I expressed concern with my schedule for the semester. After a year of social and extracurricular deprivation, I wanted to do every club, program, and class that I had remote interest in. He told me my ambition for the school year reminded him of his self-diagnosed case of "career ADHD," which he defines

as "the unimpressive inability to hold down a job."

Yet this precisely is what fascinates me most about Keith. After concentrating in History at Harvard College and getting a J.D at Harvard Law, Mr. Raffel has probably accomplished the most diverse and impressive set of career achievements of anyone that I have had

the pleasure of sitting down with for dining hall lunch. He served as counsel to the United States Senate Select Committee on Intelligence, ran for the Democratic Party nomination for the United States House of Representatives, then decided to enter the technology world and founded (and successfully sold) a software company focused on Internet-based customer relationship management and sales tools for businesses.

It doesn't end there. The tech and business industry soon manifested its monotony, and Raffel decided to start writing novels. After publishing five bestselling science-fiction novels, Raffel now lives as a resident scholar in Mather House and frequently guest lectures on courses in technology and ethics.

What excites me most about speaking with Kieth, however, wasn't hearing about the myriad of accolades that he has received and seen over his career. He didn't even seem too interested in discussing his accomplishments either. We've met with each other

for lunch or tea probably four or five times this year already, and each meeting reinforces my awe in Kieth's sentiments towards his career and Harvard itself.

"People are too single-minded about what they want to do," he said. "They look at Harvard as another rung on the ladder to get to the top, and I think that most people are missing what Harvard has to offer, which essentially is all of human knowledge in one location."

Tunnel vision clearly plagues our student body. As something I'm sure all of us experienced in high school, where the ultimate goal of many activities was to get into college, we continue to view our experience at Harvard as nothing more than a stepping stone towards the they feel and start discussing [solutions]," Raffel told me. "There might be no right answer to these questions, but you have to have an answer and confront the questions head-on."

Raffel's observation on the discom-

Raffel's observation on the discomfort that his students experienced when given real-world questions relates to the theme of our uncertainty to pursue career paths that are atypical or don't necessarily yield immediate and sizable incomes.

We essentially have one four-year chance to have access to depths of knowledge in virtually every sport, artform, and academic genre you could imagine. I frequently find difficulty defining exactly what I want to accomplish here at Harvard. I've enrolled and unenrolled in too

many clubs and courses to count. From HFAC, Crimson Key, WIB, Navy ROTC, Mock Trial, and even the club Polo Team, I switched from planning on concentrating in Computer Science to deciding on History and decided to take a year of Italian for no reason other than I enjoyed traveling to Italy. Did I mention I'm on the executive board of Surf Club? Yes, I might sound crazy and impulsive and fickle-minded. But I truly find beauty in the opportunities Harvard offers us to immerse ourselves in



"KEITH RAFFEL"

next job, fellowship, or academic destination.

Last year, I wrote an article about the Econ department and discovered the startling truth that most Econ concentrators (which make up more than half of the student body) are only pursuing their field of study either out of lack of ardent passion for any other concentration or out of the desire for a practically instant financial reward after graduation. And whether or not the alternative is simple complacency, I struggle to justify attending school here unless I truly take advantage of this hub of human knowledge.

Raffel currently lectures for one of Harvard's Gen Eds: Numbers in Policy & Society (Gen Ed 1173) He explains that in the first year of teaching the course in Spring of 2019, the class was essentially split in half between humanities and STEM students.

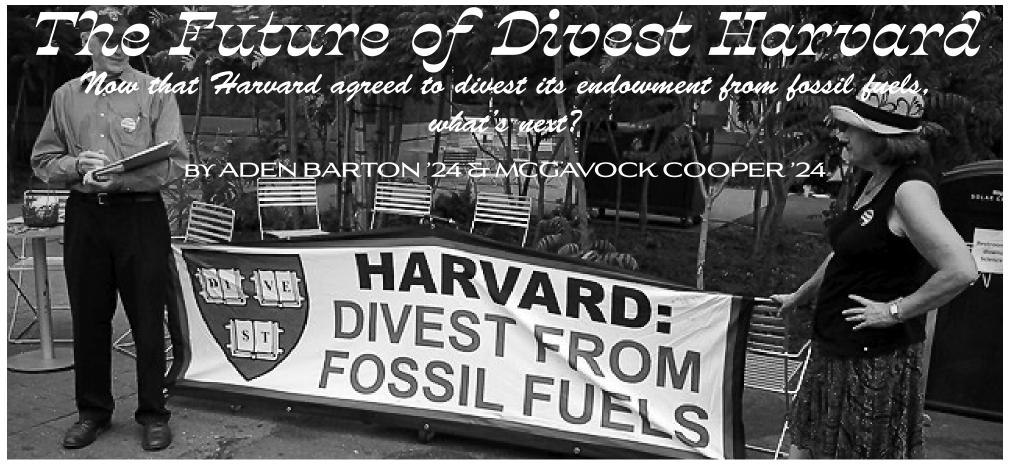
"Several of the STEM people kept complaining and told me, 'don't keep asking me the questions, just tell me the answers,' to which I must try to encourage students to forget what

initiatives with virtually no consequences.

In Raffel's words, I have a severe case of "pre-career ADHD," yet I urge every one of you to unleash the sides of you that are curious about life. Because in four years, there will be no club fairs or Q-guides throwing unlimited opportunities of classes or potential passions at us. It truly is a challenge to properly balance passion and obligations, and it is our responsibility as students in such a diverse environment to discover a way to test them both.

Marbella Marlo '23 (mmarlo@college. harvard.edu) writes Forum for the Independent.

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his year the impossible happened. The Harvard Endowment finally announced in a September email from President Bacow to undergraduates that it would no longer be engaging in partnerships with funds that had substantial holdings in fossil fuel equity. "HMC has pledged to render its own operations greenhouse gas neutral by June 30, 2022," Bacow

This announcement represents far more than a one-off decision. It's the result of grassroots student activism that has been knocking on Harvard's door for almost a decade.

"Victory is the culmination of almost ten years of hard work and dedicated organizing," said Jade Woods '22, a member of the Divest Harvard movement. Historically, the movement has been marked by disappointment and rejection. Just over a month ago, the unlikelihood of the decision seemed as permanent as ever. Yet a guarded optimism continued to motivate its members. Alexi Stravropoulos '24, who took part in the Divest protests in September, recalls an alumna coming back to campus to help protest and urging students "not to be discouraged by the fact that we haven't been able to make Harvard have a lot of action."

Given the former uncertainty surrounding the issue of where to invest Harvard's endowment, many of us are asking, why now? What caused Harvard to divest? As Woods noted, there wasn't any single action that provoked the September announcement. Instead, Divest Harvard's success comes from an incremental build-up of pressure over time that proved its persistence and intentional presence on campus. It was this assuredness that signalled to the Harvard Management Company [HMC] that they couldn't simply wait out the protests.

The movement was able to exert pressure on the administration that extended beyond just the student-led marches. A network of alumni, faculty, and former Divest members contributed to a multi-frontier fight against the stance of the endowment. Harvard faculty sided with the goal of Divest, voting 179-20 in favor of fossil fuel divestment in 2020. "This victory would have never worked without a huge network of support," said Woods.

She also cited a March 2021 legal complaint filed by students against the University which alleged that Harvard's fossil fuel investments violated a

### "DIVEST MOVEMENT"

state law requiring non-profits to make investments with a charitable purpose in mind. Though the complaint does not represent formal litigation, it does add pressure for the Attorney General of Massachusetts to look into the Harvard Endowment's assets.

To its credit, the Harvard administration has been in dialogue with Divest advocates for many years, and the University has been clear in its recognition of climate change as a catastrophic threat. In the summer of 2020, President Bacow said that the "existential threat posed by climate change" had motivated the University to ensure that its endowment would achieve net-zero greenhouse gas emissions from the portfolio by 2050.

Indeed, as made clear in the September announcement, the Harvard Endowment had been "reducing its exposure to fossil fuels" for some time now. When the *Independent* reached out to Harvard Media for a comment, they declined to respond.

Where will the Divest movement go from here, now that its primary mission has been accomplished?

Woods said Divest Harvard will continue to pay close attention to the University's actions. "There's still so much work to be done, so I want to emphasize that Harvard needs to see this through. Their announcement was by no means perfect. They didn't release any timelines for when all this would happen, and they used vague language about holding," she said. "Our goal going forward is to hold Harvard's feet to the fire."

Apart from the pragmatic implications of the announcement, Harvard's affirmation of official divestment comes after years of denying the endowment's effects; in no means is explicit agreement by the administration with the goals of the movement a trivial accomplishment.

Stravropoulos described the positive effects this has on the morale of Divest. "It was really empowering for a lot of students, especially for those who have dedicated a lot of time," he said.

The theme of divestment being both an ethical accomplishment as well as much as a material change was reflected across Woods' comments as well, as she emphasized the personal meaning the announcement took on for her: "This is such a huge moment of recentering. I had always joked that Harvard would divest at the end of my senior year, and while there is still work to be done, it really shifted my paradigm

about what was possible. Harvard is one of the wealthiest and most intransigent institutions in the world.

Divest Harvard has always had a much broader scope than simply rearranging money. Bacow's announcement opens the path for the movement to focus on the broader impact of fossil fuels on campus life.

While Divest "will have people working to see whether Harvard is following through on this commitment," they will also be "investigating the extent of fossil fuels' influence on campus" in terms of what research and knowledge is produced and why.

Similarly, Woods states that the movement will encourage the University to pursue green investments, by "spending a large chunk of time thinking about what it means to shift funds ... away from exploitative economies."

The trajectory of the Divest Harvard offers insights into how students can directly change one of the most powerful and wealthy institutions in the world. Harvard has affirmed that it supports a climate-sensitive investment portfolio. The ramifications of this decision will only be clear in the years and decades to come, but it has the potential to radically reshape the orientation of secondary institutions to climate change, as well as parallel initiatives like prison divestment, indigenous land rematriation, and campus police reform.

"This is a big turning point for the club because when we get institutions like Harvard to make concrete changes ... I think that actually is a lot bigger than what it seems," Stavropoulos said. "People may view it as something just Harvard is doing, but a lot of people who look up to the institution may follow."

Aden Barton '24 (adenbarton@college. harvard.edu) and Mcgavock Cooper '24 (mcgavockcooper@college.harvard.edu) will pay close attention to future developments for Divest Harvard.

## Annenberg, Reviewed

A First-Year's perspective on food and community at Harvard

BY CAROLINE HAO '25

igh ceilings, wood paneling, stained glass, and animated chatter. Welcome to Annenberg, Harvard's designated freshman dining hall. Though it's primarily known for its beautiful interior, which was inspired by the halls of Oxford and Cambridge, Annenberg's food and ambience must be appreciated as hallmarks of the Harvard first-year experience.

The record-large class of 2025 all dine at Annenberg. "I think their biggest strength is that in a single facility, they're feeding almost two thousand people, three meals a day," said Matthew Nekritz '25. It's an impressive feat to accommodate so many, especially with safety considerations due to Covid. With this in mind, Annenberg offers to-go containers for those looking to eat elsewhere, and the tent in the Plaza is reserved for outdoor dining.

Nekritz has a special appreciation for Annenberg. On his Instagram page (@HungryHungryHarvard), he shares artistically assembled Annenberg dinners in addition to posts of his own home-cooked creations and history on the Jefe's vs. Felipe's rivalry. "I was talking to friends at Annenberg about how I want to do something with food at Harvard, and I made the account that day," Nekritz said.

Annenberg's menu is made entirely from scratch using fresh ingredients. From butter chicken to vegan enchiladas to shrimp fettuccine, the variety of food at Annenberg represents the diversity of our Harvard community. "They're feeding a re-

ally diverse class that includes students from different cultures across the world, and they're clearly putting in effort with that," said Nekritz.

There are also various options for students with dietary restrictions—vegetarian and halal dishes are clearly labeled and easy to locate, and the Top 8 allergens plus gluten are on every menu card for greater accessibility. And though the menu changes each day, there are some dependable constants, like the salad and pasta bars, as well as the FlyBy in the lower level of Memorial Hall, which provides grab-n-go lunch options.

Annenberg also makes efforts to support surrounding communities—the Harvard University Dining Services source ingredients locally whenever possible and buy from nearby Massachusetts farms, according to Harvard Campus Services. "Try to go at a time when it's not so packed, so you can actually walk around the entire area and peek at different stuff—look at the salad bar, look at the entrees," said Nekritz. Interactions with the staff at Annenberg heighten the dining experience. "All the people who work there are so unbelievably kind, unbelievably fun to talk to and get to know," said Nekritz. "I have a friend, Joseph, who I see often. He asks me how my day is, how my classes are. He's just the sweetest guy, and it's wonderful conversation."

Rezki Mansouri, who has worked with the Harvard University Dining Services

says he enjoys meeting students from every country. "I speak five, six languages, so it's easy for me to communicate with them. And we talk about everything: sports, politics, traveling, movies, music, and

since 2008,

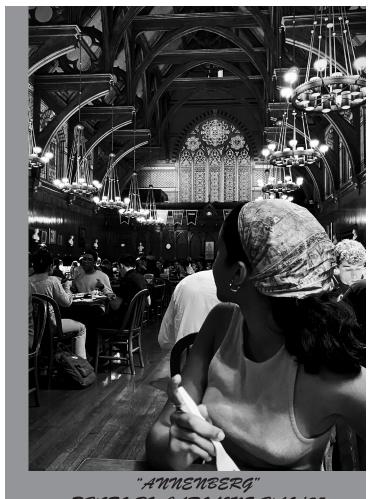


PHOTO BY CAROLINE H

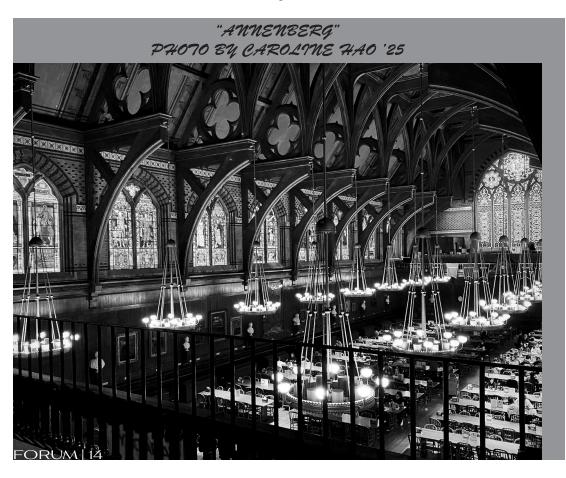
more," he said.

After students fill their plates, they walk into the 9,000 square foot hall. "It's one thing to see Annenberg in pictures and another to be there," said Anne Brandes '25. The space was completed in 1874 and named after Roger Annenberg, who graduated from the College in 1962. Its distinctive characteristics include the decorative hammer-beam trusses, stenciled ceiling, and walnut paneling, giving the hall a Hogwarts feel. "Annenberg's interior is comparable to the Gothic architecture at universities like Oxford, but it still maintains its own identity and feels authentic to Harvard," said Andrew Spielmann '25.

On the east end, an illusory stairway complements the other architectural features, creating elegant geometric patterns. The hall is also home to a vast art collection—paintings and sculptures depicting American historical figures line the walls. "It's gorgeous—everything around you is so pretty. And then everybody's talking and getting to know each other. I love it in there," said Nekritz. "After years of pandemic uncertainty," Brandes added, "Annenberg reminds me of how lucky we are to all be together."

Communities are formed through shared experiences. From a quick bite in the morning before class to a sit-down dinner with friends, the Harvard first-year community is built over meals in Annenberg. The next time you visit, look around, take it in, and get creative. You might just like what you put on your plate—and who sits next to you.

Caroline Hao '25's (carolinehao@college. harvard.edu) favorite meal at Annenberg is an arugula salad with ginger salmon.





"THE GOALIE" PHOTO TROM @HARVARDATHLETICS

he Harvard men's soccer team has been reborn. After two years without a win, they've started off the season with a 3-2-1 record, beginning with a 4-0 victory over Central Connecticut State University.

What provoked this new beginning? After a year off the field, the team boasts a new and ambitious coaching staff, goal-oriented upperclassmen, and two new classes of eager players who are ready and willing to carry the Harvard men's soccer to success.

Recounting his first steps onto the Harvard turf, Jan Riecke '25 said, "I immediately had that team structure around me to welcome me and make the transition easier." After a year of uncertainty and a trip across the globe from Germany, Riecke was welcomed onto the team with open arms.

"The freshmen bring new experiences that have contributed in a positive way to this team," said senior captain Paolo Belloni Urso '22. Head coach Josh Shapiro agreed: there are "some good personalities and a diversity of skills on our team," he said. The recruits have only magnified this team's new beginning, adding the final pieces to their puzzle.

Meanwhile, the team remains grounded by the experienced upperclassmen players. "We've found the right mix and the right balance to tackle the season differently," Urso said. The older players have also occupied a significant role in the team's winning record. According to Shapiro, "We have done an excellent job of bridging the gaps and making the young guys feel like proper teammates from day one."

The team has sschemed their victory by changing their past strategies. Urso com-

ments that the team has curated "a culture that has been different than in the last couple years."

After, Shapiro became the team's head coach after winning four championships coaching the Tufts' soccer team. At Harvard, Shapiro and his staff have created an environment where the soccer team can mature and thrive with the sup-

"What does the future have in store for this aspiring team? According to Riecke and Urso, the goal is to win the Tvy League."

port of an encouraging administration and alumni. "Every spot is up for grabs—we've created a real depth and competitiveness at each spot and the team is really embracing that," said Shapiro.

The players notice this too: "the new coaching staff has put a new air in the locker room," said Urso. While the staff implements a balance between fun and diligence, Riecke said they "make sure their messages to the team are clear." Under these new competitive circumstances, the men's team has begun to excel, bringing their diverse

talents to a new level of play.

Embarking on his last few months on this team, Urso commented: "I could really see us making a statement in the Ivy League this year." Combining all aspects of this new team, Shapiro says "I really believe we have all the pieces we need to be successful and push to challenge for an Ivy League championship."

What does the future have in store for this aspiring team? According to Riecke and Urso, the goal is to win the Ivy League. "We want to be as ready as we can be once we play Yale so we can deliver a good performance and hopefully beat Yale," said Riecke.

With these ambitious goals in mind, the season is looking promising for the Harvard men's soccer team. Emulating this same energy, the Harvard women's soccer team continues their season with no losses as they carry 18th place in the Division I ranking.

Ariel Beck '25 (arielbeck@college.harvard.edu) looks forward to cheering the men's soccer team on from the stands.

