

Jan. 28, 2022

Issue 14

HARVARD independent

THE STUDENT WEEKLY SINCE 1969



Resolutions

When Life Gives You Lemons

MASTHEAD

January 28, 2022

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True Year's Resolutions

Expectations v. Reality

BY MADDIE PROCTOR '25

Our New Year's resolutions are worthless. Okay, maybe not yours personally, but most people's at least. How can resolutions hold any weight when nearly 80% of them are abandoned by February? (*Forbes*).

If you are anything like the majority of Harvard students, this is an unsettling statistic. Harvard students are ambitious. We are goal-oriented and accustomed to achieving many of the goals set by ourselves and society. We crave unimaginable success in every possible area of life, and to do anything less represents complete and utter failure. Frankly, we care. And we care not just about checking the boxes regarding values we hold dear, but about checking a million different boxes—getting into med school, sporting rock hard abs under our CS50™ T-shirts, and having a healthy and robust sex life (a box checked by no Harvard student ever).

So it makes sense that when I asked my friends to share their resolutions, they struggled to pick just one. Maybe adults warned you “You can't keep burning the candle at both ends!” as a child, or today you shuttle on an endless loop from class to the gym to the quad and back. The reality is that when you care about everything, you cannot care enough about the things that really matter.

Like most, I have decided to try and get my shit together for 2022, or at least the month of January. For some reason, this motivated my purchase of the alarmingly millennial self-help book *The Subtle Art of Not Giving a F*ck* by Mark Manson. While some of the examples in the book are clearly directed toward skinny jean-wearers, Manson's wisdom is nonetheless useful. He writes, “We have so much fucking stuff and so many fucking opportunities that we don't even know what to give a fuck about anymore.”

The fact that Harvard is a place of immense privilege is not breaking news, especially in terms of opportunity. We have access to some of the best research, cultural centers, and professors in the United States. Yet many of our New Year's resolutions sound a lot closer to, “I want to lose 15 pounds” than, “I want to cure cancer.”

The problem with such resolutions is not that they are inherently shallow, but that the motivations behind them are. It is not intrinsically less valuable for someone to spend hours on the treadmill rather than in the lab, nor to

chase fitness above academic success. If someone wants to lose weight to preserve their health, it is arguably more admirable than to work for recognition. The same is true of other resolutions we perceive as surface-level, from making more friends to sleeping more. If your resolutions are purely motivated and align with your deepest values, then they are worth pursuing. Unfortunately, this is not always the case.

Resolutions demand to be investigated, as they represent one's long-term goals. It is critical to interrogate your own resolutions before making them. For example, does losing 15 pounds truly just mean being hotter than your ex? Does “get better grades” mean stop procrastinating, or does it mean take a bunch of GEMs to falsely inflate your GPA?

Goals themselves often entail no moral weight, but the motivations behind them do. Someone can resolve to get a consulting job because they are passionate about blending the corporate world with social enterprise, or simply because they want money. Even the money-seeking aspiring consultant can be greedy and desire a flashy new car, or trying to better support their struggling family. The resolution to “read more” can represent a draw toward literature and culture, or a social desire to keep up with know-it-all peers in the humanities. Resolutions reveal much about one's raw self, even if that self is unclear to others.

You are the only person who can know your values and whether or not your resolutions align with said values. In Manson's self-help book, he writes, “If you find yourself consistently giving too many fucks about trivial shit that bothers you—your ex-boyfriend's new Facebook picture, how quickly the batteries die in the TV remote, missing out on yet another two-for-one sale on hand sanitizer—chances are you don't have much going on in your life to give a legitimate fuck about. And that's your real problem.” The same principle is true of your New Year's resolutions.



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No one can tell us our resolutions are trivial, but it is vital we ask that question of ourselves. It is vital that we each find some form of genuine meaning over the next 365 days, but we are the only people who can know what that looks like.

Perhaps your family means everything to you, and you can resolve to call your mother more frequently. Or maybe you are feminist, and you want to spend 2022 reading Simone de Beauvoir. Maybe you value your mental health, and are willing to take small steps everyday to improve it.

No resolution is in itself too small, but it is a shame to waste a year chasing matters of small importance. The value of the resolution you make, should you choose to make one, is determined by the larger context of your self. With so many opportunities at your fingertips, and so little time spent young and alive, you must choose the right goals. How do you know which goals are right for you?

In his “domino theory of goal-setting,” psychologist Neil Farber suggests the answer lies in choosing goals fit to your personal values. He calls our values an “inexhaustible source of motivation and energy,” which help us “differentiate the important from the unimportant.” If we set hundreds of goals, with hundreds of different aims, it is no surprise that we struggle to accomplish them. Maybe the best New Year's resolution is one that aligns with our deepest, core values. And if you do not know what that means, the best resolution may be to discover what it is you actually care about more than the rest.

Maddie Proctor '25 (mmpardo@college.harvard.edu) writes
News for the Independent.

Graphic by Ash Dhillon '23

A year ago, Harvard students faced their first Christmas under COVID-19. At the time, vaccines were still a distant dream, Delta the variant du jour, and Harvard staunchly committed to remote instruction. COVID-19 had completely shaken up everything anyone thought was possible in a university setting. If you got the virus, you and your loved ones were scared and mournful in equal measure, certainly not annoyed. It was, in no uncertain terms, an apocalyptic disease.

Today, COVID is, for many, nothing more than a source of annoying and expensive paperwork. Rower Ethan Seder '22 explains that crew teams normally go to Florida for training during the winter. "This is the first time [since leaving campus in December] we can really get together as a team and attack the ground and get a lot of training in," he says. "It's also training on the water... the Charles river freezes over, so Florida training is so important because it allows us to get our technical skills back." This year is no exception, and most of the team made the trip south. Seder, however, did not join them, because on a trip to the Bahamas, he tested positive for

up to camp." However, his planning mostly centers not around the details of the disease itself, but around the high costs associated with the local testing infrastructure. Even in 2022, COVID can present significant financial and interpersonal challenges. In an attempt to circumvent some of these challenges, Seder has developed an "exit strategy," which involves taking rapid antigen tests daily until he tests negative and only then paying the \$250 that it costs for the PCR test that will let him leave the Bahamas. He is also considering extra training to make up for what he is missing: "I try to do the little exercises that you can do in your room, but fundamentally [I'm] pretty landlocked... I don't think it will be mandated from the coaching perspective, but just on my own accord, I feel the responsibility to get in a lot of training."

Neither Seder's troubles, nor those of other Harvard students, necessarily end when they return to campus. MakeHarvard, an annual hackathon centering around building physical devices as opposed to software only—and hence heavily reliant on in-person work—was scheduled for the weekend of January 29th. As Saba Zerefa '23, logistics chair for MakeHarvard, explains, the team con-

At the time of writing, those supplies were still in the Leverett mailroom. On the 12th of January, the decision was made to cancel the event due to the Omicron variant surge. The push did not come from the greater Harvard administration. Zerefa described Harvard's guidelines as "very vague... [allowing] a lot of flexibility within specific schools," and said, "We had several meetings with administrators where they were acting like it would happen." Rather, Zerefa claims the decision to cancel this year's Hackathon originated with managers of SEAS or of the SEC (Science and Engineering Complex). (Zerefa is unsure which, but her main contacts were SEC personnel.) In theory, they could have moved the event to the Science Center, Sever Hall, or another non-SEC building, but the logistics would have been too difficult to plan on such short notice.

Requiring regular tests for attendees was also a no-go: "We discussed this, but it was actually very difficult to acquire tests, because of the test shortage." MakeHarvard was a victim not of a university that could not allow any in-person events, but of a school that did not believe the risk of this one in particular was worth it. Even in the SEC, in-person classes are going ahead, and returning students were given the full run of



COVID-19. The way he explains this sounds less scary than it does tedious: "I came here with my girlfriend to travel around and just enjoy the Bahamas... on day five of your travel, the Bahamian government requires you to take an antigen test, and after you get a positive test, you are basically stuck in the country... until you get a negative test, or until day ten, when you can leave." He describes himself as "just counting down the days until I can rip a negative COVID test," and is above all annoyed that he cannot be with his team, none of whom, he says, have been interrupted by COVID-19.

Seder is very aware of pandemic dangers: "People want to be safe, obviously, so... Harvard has a very detailed policy as to how to return to school, and I plan on following that policy, **News/4** whether or not that means I can show

tinually reevaluated their plans through winter break, in the light of changing pandemic safety standards. "Initially, the logistics team came up with three levels of contingency planning, as advised by SEAS [Harvard School of Engineering and Applied Sciences] administrators... one in which we invited everyone in the world, including international students, one that was only domestic, and then one that was only Boston-area schools like Harvard, Tufts, Northeastern, and MIT." At some point, though, they had to choose a level and commit to it. "Typically we buy materials three weeks before the event. The 'everyone' event would have been 300 people, so we asked, 'Do we shop for this, or do we shop for half as much?'" In the end, expecting to invite only domestic students, they purchased supplies for 150 people.

the campus as soon as they got a negative antigen test.

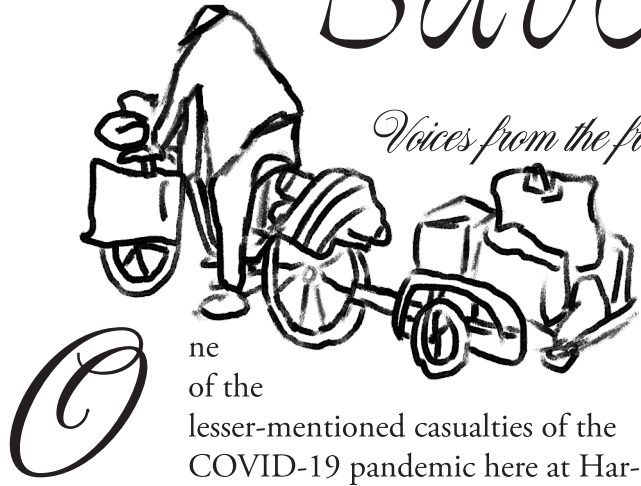
This year's COVID-19, then, is not so much a complete change to everything we do as it is simply one more thing that can spoil a plan. Testing protocols for returning students are extensive, requiring both PCR and antigen, but the University requires no isolation without a positive test. Perhaps this is the surest sign that the pandemic is finally winding down: even the administration seems to be treating it as an irritating inevitability, not the terrifying possibility it once was.

Michael Kielstra '22 (pmkielstra@college.harvard.edu) would quite like COVID to keep out of his plans for this semester.

Save Shopping Week

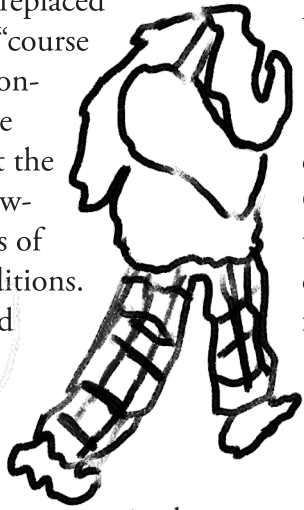
Voices from the frontline of the fight to preserve a long-standing Harvard tradition

BY CADE WILLIAMS '23



One of the lesser-mentioned casualties of the COVID-19 pandemic here at Harvard College is the practice affectionately known as Shopping Week. For the uninitiated first-years and sophomores, Shopping Week occurred during the first week of each semester. Prior to the official start of classes and course registration deadline, students had the opportunity to “shop,” or sit in on, as many classes as they wanted. They could explore courses and gain exposure to fields of study they might not have otherwise encountered.

But due to remote learning in the fall of 2020, shopping week was replaced with the much less-involved “course preview period,” which has continued ever since. While some students are indifferent about the loss of Shopping Week, a growing contingent sees it as a loss of one of Harvard’s greatest traditions. These students have organized a decentralized and leaderless movement whose name boasts its mission: Save Shopping Week.



The movement began in the summer of 2021 as an effort to determine the student body’s opinion on Shopping Week. “The general consensus was that the undergraduate student body was in favor of it, but we wanted to get concrete numbers,” said LyLena Estabine ’24, Lowell House Undergraduate Council (UC) representative who has been involved in efforts to defend Shopping Week in the past, alongside student body president Michael Cheng ’22. This drive for data culminated in a UC referendum in the fall of 2021, which indicated that 96.46 percent of the 3,167 participating voters were in favor of retaining shopping week. These results inspired members of the movement to keep working to preserve this historic practice.

On December 9, 2021, the Committee on Course Registration, which formed in 2019 to review the current registration



on their

system and suggest alternatives, released its report on Shopping Week. In its report, the committee recommended a shift to a pre-registration model beginning in spring 2024. Implemented at a variety of colleges across the U.S., the pre-registration model does not allow students to shop for courses at the beginning of each semester. Instead, they must decide their schedule during the

previous semester and begin classwork in those courses on the first day of class. Advocates for the plan claim that it would prove more efficient and safer than shopping week. Some also claim pre-registration would reduce strain on graduate student Teaching Fellows, as it would grant them extra time to plan their class schedules for the semester.

Members of Save Shopping Week have not been swayed by the proposed pre-registration model. “Under pre-registration, students would only be able to register for four classes in April, so if you wanted to take more than four classes, you’d have to wait until classes actually start,” said Cheng. In his eyes, such a situation would be problematic for students pursuing a concurrent masters’ degree or enrolling in the dual-degree program at Berklee College of Music. Aside from that, he fears the model would prove detrimental to the experience of first-years. “First Generation Low-Income students are not going to necessarily have as much experience picking classes at college,” he said. “And, especially for first-years, given all the helicopter parenting that goes on, it’s not hard to imagine that parents could influence or even end up picking the classes that students take.”

The Save Shopping Week movement also addresses other concerns outlined in the Committee’s report. Both Estabine and Cheng agree the decision to pause shopping week for the duration of the pandemic is appropriate, as students’ safety should be a top priority. The movement has also been working closely with graduate students and faculty members to ensure their needs are met. “We could use this pause on shopping week to reimagine how it could work better,” says Cheng, “not make up excuses to get rid of shopping week altogether and move to a rigid pre-registration system which no one’s really calling for.”

For Estabine and Cheng, Shopping Week is more than a quirky Harvard tradition. It is a physical representation of the University’s commitment to the liberal arts model of education and academic exploration. Further, Shopping Week provides students an opportunity to engage with classes in ways that are less tangible and quantifiable. They argue that some educational factors—such as classroom accessibility and professor-student compatibility—are almost impossible to discern without physically sitting in on a class. “I think the biggest thing lost with a virtual course preview period is that you don’t actually get to try out a class and see how you like it, what the professor is like, and I think that’s the key thing that people loved about Shopping Week,” says Cheng.

However, representatives of Save Shopping Week have had difficulties engaging the student body in their efforts, in part due to a loss of institutional memory. “Now you have students who remember what Shopping Week was because

they experienced it, but then you also have current first-years and sophomores who haven’t experienced it,” said Estabine. “They’re less likely to speak out for or against change because they’ve never experienced a normal year, they’ve never experienced what this system was supposed to be like.”

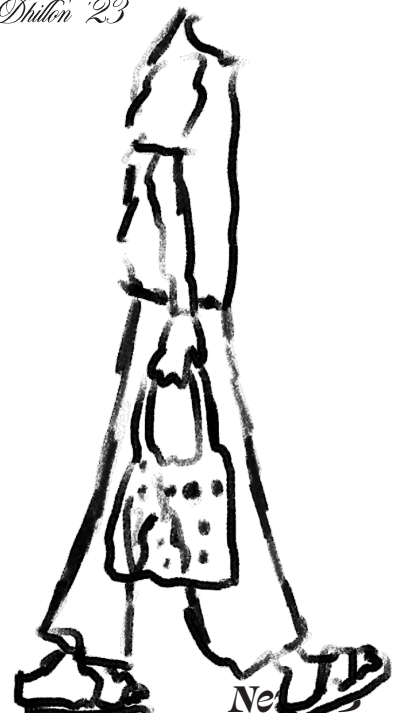
The fight for the future of Shopping Week will pick up steam during the first few weeks of this semester. The pre-registration model proposed by the Committee on Course Registration will be voted on in February by the Faculty Council, a group consisting of Faculty Dean Claudine Gay and eighteen elected voting members of the faculty. “If the FC votes in favor of [the Committee on Course Registration’s proposal], it will go on to the full faculty and be put to a vote in March or April,” Estabine explained. “Then based on what the faculty decides, that will determine the future of our course registration system.”

The movement will continue mobilizing students to exercise their right to oppose changes in the Harvard academic experience. “Universities shouldn’t just be corporate structures that try to maximize efficiency,” says Cheng. “They should be about serving students and their communities. I think a lot about what the Save Shopping Week movement is—decentralized, leaderless—is about trying to ensure that students have a voice in their university and that that is a priority we should have here.”

If readers wish to get involved with Save Shopping Week, Estabine and Cheng encourage them to head to <https://www.saveshoppingweek.us/get-involved> and follow them on Instagram @saveshoppingweek.

Cade Williams '23 (cadewilliams@college.harvard.edu) writes News for the Independent.

Graphic by Arsh Dhillon '23



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You Are What You Eat

Should we be so hell-bent on health?

BY MARBELLA MARLO '24 & KATE TUNNELL '24

Almost two thirds of American adults vow to lose weight, exercise more, or alter their eating habits for New Year's. Statistically speaking, you probably did, too. Despite the well-intentioned results of health-oriented New Year's Resolutions, few of them stick. "Health" resolutions also breed a diet culture that might cause more harm than good. For instance, short-term intense diets are known to catalyze disordered eating. Google "how to lose weight," and more than one billion results populate in less than a second. If so many people desire to shed a few pounds or regain control of their eating habits, why are we still struggling to do so?

A plethora of approaches and opinions distinguish the world of dieting. Extreme attitudes exist on all spectrums, with reputable research and professionals to support them on all sides. Those who feel strongly about dieting swear by the method that led them to success, even if that method does not produce the same results for others. This creates a conversation about health that is not only cryptic and contradictory, but ultimately ineffective and at times, unsafe. Although there are a multitude of angles to take in the battle toward a healthier lifestyle, we are going to focus on two contradicting approaches: a harsh, disciplined approach (never-miss-a-day), or the more casual, intuitive approach (listen-to-your-body).

The former can be intimidating. A perfect human portrayal of it is David Goggins, an ex-Navy SEAL who was famously deemed the US Army's "Top Enlisted Man" and *Running World's* "Hero of Running" in 2008. Long story short, he's a badass. Goggins is famous for his merciless discipline: He notably coined the 40% rule, which states that when your body feels physically exhausted and ready to surrender, you have only used 40% of your

body's potential energy; exhaustion is a mental choice and the human body's capacity is never really reached. Goggins exhibits the never-miss-a-day approach to health—a determination to follow through with a commitment under any circumstance. In many contexts, "never-miss-a-day" can breed success, yet it incurs a high opportunity cost. Without the distractions of social life and short-term gratification, like a piece of cake, the human body is capable of impressive transformation. As humans, we seek the path of least resistance. Cheats and



shortcuts are in high supply, with diet pills and fit-teas crowding the marketplace. The search for convenience breeds laziness, and the never-miss-a-day approach seeks to reverse that.

Goggins' method thrives on negative reinforcement. By constantly reminding oneself of what they *do not* have, the never-miss-a-day approach yields positive results. Every rest day, missed rep, or late night cookie craving is an opportunity for our vices to gain influence. Holding ourselves accountable for the way we perform is an important catalyst to improve our overall health. Forgiveness feeds weakness. However, there is a caveat to categorizing your New Year's resolution as "never-miss-a-day." For those psychologically wired to self-deprecate, perhaps with depressive or perfectionist tendencies, small mistakes are likely to result in a devastating downward spiral. For example, if you set an ambitious goal to rule out dessert, you will likely slip up once and decide that 5 more servings of dessert is the logical next step. For many people, never missing a day is unsustainable.

The converse approach is to listen to your body's signals telling you to stop hard work or to honor a craving. Intuitive eating, diverse workout schedules, and mindfulness define this gentler anti-diet method. Mirroring mindfulness practices rooted in Buddhism, intuitive methods use a calm reflection on what your body desires followed by deliberate action. This, too, is a slippery slope, as accepting intuition as your guide can lead to leniency and brain chatter over your true desire. Unfortunately, addictive food additives and stress convolute our once trustworthy brain chemicals. It is difficult to distinguish between MSG and an authentic need for cheetos. Unless you are Buddhist or a seasoned meditator, intuitive health

is difficult, for it requires discipline. Moreover, mindfully listening to your body means that it is okay to honor intense hunger during an intermittent fast; it is okay to disregard the 60% of potential energy that David Goggins will argue we have left in our reserve tank. Through intuition, we give ourselves room to explore who we are and what our bodies can and cannot do. Never-miss-a-day, on the flip side, requires our mind to resolutely tell our bodies right from wrong.

Never missing a day gives us a *purpose*. When we set a goal, we justify present pain and sacrifice to see our accomplishment through. Yet these sacrifices can augment themselves into missing out on the irreplaceable joys in life. Furthermore, we may find our minds dominated by an all-encompassing commitment to health, encouraging patterns of obsessive thinking. Apart from potentially overworking your body, the stress of your commitment may wreak havoc on your vagus nerve, outweighing the "health" benefits of your resolution. Let's not forget, America is facing a stress epidemic in addition to an obesity crisis!

There is no universal agreement on the fix to Americans' problematic dieting habits, but this does not mean that a solution does not exist. It's up to the individual to determine whether their lifestyle can benefit from a stricter "never-miss-a-day" approach, or if a mindful, loving angle can help them reach their goals. Instead of looking to the world of fit-teas, dieting pills and instagram influencers, assess yourself. What is a change you can make right now that will impact your health in the long-run?

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Graphics by Ash Dhillon '23



Get Your Act Together

What took the Golden Globes off the Air?

BY CALVIN OSBORNE '24



On January 9th 2022, the Golden Globes were scheduled to air, an awards show organized by the Hollywood Foreign

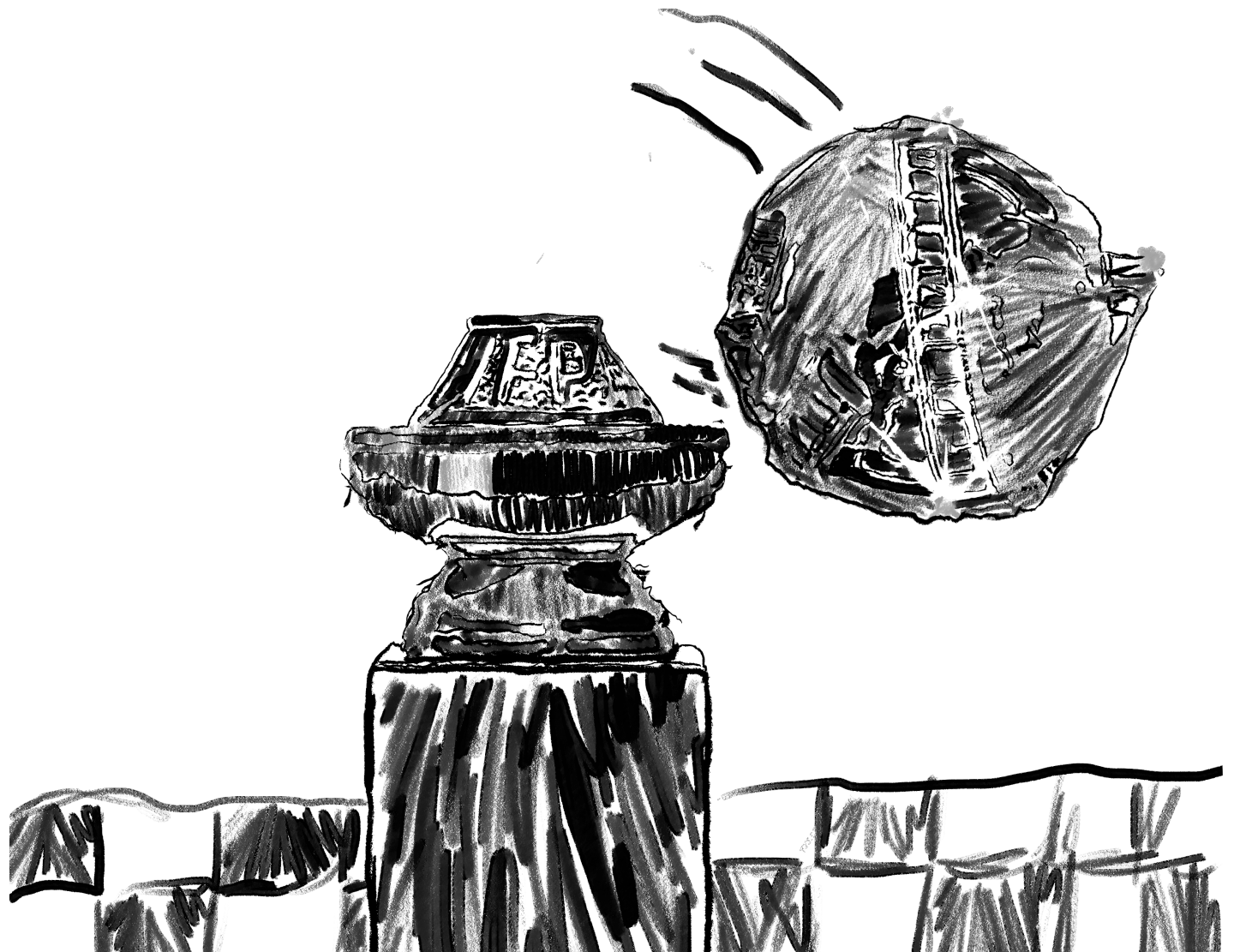
Press Association (HFPA) that celebrates achievements in movies and television, both domestic and international. For many people this show is an anticipated event, being recognized for many of its attributes: comedic emcees including Ricky Gervais in 2020; prominent red carpet coverage showcasing designer works; and critique on a years worth of cinema.

Widely celebrated films and actors—from *West Side Story* and *Cruella* to Lady Gaga and Denzel Washington—were contenders for awards. However, none of the anticipated frivolities happened this season. In February of last year, *The New York Times* released a bombshell investigation into the HFPA that pointed towards an institutional problem: out of the nearly 90 judges that are in charge the Golden Globes, not a single member is Black. To address this damning report on the HFPA, the following Golden Globes show issued a forty second apology—amidst their three hour screening on the air—to recognize what has been recognized as the organization's lack of diversity. To most, this felt inadequate.

In the following months, the Golden Globes continued to address this controversy. They committed to a series of institutional changes to be announced on May 6th “in order to increase transparency in our organization and build a more inclusive community.” They promised to add a Chief Diversity, Equity, & Inclusion Officer and enroll twenty new members—with notably no mention of race—within the next year, hoping for a 50% increase in size by the end of 2023. The department called this a “big step in the right direction as they now turn to taking immediate steps to implement” these plans.

Once again, however, this implementation was criticized for being slow. For many of the proposed board positions, their September 1st deadline would mean that these changes would begin well after the start of the judging season, and, while committing to a larger sized judging staff, there was no insight offered into how these additions would be made with inclusion and equity. Non-profit organizations like *Time's Up* further damned the board for its “unprofessional” assessment practices beyond just discrimination, pointing towards exclusive press conferences restricting transparency as well many judges not actually watching the works that they judged. In the words of Tina Tchen, *Time's Up's* CEO, these steps were “sorely lacking and hardly transformational.”

Only days after this release, both Netflix and NBC announced that they would suspend their airing of the next cycle of the awards show, stating that they are “stopping any activities... until more meaningful changes are made” and that “change of this magnitude takes time and work... to do it right”



The issue of awards show diversity has, historically, turned into a broken record.

respectively.

This is not the first, and will likely not be the last, scandal to hit the awards show stage. In 2016, April Reign's viral tweet “#OscarsSoWhite they asked to touch my hair...” started a growing movement addressing a lack of diversity at the Oscars. Two years ago the Oscars were bashed for nominating only one black actor, Cynthia Erivo for best actress in *Harriet*, throughout the entire night. While last year's Emmy Awards were praised for their historically diverse line-up of hosts and nominations, not a single award was presented to a person of color within the twelve major categories, what many concluded as a show of performative activism from the presiding board. And at the end of last year, *Color of Change* called the Country Music Awards “complicit in an industry that habitually devalues and dehumanizes Black people and [their] extensive contributions to country music.”

Recognizing institutional diversity is a prob-

lem that remains timeless, especially at an institution like Harvard. The Kennedy School has recently been under fire for their own issues with gender and racial makeup, with 77% of professors identifying as white and 74% of professors identifying as male. In many departments across campus, the predominance of white voices is troubling to an institution that touts diversity at its core. And in the midst of a developing legal battle fighting to tear down affirmative action, such a composition could not be more timely.

The issue of awards show diversity has, historically, turned into a broken record. While taking the Golden Globes off the air was a strong step in the right direction, time will only tell if the consequences of such a decision will ever truly be felt. As Jane Fonda said in her own acceptance speech of last year, there is “a story we've been afraid to see and hear about ourselves, a story about which voices we respect and elevate and which we tune out.” The real question that we wait to see are what changes are made to the Golden Globes for next year.

Calvin Osborne '25 (c Osborne@college.harvard.edu) really is watching award shows for the outfits.

Graphic by Arsh Dhillon '23

Graphics by Ash Hillman '15
Based on artwork by
Isabella Cotter

What's in? &

A list of trend pairings that a group of Harvard
COMPILED BY A

*Please note the satirical nature

IN: Going to Pudding lunch
regardless of membership
OUT: Dining Hall
IN: the PSK
OUT: Freshman Girls

IN: Going to Pudding lunch regardless of membership
OUT: Dining Hall

IN: Ragers in the Bike Room
OUT: Running back and forth through the Fly's swinging door
IN: The Owl
OUT: the rest

IN: Long angsty trench/ wool coats
OUT: Cropped Ariztia bombers
IN: Long dresses
OUT: Bodycon mini dresses

IN: Emen
OUT: D
IN: Any
OUT: Ut

IN: Climbing walls of finals clubs even though you're on the list
OUT: Waiting in line
IN: Field Hockey Team
OUT: Finals Clubs

IN: Asking Brain Teasers & Times Tables for Entrance
OUT: Invite Lists
IN: Indy's Fuck Fest
OUT: Lampoon

IN: Using Tom Holland as a justification
OUT: Tall Boy Supremacy
IN: Virgin Sacrifices
OUT: Canceling people

IN: Smoke
OUT: Bright/ makeu
IN: Upper & Lo
eyeline
OUT: Inner lie

IN: AD's Jungle Juice
OUT: AD's House Tour
IN: Jeff Basta and Fabrizio
OUT: Using aux

IN: The IC's Corridor
OUT: The Bee Basement
IN: Fox Slander
OUT: The "Nice Guy"

IN: Toxic Masculinity
OUT: Emotional Growth
IN: Projecting in your thesis
OUT: Therapy

IN: Sta
OUT: Daint
IN: Meta
OUT: B

IN: Sobbing & Hyper-ventilating
OUT: Silent Crying

IN: Voaka-Spiked Watermelon Celsius
OUT: White Claw
IN: Spiking Lowell Tea
OUT: Drinking the Kool-Aid



What's out?

Students created and graciously gave to the Indy

ARSH DHILLON '23

ure of many of these pairings

ala Green &
n Yellow
ark Purple

other shoe
ra mini Uggs

ry Eye
neon eye
p

wer eyelid
er
d eyeliner

ement Rings
y, Stackable Rings
l chain & pearl
hokers
eaded chokers

IN: IHOP
OUT: Zoe's
IN: Life Alive
OUT: Spycy

IN: Unironically using
emojis
OUT: Canceling the autocorrect
for ":)"

IN: Grenáels (again)
OUT: Dacáalus

IN: Drunk Brunch Fridays
OUT: Getting ahead of work
IN: Using IBS as an excuse
to stay in
OUT: Saying you have an
essay to write

IN: Shameless Narcissism
OUT: Only glancing at
mirrors you walk by

IN: Cosmetic fillers
OUT: "Natural" beauty

IN: Covid Tests & Coke
OUT: Nasal Cavities

IN: Ambien, NyQuil, Advil PM
OUT: Attempting to raw dog
sleep

IN: Darties on Sundays
& Narties on Mondays
OUT: Darties on Saturdays
& Narties on Fridays

IN: CC
OUT: BCC

IN: Spray tans
OUT: Looking like
curdled milk

IN: flip phones
OUT: case-free iPhones

IN: Ice cream trucks
OUT: Store-bought pints
IN: Drinking Shrooms tea
OUT: Smoking Weed
IN: Aááeráil
OUT: Eáábles

IN: Naming the rat family that lives
in your common room
OUT: Swiffer sweeping

IN: Recognizing one's love for the Quad as
Stockholm syndrome
OUT: Making high-quality, high-budget
Housing Day videos

IN: Carrying your laptop
OUT: Backpacks

IN: Handwritten notes
OUT: Texting



2022 is twst's Year

An interview with twst, a rising star in the electronic pop scene

BY MATT SAKIYAMA '25

It is rare to discover an artist at

the exact right moment when their music is polished yet still relatively unknown. Today, you have the opportunity to discover an artist at that exact moment. You have the opportunity to legitimize your musical expertise forever by telling your friends about an artist before they make it big.

That artist is twst.

twst (named Xhloe Davis) is a producer, songwriter and singer based in Hackney, London. She isn't defined by genres or social institutions. She is self-taught and self-designed. And though her catalog is relatively small, her artistry speaks for itself.

Her first EP, TWST0001, was released in June of 2020 and was produced by Davis herself in collaboration with Danio Forni, a member of the European band Husky Loops. In the EP, Davis explores themes of isolation and technology and perfectly evokes the desperation and paranoia that might arise from an overdependence on technology. The production throughout the project is incredible; each song creates a unique soundscape, and several tracks on TWST0001, like "Are You Listening?" and "Always," feature some of the hardest-hitting production you will hear in pop music.

She followed up on TWST0001 with one of my favorite tracks of 2021. "Chandeliers, Bullets and Guns," produced by Hudson Mohawke, features otherworldly production and some of Davis' best vocal work to date. "Sugared Up," also released in 2021, is a Slinger-produced single that is simultaneously ironically consumerist and hyperfeminist, showcasing Davis' range in songwriting.

To emphasize how high-profile Davis' most recent collaborations are: Hudson Mohawke was a producer on several Ye (formerly Kanye West) projects



including "The Life of Pablo," "Cruel Summer," and "Yeezus," as well as projects from A\$AP Rocky, Pusha T, and Drake. Slinger has produced much of singer-rapper Ashnikko's most recent work, including the 2020 UK top 40 hit "Daisy."

We will no doubt have a lot to look forward to from twst in 2022. So without further ado: this is twst.

Just to take it back to the basics briefly: can you talk about how and why you first began creating music? What is your musical process like, and how has it changed over time?

I really can't remember a time in my life where I wasn't writing music or creating art in one form or another.

I've always created from a place of necessity to understand the relationship between myself and the world around me and how I fit into all of this.

My musical process is like 80% researching, collecting information and figuring out how to smash all my findings together haha and then 20% writing and

production, the writing usually happens very fast... and I always start with all the lyrics and a title, which so many people are shocked by haha but for me the lyrics and meaning of the song inform my melody and production.

Who have been your musical influences?

David Bowie, Kate Bush, Britney Spears, Michael Jackson, Fiona Apple, SOPHIE, Björk, Elliot Smith, Kanye, Madonna - just all the greats <3

Many of your songs have been featured in the Spotify hyperpop playlist. Would you describe your music as hyperpop, and if not, what genre (if any) would you say your music falls into?

I don't identify with musical genres. I also feel like anyone trying to push the boundaries in electronic pop music right now is being labeled "hyperpop."

I've always seen "hyperpop" as more of a community than a genre. It feels like its identity is rooted in a shared ethos of transcending the confines of genre and likewise with identity, where they explore so many influences and identities in this inherently queer community.

Much of your music feels very relevant to the isolation from others and proximity to technology. What do you hope to express through your music?

I named my label "hikikomori baby" (which is a reference to "the Japanese word [that] describes both the condition of acute isolation and those suffering from it) as a reference to the time where I lived quite reclusively after leaving school and home at quite a young age .

I think my lack of participation in social institutions, be it education or family, definitely informs a lot of who I am both on a personal and creative level. The fact I was pretty isolated allowed for a lot of space to think without any rules or guidance and I could see things in



non-traditional ways. A lot of my identity building was done through the lens of the internet, which I explored in 0001 [twst's debut EP TWST0001].

I'm definitely interested in provoking, in a good or bad way.

To date, you've worked with some of the hottest names in music production: Clams Casino, Danio Forni of Husky Loops, and most recently, Hudson Mohawke. How did you end up working with each of these artists?

Working with HudMo was properly a mad one for me as I've been such a fan of his for so long! We wrote in LA together and he played me through a bunch of tracks he'd been working on and then he played me the beat for what is now "Chandeliers, Bullets and Guns" and I was like okay, lemme hop on this absolute euphoric sad banger.

Though I never met Clams, I'm still very much not over the fact he has remixed my song "Girl on Your TV." That is one of my favorite pieces of music.

Danio is a really close friend of

mine. I've always admired his ability to create a space that allows me to feel vulnerable and most connected to myself. I genuinely thrive around him; he's extremely talented.

Are there any artists you hope to work with this year?

Ahhhhh yes! I'm currently working with a few people that I'm extremely gassed to share with you all. But some other angels I would absolutely love to work with are Rina Sawayama, Dorian Electra, Arca, Petal Supply, 070 Shake, and Hime-ra.

In a tweet, you joked that people no longer call you an industry plant. Do you feel that your place in the music scene is more legitimate now than it has been in past years?

I'm in the corporate sponsorship part of my industry plant narrative, where I become the face of the o2 phone company and have my songs on their adverts that advertise data packagers.... It's giving industry plant. Hahah but yeah I think people are able to see my vision and who

I am and that's something that couldn't be manufactured by a bunch of middle aged men directing my TikToks from my bedroom.

Do you have any goals or predictions for yourself for 2022? What do you hope to accomplish?

I predict that I will become significantly more enlightened and have multiple identity breakdowns and breakthroughs!

Did you have any 2021 favorites? Albums, songs, movies, shows, books?

Every TikTok sound.

Matt Sakiyama 25 (msakiyama@college.harvard.edu) listens to artists who are too underground for you.

Made by Marlo: RuQuan Brown and Putting Love First

How the loss of loved ones led to the birth of a philanthropic company.

BY MARBELLA MARLO '24

Happiness, to RuQuan Brown '24, looks like being a good father and husband one day.

These two goals typically stand as supporting actors to larger career ambitions. Yet Brown's childhood exposures to gun violence led him to reevaluate his desire for the two. Growing up between Seattle, Dallas, and Washington, D.C., he lost his high school football teammate and almost his cousin to gun violence before his junior year of high school. When he was only 5 years old, his grandfather was shot in the head.

"When I was only five years old, I was thinking about 'how can I change the world?'" reflects Brown. "Most of my classmates, at age five Are thinking about how they can enjoy the world more. At some point in their lives they realize that the world sucks and they stop and ask how to make it better. But they've been enjoying it for so long that it's hard to change that mentality."

At age 17, Brown founded Love1, an apparel company that donates a large portion of its proceeds to families and communities in the D.C. area who have lost loved ones to gun violence. In addition to funding funeral costs and other medical expenses, Love1 supports One Gun Gone, an organization that buys guns off individuals in the pursuit of gun prevention and safer neighborhoods. To this date, Love1 has raised over \$10k towards these causes. Its namesake: his teammates' jersey number.

"I named it Love1 because I wanted the world to know who #1 was... and not just know him but love him," Brown says. He advocates that "putting Love First" is the only option to a world ultimately free of deadly misuse of weapons.

Brown notes that the week his teammate was murdered, at least four other teenagers fell victim to gun violence, all to the neglect of the community: no recognition, no accountability, and no celebration of life. What would have been a chance to take this wrongful teenage death as an opportunity to amend the criminal justice system, very



Stephanie Sinclair

Most of my classmates, at age five Are thinking about how they can enjoy the world more. At some point in their lives they realize that the world sucks and they stop and ask how to make it better. But they've been enjoying it for so long that it's hard to change that mentality.

little reaction occurred.

"The city didn't do anything to recognize my friend ... there were other students who were murdered that the city painted murals for and raised money for their families ... but for my teammate, my friend, there was very little, if any of that," he remarks.

He recalls coming up with the idea of the company in the locker room with his teammate, but ultimately taking no action. His initial business spark didn't evolve until exactly a year later with the murder of his stepfather, yet another loved one in Brown's life lost to gun violence.

Loving those who we don't share

commonalities with, as well as those who have previously wronged us, carries out the mission of Love1. Instead of retaliating against individuals or championing justice through the use of guns, Brown advocates for a more emotional remedy. To him, "Love is gun violence prevention." And even though the word may be an abstract and blanketing term with a myriad of definitions, it is an unarguable place to start. Love may not translate directly to policy revision, but it does translate to a shift in personal mindset.

RuQuan Brown sees the world differently. In his eyes, the world tends to take parenthood and family, his two personal aspirations, as given rights. Those, who have been brutally exposed to humanity's inhumanity, understand the foolishness of this traditionally regarded entitlement. A stable parent and family are not given rights, and we must hold these gifts with much more esteem. A collective movement towards this mentality can eventually create grounds for peace.

Marbella Marlo '24 interviews Harvard students and faculty about their backgrounds, passions, and values every other week. Feel free to email mmarlo@college.harvard.edu with requests for future subjects.

Last Ones Standing

The athletes who stayed when we all left...

BY ARIEL BECK '25 & HANNAH FRAZER '25

While most students packed up their bags and headed home for the holidays, a select few remained on campus through the winter for the infamous “J-term,” Harvard’s month-long winter term that houses student athletes. A time typically devoted to skill development and team bonding, this past J-term was rather unusual: indoor dining was banned, indoor athletics events were not open to the general public, and spectators were limited based on the venue and required to show proof of vaccination. How did athletes experience these cold weeks in January before the rest of campus filled with students?

Seniors reflected on what January practice was like before the pandemic. It typically offers “a unique chance to get to train hard with other people without having to worry about other commitments,” shares Matthew Periera '22 from the track and field team. “In previous years, we would often spend several hours

social distance protocols for the term through January 23, students encountered an entirely different experience. “We had one game with limited fans and just that one game you could tell we had to bring our own energy. Momentum is different without fans because you have to bring your own spirit, otherwise there is no real advantage when you’re a home team,” stated Kirkwood.

Harvard teams have also dealt with canceled games and a loss of players due to injury and sickness from COVID-19 amid the surge in the Omicron variant. Additionally, “We had to ramp up our testing protocols and we weren’t allowed to do any team workouts for a while,” Kirkwood says of the basketball team.

However, the lack of a normal season has to appreciate the little moments. Reflecting on winter training, Owen Gaffney '25, first-year on the men’s lacrosse team, says, “You could feel the excitement from everyone about being together again after two years of no competition. The energy was always high, and it was a great environment.” With COVID-19 becoming a day-to-day reality, students are looking ahead with positivity and hope for what

they can’t wait to get out there and compete alongside everyone,” says Periera. Seeing improvement in the cross-country program over the past few years, Periera hopes that the upcoming season will allow the team to prove themselves on the track and hopefully lead to a success at the Heptagonals Championship.

“With or without spectators, we are just excited to get back out there and play together,” states Gaffney. The men’s basketball team has improved the team dynamic and managed two wins so far without two of their starting players. With this in mind, Kirkwood says, “I’m looking forward to seeing how we play together as a team and build without those two main pieces.” Charley Meier '25, who plays on the women’s lacrosse team, shares, “I’m excited to



pose.” Her goal is for the team to win the Ivy League championship.

Despite the ups and downs of the pandemic, some athletes believe that the Harvard administration has done an outstanding job navigating and fostering a somewhat normal campus environment. In support, Kirkwood says: “The administration, coaching staff, and trainers have done an awesome job with telling us how to move forward with this and compete at a high level.”

As of January 25, 2022, Harvard Athletics has announced a new spectator policy to welcome back guests to all indoor events whilst requiring proof of vaccination and masking. Heading into yet another pandemic year, Harvard athletes are trudging forward and awaiting game time.

Ariel Beck '25 (arielbeck@college.harvard.edu) and Hannah Frazer '25 (hannahfrazer@college.harvard.edu) desperately wish they had one of those Harvard Athletics sweatshirts.

Graphic by Arsh Dhillon '23



dinner and have large gatherings and team events outside of practice.”

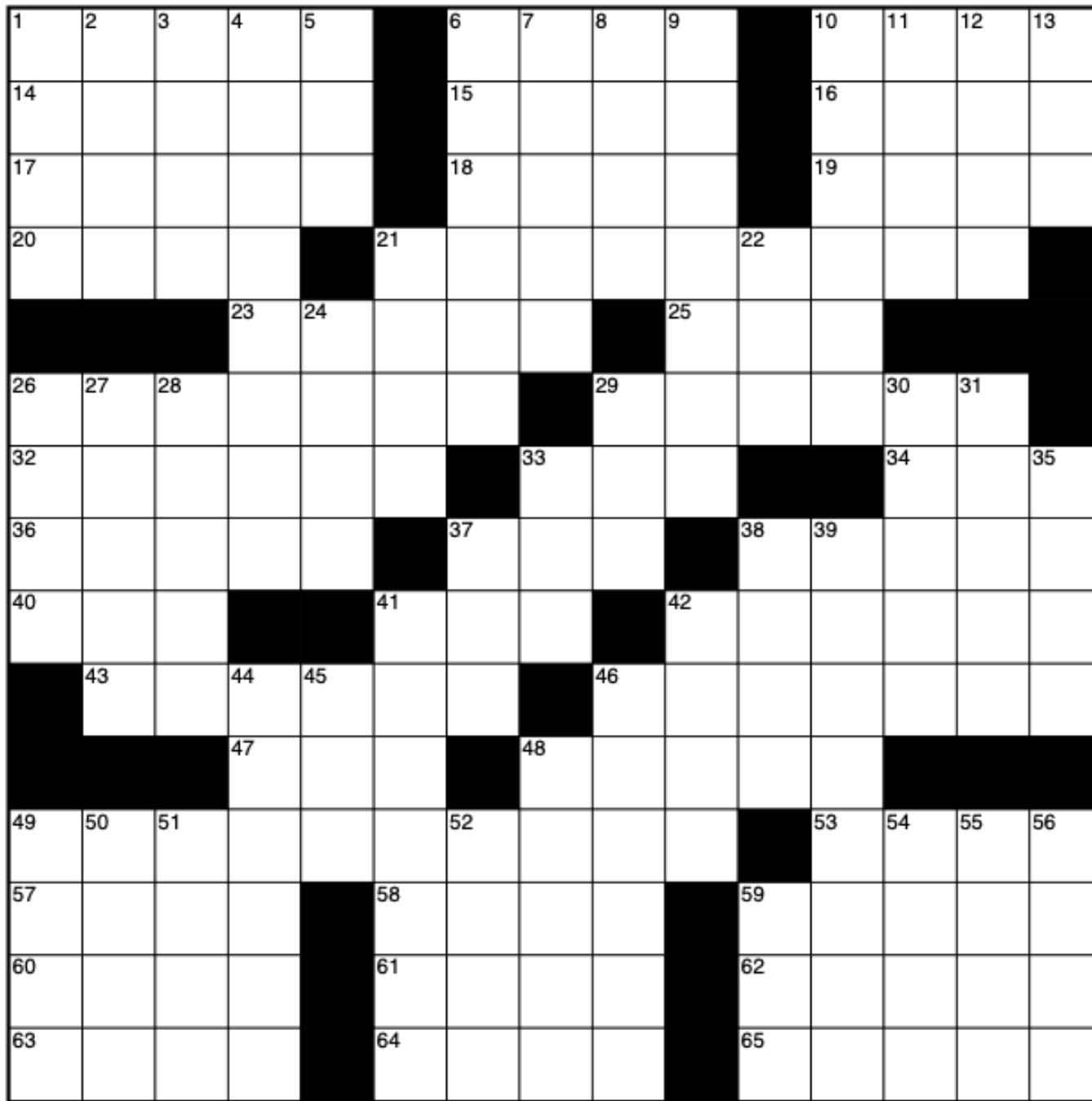
Traditionally, with a majority of their days dedicated to training and games, student athletes utilized meals as their only free time to socialize with their teammates. Reflecting on their experience this January, Periera and Kirkwood agreed that “a large difference in terms of team bonds is not being able to eat in the dining halls.” Senior on the Harvard basketball team, Noah Kirkwood '22, reminisces on having the stands filled with spectators before the pandemic. “A huge part about having home court advantage is our fans and the energy they bring to us,” he articulates. With a new limited spectator policy and



THE First Week

Square Pegs

PETER LASKIN '23



- 27 Last year, in the pre-Christian era
- 28 Mediterranean isle, to its inhabitants
- 29 Cow or chicken follower
- 30 Designer von Furstenburg
- 31 One of about 361,300, for the Green Bay Packers
- 33 Prohibit
- 35 Ironically, they may be even
- 37 Game console with nunchuks
- 38 Ship that traveled through the Clashing Rocks
- 39 Time between Palm Sunday and Good Saturday
- 41 Sodded
- 42 Memo header
- 44 Do really well at something
- 45 Treat, as 52-Down
- 46 Zone for some winter Olympic events
- 48 Lightened up
- 49 X and Y, for two
- 50 Hansen on Broadway
- 51 Original DVR brand
- 52 See 45-Down
- 54 Tourist town in Uttar Pradesh
- 55 "I am _____" (reality show)
- 56 "Fish Magic" painter
- 59 Vegas opener

ACROSS

- 1 Spice found in dhana jiru
- 6 Field for this puzzle's theme
- 10 Cookbook author Rombauer
- 14 Animal whose nickname means "nose"
- 15 Dos veces dos veces dos
- 16 Eye-popping
- 17 Exposed
- 18 Prefix with st'd've
- 19 Mane attraction at a zoo
- 20 *Cereal that's in the mix
- 21 *Incredibly painful
- 23 "Twenty Love Poems and a Song of Despair" poet Neruda
- 25 Fair-hiring letters
- 26 *Andrea with pipes
- 29 *Start for science
- 32 Giant, en Grenoble
- 33 Twitter or Wikipedia account, perhaps

- 34 ___ Jima
- 36 Company with money in the mattress
- 37 What the Moon does for about 15 days a month
- 38 "Lend me _____, would you?"
- 40 "The Last OG" channel
- 41 Apt drink for a card player
- 42 Pressed
- 43 *Prefix with -petal
- 46 *Fishers (or some fish)
- 47 Small battery size
- 48 Son on "The Jetsons"
- 49 Common New Year's resolution... or what the black squares between the starred answers do
- 53 Like crack, per Keith Haring
- 57 VILE anagram and synonym
- 58 Andorran assent
- 59 Kind of pad for a steno
- 60 Avatar species
- 61 Paradise
- 62 Eaglets' nursery

- 63 Each person produces about 3 pints of this per day
- 64 Film editor Allen
- 65 Fish that produces a "mermaid's purse"

DOWN

- 1 Shoe with an "adventure strap"
- 2 "Nah"
- 3 Tiny arachnid
- 4 Amateurish
- 5 [I agree]
- 6 Baloo's bestie
- 7 Noise before a blessing
- 8 Mara's follower
- 9 Most cozy
- 10 Taking the place (of)
- 11 Jockey's handhold
- 12 Synthesizer eponym
- 13 Rashida's character in "Parks and Rec"
- 21 Competent
- 22 Saldana who portrayed one of 60-Across
- 24 ___ mater
- 26 Hellmann's, west of the Rockies



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