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HARVARD VS YALE? THE DECISION

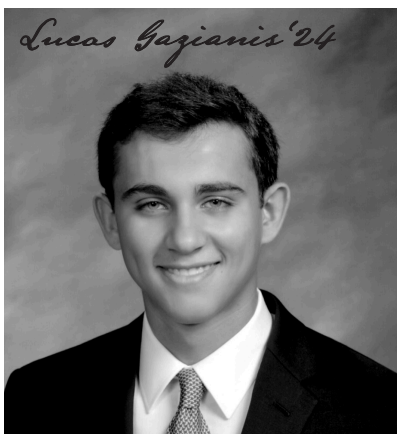
Harvard students chose to attend Harvard over Yale. Looking back on it, they wouldn't change a thing

BY LAYLA CHAARAOUI '26

For many current students, Harvard was their absolute dream school. However, it may not have been the only school to which they applied. While Harvard and Yale are competitors on the football field, they also compete when it comes to admissions. Many students applying to Harvard also apply to Yale, as the schools are comparable in many ways. Get into one? Amazing! Get into both? Even better. Many admitted students had to make a difficult decision between the two schools. Keep reading to hear from Harvard students who made the choice, and why they know it was the right one.

Lucas Gazianis '24

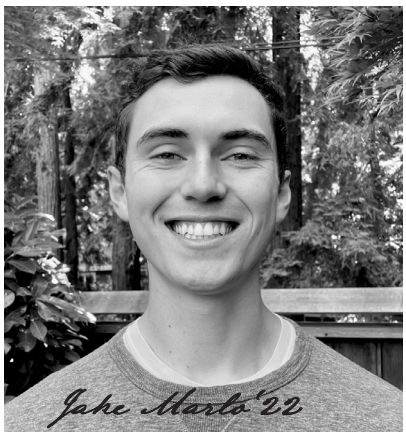
Gazianis applied to Harvard and Yale because he knew both matched the type of school he wanted to attend. "It's hard to pinpoint a specific reason other than that I was a good student looking at this type of school. I grew up in Connecticut, so it was easy to think about these schools seriously and visit them."



Gazianis, a piano player, chose Harvard over Yale due to the music offerings Harvard provided and his preference toward Harvard's campus. "I was really impressed with Harvard's jazz offerings relative to Yale's, and I knew that I would have lots more music opportunities in a place like Boston," he said. "I also just preferred Harvard on the basis of my visit to each—I was a lot more excited about Harvard's campus atmosphere."

He also feels that location also played a factor in his decision, considering Yale is in the same state he grew up within. "It probably had some implicit, negative influence. Three hours is a better distance from home than 45 minutes."

Looking back on his decision, Gazianis knows that he made the right one. "I don't revisit my decision. I think I'd be happy anywhere, but I have definitely treasured my experience thus far."



Jake Marlo '22

For Marlo, Harvard and Yale were both strong contenders because of his background in rowing. "I rowed in high school and wanted to row lightweight in college. I was fortunate enough to be invited to visit Harvard and Yale in the fall of my senior year of high school," he explained. "At both schools, I was incredibly impressed by the people I met, the quality of the educational resources, and the campus culture."

He was also enticed by the rigor of the student body and educational staff at each school. "I applied to both schools because I was excited to potentially surround myself with smart, ambitious, and hardworking students and teachers from whom I could hopefully learn a lot."

Despite his love for both schools, Marlo almost chose Yale. "I ended up choosing Harvard because I felt a more natural fit with the teammates I stayed with. I figured I would spend a lot of time with these people, and it seemed like a good sign that I immediately got along well with many of them. Both schools seemed similar, so the difference came down to a gut feeling about my future teammates."

While Marlo thinks about what his experience could have been at Yale, he feels grateful he got to spend his time at Harvard. "I'm incredibly lucky to have been able to attend Harvard and my experience has been overwhelmingly positive. Sometimes I do think about what my college experience would have looked like at Yale or any other college. At another school I would have met different people and made different friends. I would have had different educational, athletic, and professional experiences. It's impossible, however, to say whether those differences would have been better or worse. I've had a fantastic experience at Harvard."



Sally Barksdale '25

In high school, Yale was Barksdale's dream school. "I visited it often. I applied to Yale Early Action and was accepted. I really applied to Harvard as an afterthought because I considered it the only school that I may choose over Yale, but I had never visited Harvard and didn't know much about it aside from the name brand."

Ultimately, Barksdale chose Harvard due to her newfound love for it while visiting the campus and the courses that Harvard offered. "It was a tough decision, but I was leaning towards Harvard soon after getting in... I ultimately chose Harvard because of its location (Boston was way more appealing than New Haven), and because it is stronger in pre-medical curriculum," she explained.

Barksdale acknowledges that Harvard and Yale are both great schools, and she believes that she would have been happy as a student at either institution. However, she does not look back on this decision often because of the opportunities Harvard has given her, such as discovering her concentration. "I am very confident in my decision with Harvard because of the amazing friends I've made and the great experiences I have had here so far. Academically, Harvard introduced me to the field of History of Science, which I just declared as my concentration. It is fascinating, and I would not have had the same academic direction

at any other school."



Aditi Kona '26

Kona's first choice of school was Yale. "I wasn't originally very interested in Harvard just because of all the stereotypes surrounding it. I applied early to Yale because I painted this picture in my mind of what Yale would be like," she said.

However, after her acceptance into both, and attending Visitas at Harvard and Bulldog Days at Yale, it was clear to her that Harvard was the right choice. "I think Visitas really sold Harvard for me."

Everyone was so high energy at Harvard which is something other schools really lacked," she explained. "It took seeing Harvard in-person to realize that Harvard kids are really just normal people, which was something I loved. Also, New Haven seemed very boring to me."

When asked if she has ever regretted choosing Harvard over Yale, Kona exclaimed, "Never."

Robbie Owen '25

Owen wasn't sure what school he wished to attend and applied to many that he thought could work for him and his field of study. "I am English and honestly had



no idea what I was doing for applications, so I mostly just applied to the top schools with good reputations for academics and my two extracurricular interests: rugby and theater."

His nagging feeling that he just "couldn't say no" to Harvard was ultimately something he could not ignore. "Maybe that logic of the name being important is really problematic and causes lots of pressure on Harvard students. But, especially in the [eyes of people in the] U.K., Harvard is just the top of the top of U.S. universities."

While Owen has revisited his choice since, he knows he made the right one. "I do slightly revisit my decision on the basis that I have a good friend of mine with similar interests who had the same situation and chose Yale. But I never regret it, as I've somehow managed to make a sweet life for myself here and I love my friends."

Layla Chaaraoui '26 (laylachaaraoui@college.harvard.edu), unlike these Harvard students, did not apply to Yale.

BRAZIL'S FIGHT IS OUR FIGHT

We can't afford to ignore the anti-democracy protests in the Square

BY MANUEL YEPES '24

To a casual observer, the spirited crowd gathered at Harvard Square on November 6th may have seemed to be celebrating the outcome of a Brazilian soccer match, or perhaps heralding the upcoming World Cup. Yet a closer look and some knowledge of Brazilian politics would have correctly identified it not as a celebration, but a protest of the results of Brazil's recent presidential election.

On October 30th, left-wing politician Luiz Inácio da Silva defeated far-right incumbent Jair Bolsonaro by a narrow margin. Bolsonaro, who has gained notoriety through his semi-regular displays of transphobia, homophobia, misogyny, and racism, set the stage for the election by repeatedly attacking Brazil's election systems and declaring the widespread potential for Brazilian voter fraud. These baseless claims led to fear of the possibility that Bolsonaro would not accept the election

results, but rather interfere with the peaceful transition of power, a scenario all too familiar to the American electorate.

While he still has not explicitly acknowledged his defeat, Bolsonaro has not claimed fraud and has authorized the beginning of the transition to Lula. Yet neither his actions nor a report by government officials and independent security experts that found no credible evidence of voter fraud have stopped his masses of supporters from protesting the election and demanding military intervention to stop the transfer of power.

Although a Brazilian election might seem remote and irrelevant to many Harvard students, we cannot afford to ignore either the election or the resulting demonstration. It is important to recognize that the protest in the Square did not just advocate for Bolsonaro, but also denounced the democratic norms that sustain the country of Brazil. It represents a

widespread attack on democracy reminiscent of rhetoric pervading American politics for the past two years.

Helena Mello Franco '24, one of the co-presidents of the Harvard Undergraduate Brazilian Association, voiced her worries concerning the protest.

"I think we're all very scared, all very frustrated by the fact that it was happening here, and also very worried that it would reflect poorly on us as Harvard students if people who were walking by would associate the Brazilians at Harvard with the people who were protesting," Franco said.

Some students organized a counter protest supporting democratic values and clarifying that the original protest was not representative of the Harvard Undergraduate Brazilian Association (HUBA). However, as Franco described, the physical and verbal harassment of students by the protesters prevented students from staying for very long.

While HUBA did not support the original protest, Franco clarified that "HUBA does not stand for any party in particular. What we do stand for is for democratic values being upheld."

Finally, we need to understand the danger and gravity of the protest in the Square as warning of the fragility of democracy today amid recent anti-democratic reforms around the world that threaten the liberal world order.

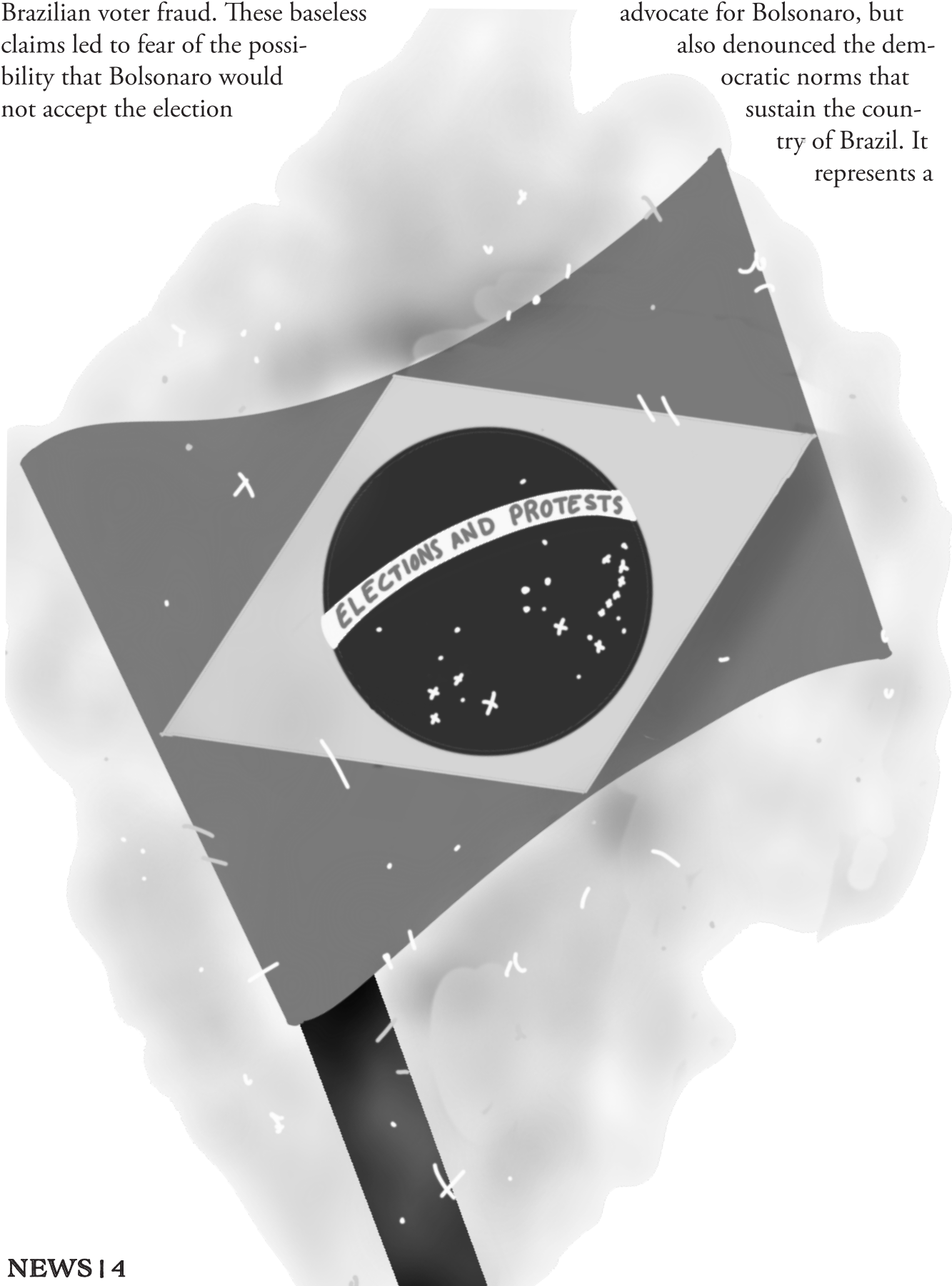
The Harvard bubble has insulated many of us from the reality of these movements. We read books written by Government professors and *New Yorker* articles on the erosion of democratic values, but we typically associate the problem with a political party that feels alien to many of us.

"One thing that is good in a way, that this protest was held here, is that I feel like Harvard students in general don't see how polarized Brazil is right now... Students in general are very quick to assume that all Brazilians hate Bolsonaro, which is not true," Franco stated.

It is imperative for us to stand with Brazil in its fight to preserve democratic institutions and the peaceful transition to power. In doing so, we support the fight for democracy worldwide.

Manuel Yepes '24 (mannyepes@college.harvard.edu) writes Forum for *The Independent*.

Graphic by Adedoyin Adebayo '26



INSIDE THE HUA RETREAT

Pulling back the curtain on our \$10k funding allocation

BY LYLENA D. ESTABINE '24, CO-PRESIDENT OF THE HARVARD UNDERGRADUATE ASSOCIATION

After years of discontent about the previous student government's ineffective management and excessive spending on an Airbnb retreat in New Hampshire, students finally dissolved the Undergraduate Council (the UC) and installed the HUA in its place last April. However, the HUA Executive Team decided that we, too, should have a retreat for officers, not only for leadership development, but to ultimately gain more money for the students we serve.

Every year, students are charged a \$200 Student Activities Fee (SAF) to support student activities and student organizations including the HUA, the 12 House Committees, the College Events Board, and the Student Advisory Committee. Each of these parties prepares a budget proposal to present to an Advisory Board, which decides how to distribute the finances. Despite the larger student body in recent years, there has been a simultaneous increase in the number of students who opt out of this fee due to its financial burden or dissatisfaction with the programs. In essence, Harvard organizations are competing against one another for a shrinking pot of money.

At the start of the 2022-2023 academic year, the Dean of Students Office (DSO) informed us before we even created our initial budget that every student organization should expect major financial cuts and that we could potentially see even less money than the usual \$500,000 granted to student government. We were also advised by the DSO that, in their eyes, \$10,000 would be appropriate for the leadership development they wanted us to have at a professional retreat center. We knew students would be angered by such a large retreat expense. It goes against the HUA's mission and reeks of residue from the UC's previous financial mismanagement. As student leaders, we needed to find the balance: getting the training and community-building time that we needed and being fiscally responsible.

That left us with two options. The first option: please the students. We could ask for less money, knowing it would probably mean less money received overall. The second option: Please the DSO and the SAF Advisory Board with our financial ask, and then allocate the unspent money to other

clubs. We went for the second option.

On Friday September 16th, 2022, the illustrious student government retreat began on the top floor of Harvard's Student Organization Center at Hilles (the SOCH). We discussed teamwork strategies for implementing a student government with less interpersonal drama than in the previous years. We discussed our communication and working preferences, guided in conversation by our DSO advisor.

When night fell, I watched through the window as students coming back from the Harvard vs. Brown football game trickled into various parties. Inside the SOCH, we worked on planning Concentration Declaration Day, free headshots, and more

went on one outing for a break. We took the T to the Mad Monkfish for dinner, and a few officers and I did some group bonding at an escape room. Upon returning, we briefly discussed our vision for the year before we each dragged our suitcases back to our dorm rooms.

This retreat came to a grand total of \$522.06—a stark difference compared to the \$10,000 initially reported in the budget proposal. By working hard on a proposal that requested what the SAF Advisory Board deemed appropriate and spending economically, we have been able to secure a \$50,000 financial increase for all student organizations—12% more than in 2021 and the first major funding increase since 2018. While most student organizations still receive financial cuts due to the already high number of clubs and high rate of new organization creation, those cuts would have been even worse if we had not been able to acquire this additional \$50,000.

The HUA renewed a deal with Harvard Student Agencies in exchange for advertising their rings, so of the \$522.06 we did spend, \$0 came from the SAF. The entire \$10,000 originally requested for retreats has been reallocated to club funding.

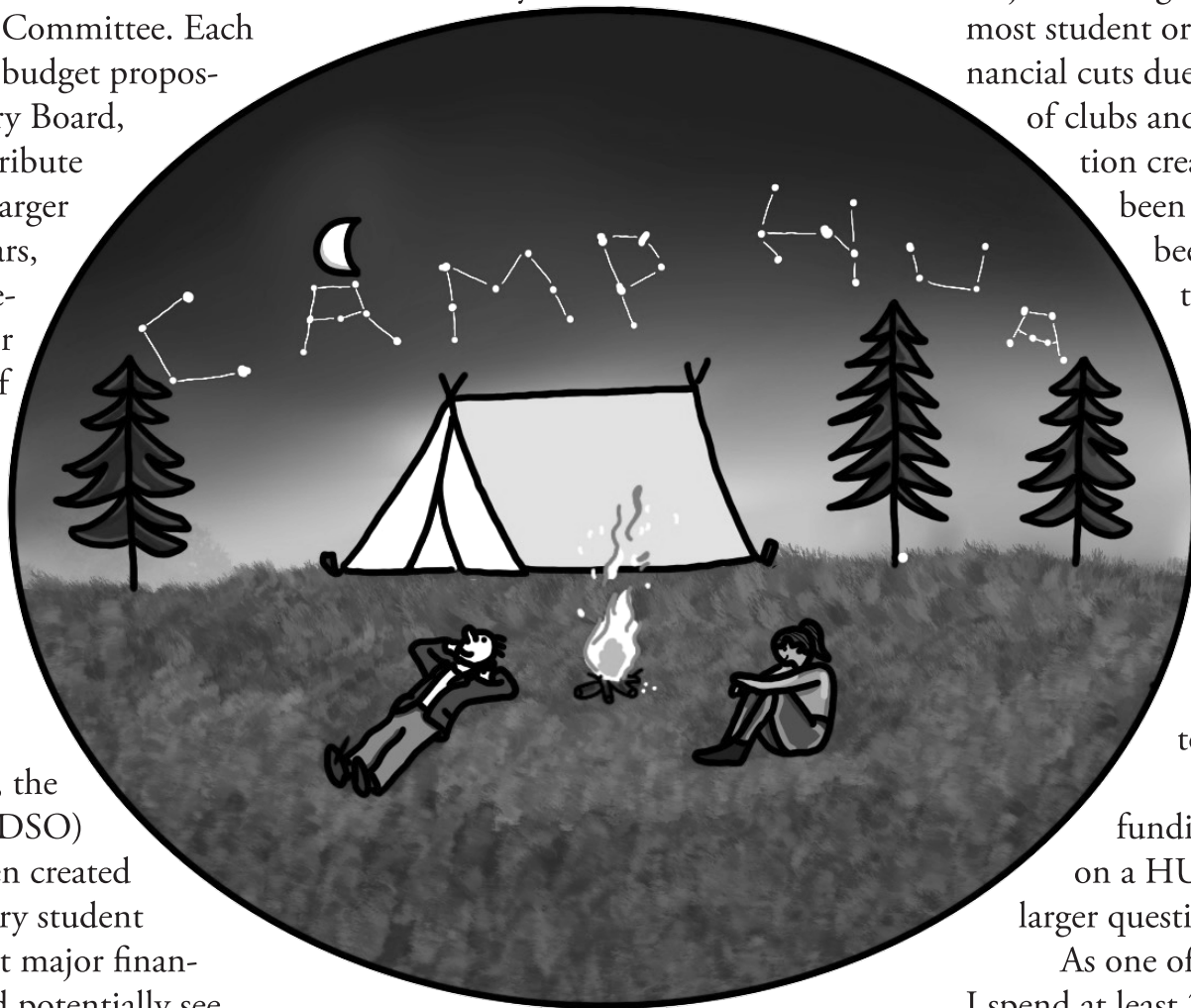
Some argue that no funding should have been spent on a HUA retreat, which raises a larger question of investment.

As one of the HUA Co-Presidents, I spend at least 20 hours each week in unpaid service to the student body advocating for student interests to administrators and working on the ground to accomplish HUA projects. These are all, I believe, responsibilities that come with the job I have been elected to complete.

But I also believe that I have a right to get the necessary training to do that job effectively and to connect with the student officers with whom I'm leading. A dinner and an escape room are part of that connection, and I believe a worthy cost.

LyLena D. Estabine '24 (lylen-aestabine@college.harvard.edu) rates the SOCH couches a 7/10 for a good night's rest.

Graphic by El Richards '26



projects for the year ahead. These events were designed to revive student participation with the University administration and rebuild the trust between Harvard students and their governing body. After a few hours, we headed off to the couches we had each claimed to sleep.

The next day, we conducted our usual general meeting in the Smith Center, where we routinely invite the undergraduate student body to speak, question current school policies, and vote on proposed initiatives and funding allocations. This style of student engagement was a key part of this new student government, where direct democracy is emphasized and unsavory elements, like confusing parliamentary procedures, are reduced as much as possible.

After the general meeting and several more hours of training sessions, the officers, my Co-President, our DSO advisor, and I

BATTERED FEET IN POINTE SHOES

*A photo series reveals the illusions behind “Illusions,”
Harvard Ballet Company’s annual fall show.*

BY MADDY TUNNELL '26 AND ELIZA KIMBALL '25

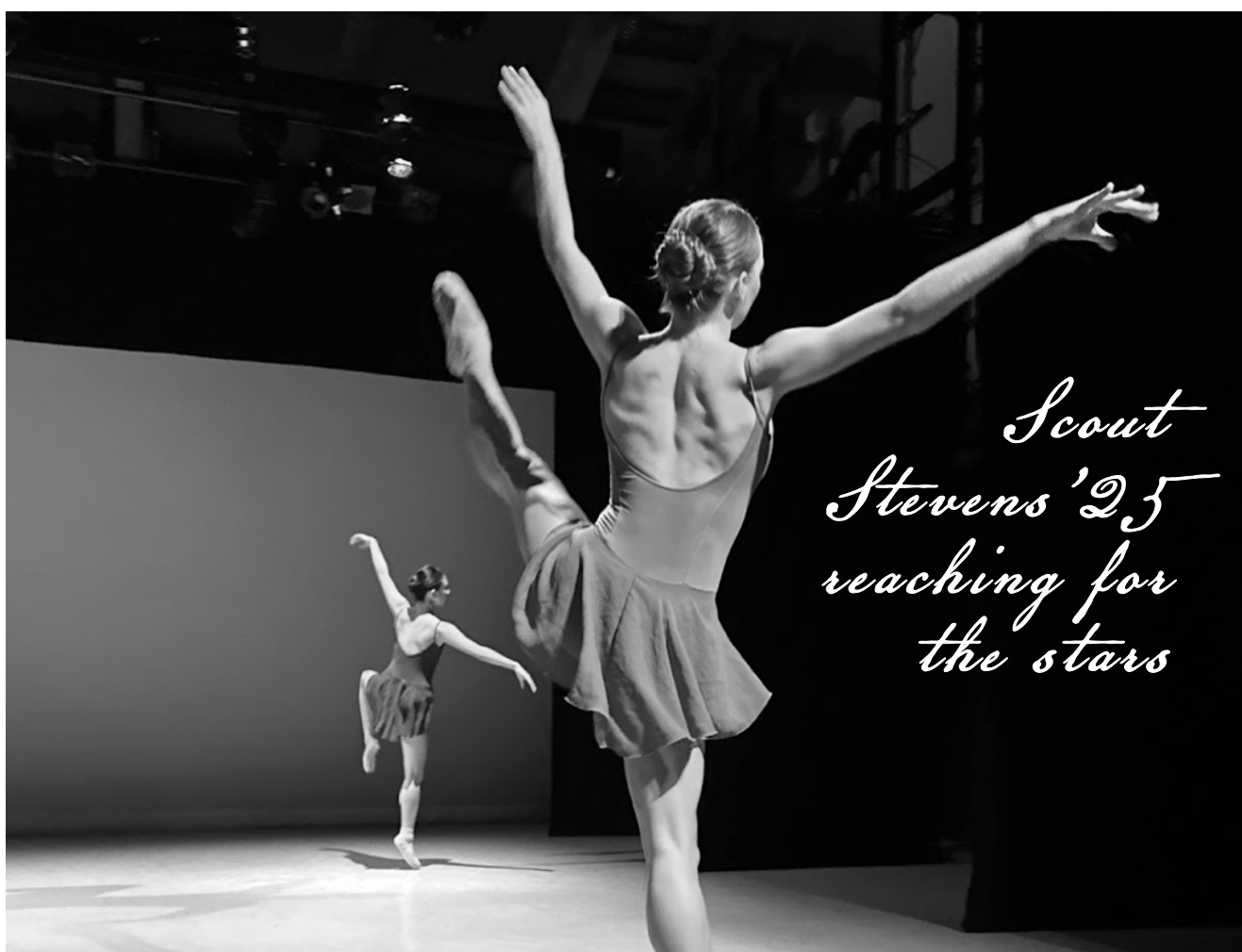
“Illusions,” Harvard Ballet Company’s annual fall show which ran from Thursday to Sunday, explored its self-titled theme through 13 pieces choreographed by students and guest artists. On stage, dancers twirled and folded themselves, embodying the fluidity of “illusions” as the audience watched on with bated breath. Despite the subject of the show, the dancers made it look effortless. Yet a quick look into the preparation of the ballerinas shows that the show embodies the theme “illusions” in more ways than one.

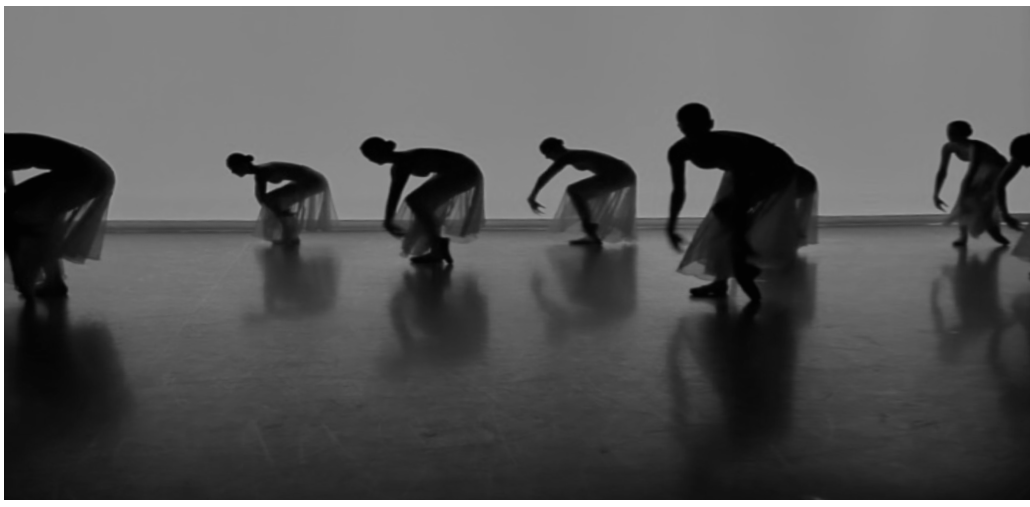
Backstage, electrolytes and energy drinks scattered the tables. The ballerinas used heating pads to return circulation to their toes and warm their backs before bending in half. They applied nude paint to the borders of their pointe shoes to cover up stained blood and layered heavy stage makeup onto their faces.

Onstage, the pieces navigated the meaning of illusions. The show’s opening number, “it’s morning and lively and we’re awake but spinning,” glorified the innocent bliss associated with early morning avoidance. In Anna Anton-giorgi’s choreography, dancers spun around gleefully, twirling with ease-ful euphoria. The first act closed with “Revelations,” a piece choreographed by Catherine Martinez, which twirled around the illusion of dreams. That lovely vision morphed upon the opening of the second act, as dancers from the Harvard Contemporary Collective tangled and untangled themselves seam-lessly to the ghostly notes of “Shades of Cool” by Lana Del Rey.

Through photos, the *Harvard Independent* explored how the show’s theme manifested itself backstage. The dancers may create an illusion of effort-lessness, but a week of daily seven-hour rehearsals is no easy feat.

Eliza Kimball '25 [elizakimball@col-lege.harvard.edu] and **Maddy Tunnell '26** [maddytunnell@college.harvard.edu] spend half the performance staring at calf muscles.





Contracting in "Cynical"



Intertwining in "Shades of Cool"



Anna Torten Rabinowitz '24 and other dancers stretch and apply show makeup after their warm up.



The Tech Team ensures that the performance will run smoothly.



A graceful pose in "Écorché: A Character Study"



Cole Yellin '25 keeping warm backstage.

PILGRIMS MARRY BULLDOGS

An analysis of marriage rates between Ivy League students

BY CARLY BRAIL '26

The-enemies-to-lovers trope has dominated the current era of young adult novels, in which former enemies realize their affection for each other and fall deeply in love. Contemporary culture has also specifically capitalized on forbidden love between college enemies, in online novels and in country music which appeals to listeners with deep-seated college allegiances. Conner Smith's "Orange and White" details a University of Tennessee student falling in love with a girl from the University of Georgia. Megan Moroney's "Tennessee Orange" features a student at the University of Georgia who is scared to bring her new beau home to her die-hard bulldog father because he reps Knoxville Orange.

Does the Harvard-Yale rivalry foster the same dynamic in romantic relationships between enemy students? The competitiveness that resurfaces every year for a single day shields the fact that the two schools boast very similar students with similar romantic interests.

The stories abound about couples where one person went to Harvard and the other to Yale. An analysis of the *New York Times* Wedding Announcement Archives reveals that the Harvard Pilgrims and the Yale Bulldogs have the highest marriage rates out of the eight Ivy League universities, with 546 stories detailed in the wedding announcements.

That Yalies and Harvardians find each other is unsurprising: the two schools, though sworn enemies, taut similar populations of extremely smart students who are standouts in their field of interests and poised to lead the next generation. These pupils, who may have even earned entrance into both institutions, are in search of meaningful conversations and find solace in partners who share similar intellectual interests and experiences. Indeed, computer science majors from both institutions take the same CS50 class taught by the immensely entertaining Professor David Malan. While they may yell names at each other one day a year, the truth is that Harvard and Yale friends take turns hosting each other in their dorms, making a pilgrimage on the Amtrak for a friendly reunion.

The second highest romantic pairing in the Ivy League is between Columbia and Yale: The Lions favor the Bulldogs 530 times over. Again, the cultures between the two schools are very similar, as the same students who chose to study in New

Haven may
FORUM 18 have instead

attended Columbia for its central location in New York City. The Lions get around, because 501 of them married graduates of Harvard—evidently, they like indulging their superiority complex and marrying within the Ivy League.

479 Lions have also pursued the Quakers of the University of Pennsylvania, possibly because their college campus on Morningside Heights is so similar to West Philadelphia—both are neighborhoods where gentrifying college campuses have pushed out local communities. Maybe it's something in the New York water. The simplest answer is the New York bias of the *New York Times* Wedding announcement and the sheer number of Columbia affiliates who reside in the city. But the annual post-graduation migration to Murray Hill for Harvard, Penn, and Yale graduates cannot be overlooked.

While the Lions have the highest marriage rates with other colleges, their least-favored university is Brown, with 299 marriages. This is typical, considering these schools have the most opposing cultures. Brown is the typical liberal arts college, with an open curriculum and a reverence for freedom in curricula. By contrast, Columbia has a strict core curriculum, in which all students are mandated to read "the classics" and engage in structured conversations. With this cultural divide, it is not shocking that the Lions and Bears have the lowest marriage rates for Columbia graduates.

Representing the lowest inter-collegiate-marriage rates, the Kegs of Dartmouth struggle to find their life partners within the Ivy League. There are 66 marriages between Brown and Dartmouth couples and 66 between Cornell and Dartmouth, slightly more than the measly 62 marriages between Princeton and Dartmouth graduates. This may in part be due to sample size, as Dartmouth is the smallest school in the League, and to potential culture differences. Though generally preppy and Greek-life focused, Dartmouth's culture encourages transcendental, anti-materialist

experiences in the woods surrounding campus. Perhaps this creates some degree of a culture shock, as there are only 156 marriages between students at each school.

These rates pale in comparison to the number of people who found their spouses at the same institution. Columbia leads the pack in this data set, with its 3585 marriages attributed to the *New York Times* reporting bias, as many of its graduates remain in the city and submit their stories to these pages. Harvard lags behind, with 2925 marriages between its graduates. Third on the list is Penn, with 2,220 unions, followed by Yale with 1,870, Cornell with 1,514, Princeton with 1,295, Brown with 1,231, and Dartmouth with 628.

Dartmouth lags behind the others due to its smaller size, although one would expect that isolating kids in the rural hills of Hanover, New Hampshire would lead to closer relationships during college years. Maybe the prevalence of frat and drinking cultures leads to more hookups rather than committed relationships. Schools like Cornell and Penn, with a similar prevalence of Greek life and drinking culture and a higher percentage of students living off-campus, have relatively low rates considering their large sizes, suggesting that self-selection in living patterns may not be helpful in their search for a spouse. Brown and Princeton are relatively low on the list, considering that the majority of students live on campus for all four years in mixed-age houses. Harvard is considerably high on the list, so if you can't find your spouse at the Game this weekend, hope to sit next to them in your next section.

To the "ring by spring" readers, have no fear this weekend: odds are you can find a spouse at Yale. Besides, turning an enemy into a lover is thrilling.

Carly Brail '26 carlybrail@college.harvard.edu favors Tigers over Lions and Bears.

Instances of marriages between college graduates in the New York Times wedding announcement archives:

	Harvard	Yale	Princeton	Dartmouth	Penn	Brown	Cornell	Columbia
Harvard	2925	546	331	155	423	289	254	501
Yale	546	1870	199	101	286	163	178	530
Princeton	331	199	1295	62	210	122	130	337
Dartmouth	155	101	62	628	105	66	66	156
Penn	423	286	210	105	2220	171	232	479
Brown	289	163	122	66	171	1231	117	299
Cornell	254	178	130	66	232	117	1514	350
Columbia	501	530	337	156	479	299	350	3585

THE EFFECT OF LOVE AND ANTIDEPRESSANTS? IT'S COMPLICATED.

A review of this month's student production, The Effect

BY MADDIE PROCTOR '25 AND CHIDIMMA ADINNA '25

The chatter dies down in *The Ex*, the intimate black box theater housed in the Loeb Drama Center. The atmosphere is clinical: two metal hospital beds, creaky-wheeled and almost rusty under the fluorescent lights, occupy center stage. The screen reads, "The experiment is about to begin." Finally, the performers enter. There are only four roles in the cast, but each embodies the complex personas—handling subjects like mental illness delicately and with attention to realism—and muddled personal relationships of Lucy Prebble's *The Effect*.

On the surface, *The Effect* revolves around a simple plot. Two drug trial participants fall madly in love with each other, but it is unclear whether their love is authentic or manufactured by the study's dopamine-increasing drug. The first half of the play springs into action with two parallel medical interviews, qualifying the gray sweatshirt-clad Connie (Tia KwanBock '25) and Tristan (Robbie Owen '25) for an experimental drug trial.

Immediately, the audience witnesses two major motifs of the work: mental illness and sexual and relationship politics. Connie is a college student somewhat reminiscent of those at the College; she is initially obsessed with portraying a levelheaded and composed facade, the cracks of which are revealed throughout the trial. The doctor conducting the trial, Dr. Lorna James (Sophie Garrigus '25) asks Connie, "Have you ever suffered from depression?"

At first, she is adamant that she is "sad, not depressed," but Dr. James' probing proves otherwise. During this initial conversation, it is easy to view Dr. James as being overly prescriptive or rushing to conclusions. Considering the second half of the play, in which Dr. James' own struggle with depression and suicidal ideation becomes a central plot point, her conversation with Connie resonates much more greatly. Dr. James knows what it is like to be depressed, from a clinical as well as personal standpoint. The question of what this drug trial, and mental illness at large, really means to each character is more nuanced than it appears.

Tristan, on the other hand, does not seem depressed. He is free-spirited—taking part in a long list of drug trials for cash to go globetrotting, tap dancing across the stage, and sneaking cigarettes and cellphones into the trial. He is also a bit of a player. He tells Dr. James, "You're an attractive woman," immediately and makes several advances at Connie throughout the play. His first attempt at seducing Connie comes in the form of attempting to hold her urine sample. Tristan does not present as a particularly complex character off the bat; in fact, he seems rather careless and sleazy. But the audience grows in both endearment and detest of Tristan over the next two hours.

He's...complicated. Audience members flinch when Owen towers over KwanBock as Connie, spitting as he argues with her, throwing a phone on the ground in an act of rage and desperation, and eventually knocking her to the ground. Or maybe when he describes his violent sexual thoughts to Dr. James. But many also cannot help but shed a tear when Connie slips a pill into his mouth and he falls to the floor in the latest of his long history of seizures, or when his amnesia prevents him from remembering the day of the week or the woman whom he loves (Connie).

The love story between Tristan and Connie prompts the audience to wonder, who is under the influence of the drug, and who is experiencing a

placebo effect? This question, which seems to occupy a great deal of the play, is a sort of drug—the opium of the masses. While the audience focuses on questioning which character truly loves the other, and which is just under the influence of a mind-altering substance, the real question of *The Effect* is hidden in plain sight: Does it even matter the motivations of love, if it is out of our control?

Tristan certainly doesn't think so. "People fall in love in all sorts of ways, doesn't matter what starts it. I'm sure there's a rush of something chemical if you meet on vacation or... on a bus with a bomb on it, doesn't mean Keanu Reeves and Sandra Bullock aren't really in love," he proclaims to Connie.

The parallel love story of Dr. James (Sophie Garrigus '25) and Dr. Sealey (Benjamin Crawford '25) seems to present the opposite case. They met at a work conference, where the young and impressionable Dr. James sleeps with Dr. Sealey, who is "this notorious fuckaround on the conference circuit" with whom "younger, less astute girls would" sleep with, according to Dr. James. This is a pivotal moment portrayed by Garrigus.

In the opening scenes of *The Effect*, she is poised, cold, purely concerned with the science. But sharing the story of her own messy relationship with

and Tristan, love itself is a drug. They are addicted to each other, and they ultimately conclude that it does not matter why. Their relationship is dangerous, volatile even, which prompts audience members to ask difficult questions. In the end, Tristan and Connie wind up together, presenting the problem of whether Tristan can even consent in his current state to be with Connie and why Connie has decided to take him home with her. Love for Tristan and Connie is not necessarily good, but it is the only option. Perhaps it is even a drug which renders us powerless and incognizant to its effects.

For the doctors, however, love is something different. Doctors James and Sealey are not together in the end. Crawford does a convincing job playing Sealey, expressing a different form of love for Dr. James. He is engaged to another younger woman, but he visits her every day when she is hospitalized, presumably after a suicide attempt. Crawford is visibly desperate, trembling slightly, as he pleads with Garrigus' character to take her medication. "I love you, Lorn. And it's not romantic with the lies of that, and it's not family, like a genetic trick... I've built a bit of my brain around you. And it's important to me," he proclaims.

James and Sealey's love is nearly agapeic. They are not (or at least Dr. Sealey is not) romantically in love; their relationship is something deeper and more complex than that. Perhaps Sealey's proclamation lightens the burden of his admittance to Dr. James earlier in the show—that he broke up with her because of her depression. To him, romantic love is full of "lies." Perhaps caring for her, even in the depths of her depressive episodes, is love even without the romance because it is real. Then again, audience members may recall the reality of the pain expressed by Dr. James in accusing Dr. Sealey of causing the depression itself by leaving her.

Perhaps that is the overarching point of *The Effect*, that nothing is straightforward, and everything is paradox—and that is what makes reality real. The play is quite Hegelian in that the characters

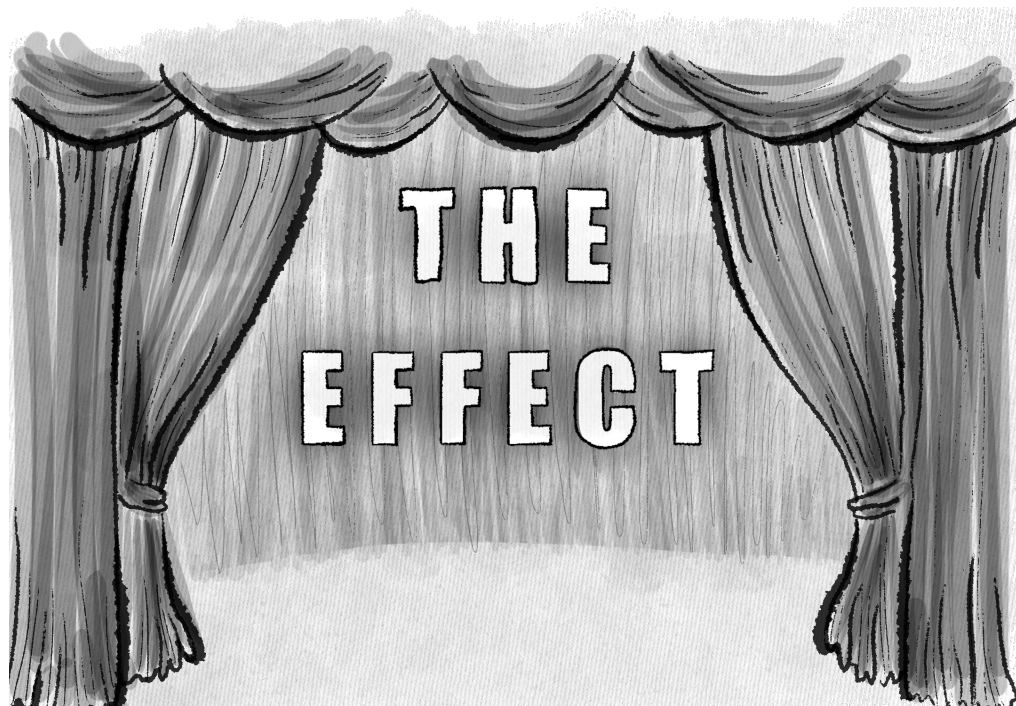
themselves embody the contradictions of some of our most challenging problems. In the play, antidepressants are at once the cure and "*The Effect*." As Dr. James asks, "What if it's a symptom? Not a disease. What if it's a useful pain that's throbbing saying, 'change your life, change your life' and you come by with pills and take that all away?" Love itself is simultaneously the cure and the disease; it drives us to madness, and it is the only thing that matters. It is unavoidable and oppressive and necessary. The line between the experimenter and the experimented on is even blurred when we learn the experiment is double-blind.

In brief, *The Effect* is a series of contradictions that compel audience members to consider issues with their due complexity in pursuit of a higher truth. Two things at once can be true: that the script effectively tackles some of the most difficult issues of our time, and that it is brought to life by a cast skilled in emotional intricacy and realism.

Maddie Proctor [maddieproctor@college.harvard.edu] '25 cried a little bit during Sophie Garrigus' monologue. Chidimma Adinna [cadinna@college.harvard.edu] '25 fell deeper in love with theater that day.

Graphic by Candace Gardner '25

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Dr. Sealey with Connie is the first of many moments of vulnerability. Garrigus sits gingerly on the hospital bed—the practitioner becoming the patient—and looks musingly off to the distance. This is the first of many emotionally compelling moments delivered exceptionally by Garrigus, including an impassioned monologue that captured sympathy from every audience member present.

At the onset of her monologue, Dr. James stands confidently, smiling sweetly and grasping a model of the human brain. She points at the different parts of the brain, which Garrigus memorized specifically and accurately in preparation for the role and matches them with their function. Different parts, she says, are responsible for her love for "meringue" and her memory of her "father [holding her] on a jungle gym."

Then, Garrigus makes a masterful transition. She points to one part of the brain and proclaims, "Here's my impulse to kill myself." Her smile falters, but her cavalier tone remains. Garrigus' delivery of Dr. James' confession evokes the kind of complete silence from the audience which underscores both her talent and the weight of the subject matter. Audience members hold their breath while she goes on to explain the difficult realities of living and appearing externally happy as someone who is depressed.

The parallel love stories in *The Effect* raise significant themes about what it is to love. For Connie

THE GAME: DO'S AND DON'T'S

How to make the most of your Harvard-Yale

BY ALEXANDRA DOROFEEV '25

This year's Harvard-Yale game is sure to be full of novelty since the last home game of the rivalry was at Fenway Park six years ago. Unlike last year in New Haven, Harvard students will have the luxury of sleeping in their own beds on the eve of the big game, only a short walk away from the tailgating and game festivities. But even on home territory, you might need some tips and tricks to make sure the weekend goes smoothly, especially since few people on campus remember the last game at Harvard.

We have gathered the best suggestions of how to make the most of your weekend—and what you should surely avoid.

DO:

1. Have a White Claw or Natty Light for the ultimate breakfast of champions. We recommend a “can cleanse” for the duration of Friday and Saturday, a diet of only alcoholic liquids. It is sort of like a juice cleanse, but we guarantee this regime to be

much more fun.

2. Get less than two hours of sleep the night before. This one is simple: less sleep equals more fun. You will be able to catch up on sleep over Thanksgiving break. Harvard Yale only happens once a year.

3. Wear makeup that won't rub off overnight. Last night's mascara is good enough for the tailgate! All you must do is paste on a red H tattoo and you will be good to go. This will save you valuable time in starting the pregame.

4. Wake up feeling more drunk than when you went to bed. If you don't get the spins when your head hits the pillow Friday night, you're not doing it right.

5. Hide a handle somewhere in the field. Drinking will be limited at the tailgate this year, so it's important to prepare by hiding your beverages. I recommend a bush.

DON'T:

1. Blue Bike home from the Friday night festivities. Objectively, biking is the most efficient mode of transportation in Boston, but if you have been out celebrating, it's best to play it safe and stay away from the bikes. Walk or take the T. This will be sure to save you \$100 by avoiding an Uber.

2. “Don't be the designated driver for eight people. You will deeply regret it.” —Jack Chilson '25

3. Let anyone borrow your Yuck Fale hat or another quirky accessory. No matter how cute they are, do not fold on this one. Especially if they go to Yale, you will not get it back.

Forget your Yuck Fale hat.

4. Post anything on social media with the caption, “Yuck Fale.” It's overused. You'll be better off thinking of another pun for your caption.

Alexandra Dorofeev '25 (alexandradorofeev@college.harvard.edu) will be tapping her Yuck Fale hat to her head.

THE OTHER FOOTBALL: COULD IT BE COMING HOME?

Everything you need to know about the FIFA World Cup Qatar 2022

BY ANDREW SPIELMANN '25

Just one day after the Harvard-Yale Football Game, a different type of football competition will be played on the other side of the world. With equally impassioned fans and historic rivalries, the FIFA World Cup 2022 will be held in Qatar from November 20th until December 18th.

The World Cup is the highest-level competition for international men's association football (or soccer) and takes place every four years between 32 qualifying nations. The tournament begins with a group stage, with eight groups of four teams. The top two teams from each group go through to the round of 16, beginning a simple knockout bracket to decide the World Cup Champion. Only eight nations have won the trophy in its 92-year history: Brazil, Germany, Italy, Argentina, France, Uruguay, England, and Spain. The total viewership is consistently in the billions, rivaled only by the Summer Olympics, and dwarfing the likes of the Super Bowl.

The competition looks strong this year, with no clear favorites to win. Brazil currently tops the FIFA world rankings, and with five World Cup titles, have historically been the most successful team. Relative to its group of Switzerland, Serbia, and Cameroon, Brazil demonstrates a high potential for victory. Brazilian student Carolina Bartunek '25 claimed, “Brazil is going to win, period.” She emphasized that “football is everything in Brazil.”

France is the defending champion after winning its second World Cup title in 2018, although the teams has had some inconsistent results in recent Nations League matches. They will seek to dominate Australia and Tunisia and overturn their recent loss to a strong-looking Denmark.

England is coming off the back of their loss to Italy in the finals of the 16th UEFA European Football Championship that took place in summer 2021. Their recent results have also been disappointing, and manager Gareth Southgate's recent choice of players have garnered criticism, but their surprising successes at the 2018 World Cup, where they placed fourth, and at Euro 2020, indicate a spirit that could take them farther than expected.

Matteo Wakeman '26 champions Argentina, another historically successful team: “I think this

is our year because this is the first time that the team has a lot of confidence.” This is likely the final World Cup for Lionel Messi, Argentina's captain and seven time Ballon d'Or winner, so he will surely play a pivotal role in the team's final result. Cristiano Ronaldo, Messi's longtime rival will be captaining Portugal for his last World Cup as well, so this competition is being seen as the end of an era of their domination as the greatest players. Belgium, Spain and Germany are the other powerhouses set to make an impact. Some sleeper picks include Senegal and Japan, the best teams from Africa and Asia respectively.

A notable absence from the competition is Italy, who won the UEFA Euro 2020, the biggest competition for European international football. They failed to qualify for the World Cup for the second consecutive time, demonstrating the high level of competition to qualify from European countries.

For a tournament that draws spectators from all around the world, the United States lacks serious support in men's soccer. Soccer is considerably less watched than American football, baseball, basketball. American student Wellington Upstill '25 demonstrated apathy toward American soccer, stating that while he was in Paris when France won the World Cup, “it was pretty cool, but otherwise soccer is a pretty lame sport.”

George Genieser '25, a Londoner with American parents, commented, “Americans don't like [association] football because they are bad at it.” He compared it to American football, where “no other country plays it, that's why they like it.”

Indeed, the United States did not even qualify for the 2018 competition, but they are back now and better than ever. England, Wales, and Iran bring high competition, but a team full of promising young players will surely help the United States make a statement. Genieser pointed out that “realistically, the pivotal player is going to be Giovanni Reyna,” a 20-year-old from New York City playing for Borussia Dortmund, a sports club based in Bundesliga, Germany. Jointly hosting the 2026 World Cup with Mexico and Canada, the United States is likely to see an increase in appreciation and level of competitive soccer players in coming years.

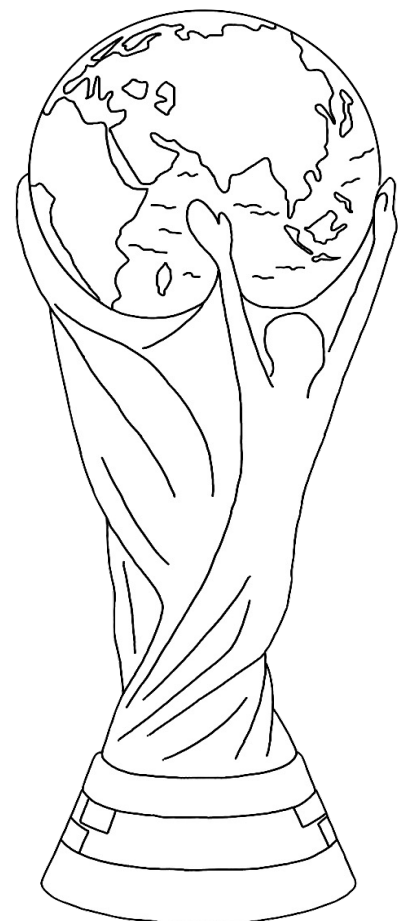
Although the FIFA World Cup typically

takes place in the summer months, this year's later start date is due to Qatar's extremely hot climate: with average daily highs of 107°F in June, it was seen as unsafe for the players and fans. This change in timing has caused some backlash from those who do not wish to interrupt the European club football season, a change that will force a turnaround of just a few days for club players in Europe to prepare for the World Cup and increase the potential for injuries and poorly-organized teams. However, expect plenty of dorm room watch parties at 10 am.

While Harvard-Yale reminds us of the historical rivalry with our New Haven neighbors, let the following month of international football competition remind us of the ability that sports have in bringing people together around the world.

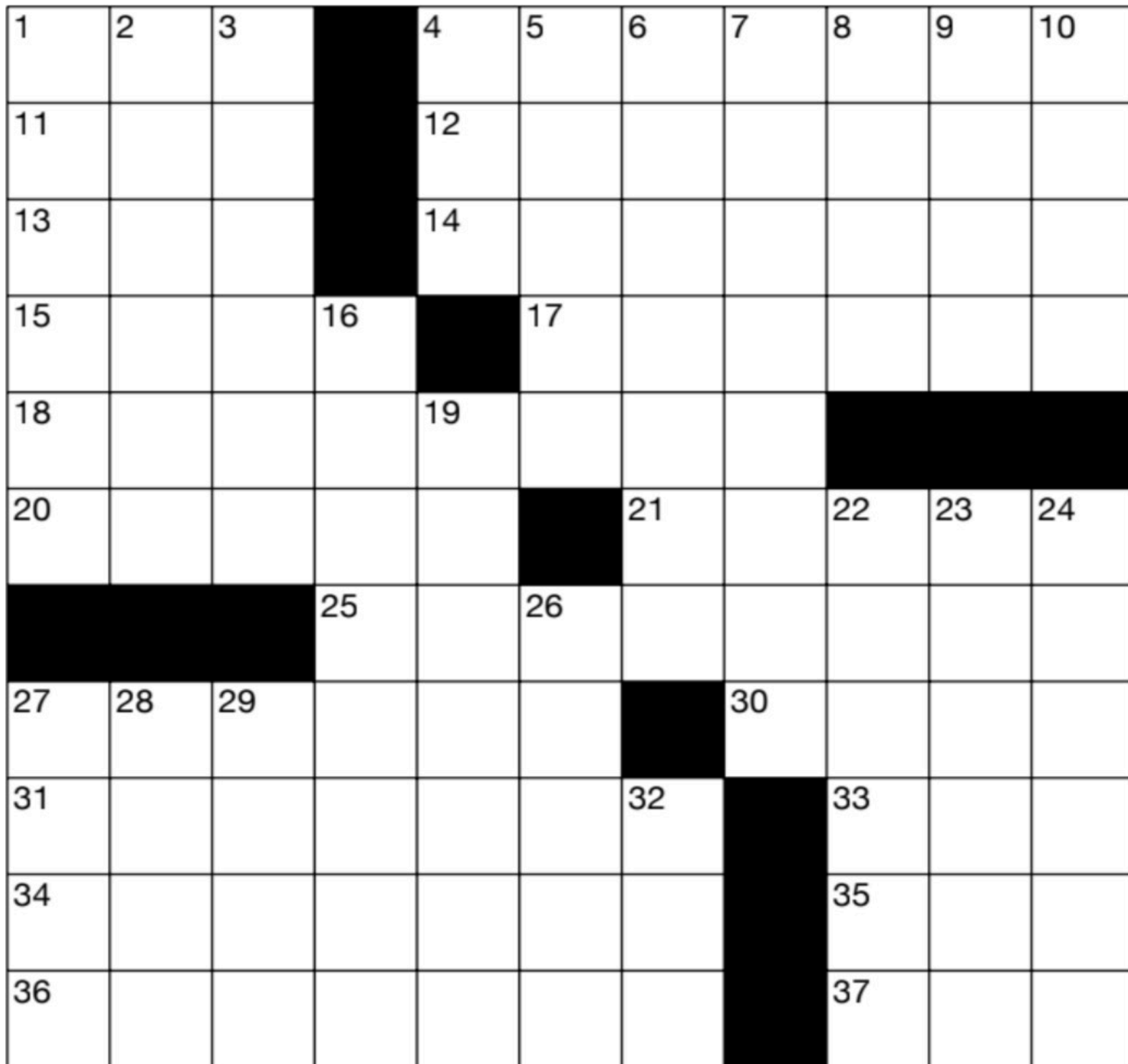
Andrew Spielmann '25 (andrewspielmann@college.harvard.edu) writes Sports for *The Independent*.

Graphic by Reeve Sykes '26



DON'T EVEN THINK ABOUT IT

BY PETER LASKIN '23



ACROSS

- 1 One of us?
 4 Fuel found washed up on beaches
 11 Units of temperature?
 12 Economic warfare tactic
 13 Grp. mediating a 12-Across, maybe
 14 Places for a phrase to say to a Yale fan (I hope), or for an inconvenient truth
 15 California wine valley
 17 Hits quickly
 18 Twilight, quaintly
 20 Tears
 21 Remove from the board
 25 Some fortified wines
 27 Cherry ____ (popular Ben & Jerry's flavor)
 30 Amo, amas, ____

- 31 Open in Madrid
 33 Mazatlán Mrs.
 34 Wasn't kidding
 35 Make moves
 36 Che's real name
 37 Most-read article?

DOWN

- 1 Chairman of the bored?
 2 Distance across the Cs?
 3 Arthur Ashe Stadium tournament
 4 Allston complex
 5 Man In Business Suit Levitating, among others
 6 Nail file, for one
 7 Capital of Australia
 8 Galena and cinnabar, for two
 9 Taj Mahal city
 10 Dharma Initiative show

- 16 Way to order a wrap?
 19 Ammo at sporting events
 22 Sets ones sights on
 23 Hit ctrl+F, say
 24 Will's concern
 26 1984 Weird Al hit
 27 Arimaa or Stratego
 28 But in Berlin
 29 "Knives Out" director Johnson
 32 Prefix with -laryngologist

Peter Laskin '23



COVER ART + LAYOUT BY PIPER TINGLEAF '24

WE BELONG
TO NO ONE
BUT
OURSELVES

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NPE — Mary Julia Lock