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CONTENTS

- 3 Shortchanged: The ADHD Medication Crisis Hits Harvard's Halls
by Nina Berkman '27
- 4 The Law of the Land
by Rania Jones '27 and Meena Behringer '27
- 6 Inclusion and Exclusion: Hispanic Heritage Month at Harvard
by Abril Rodriguez Diaz '26
- 7 Inclusión y exclusión: "Hispanic Heritage Month" en Harvard
by Abril Rodriguez Diaz '26
- 8 Hey Harvard, You Have a "Fan" Club
by Sara Kumar '27
- 9 Pinnochio's v.s. Joe's: The Rematch?
by Mia Tavares '27 and Adedoyin Adebayo '26
- 10 Becoming Harvard State
by Layla Chaaraoui '26
- 12 Can Harvard Work AND Play Hard?
by Ellie Tunnell '27 and Lauren Barakett '27
- 13 Point/Counterpoint: Passionate vs Passive Fandom
by Ahmad Kanafani '26 and Alejandro Sanchez '26
- 14 Indy Sportsbook: Betting on Soccer
by Luke Wagner '26
- 15 Old School
by Rebecca Ackerman '25

Shortchanged: The ADHD Medication Crisis Hits Harvard's Halls

A DEEPER LOOK AT ADHD MEDICATION SHORTAGE AND ITS IMPACT ON HARVARD STUDENTS.

by Nina Berkman '27

Until several weeks ago, a nationwide shortage of ADHD medications presented a formidable challenge to students who rely on them. For many Harvard students, the prospect of enduring three-hour seminars, extensive reading, and hours immersed in the library on weekends becomes daunting in the absence of these vital medications. Entering October—the official ADHD awareness month—the ADHD medication shortage underscores the need to recognize and address the mental health challenges Harvard students face.

According to the National Institute of Health, approximately 5.6 % of U.S. college students are impacted by ADHD, or Attention Deficit Hyperactivity Disorder. Assuming Harvard's campus reflects these proportions, over 1,400 Harvard students are likely affected by the shortage. Students diagnosed with ADHD, a neurodevelopmental condition, are commonly prescribed stimulant medications by their healthcare provider to manage their symptoms, which can include difficulty focusing, impulsivity, and hyperactivity. This medication helps students succeed academically, stay motivated, and maintain their overall well-being.

According to the Child Mind Institute, the most popular brand names of stimulant medications are Adderall, Concerta, Focalin, Ritalin, and Vyvanse. They have a calming effect on people with ADHD by increasing levels of certain chemicals (neurotransmitters) in the brain. Without these medications, students are prone to experience hindered focus, increased anxiety, and depression.

The shortage has had a consequential and lasting impact on Harvard students. "With the Adderall shortage, I have not been able to get any medicine to help treat some of [my] symptoms so learning how to manage [my] time, maintain focus, and work efficiently has been very important," said one anonymous Harvard freshman who struggles with ADHD.

Furthermore, the shortage has caused students to have to ration their medicine supply, which can lead to multiple negative health and social risks. "I have to in some moments take a break so I can have a few spare dosages, so if there is a delay I will be okay," said another anonymous Harvard student, discussing instances where they feel medication is necessary but do not want to deplete the limited supply they have available.

The public shortage of Adderall began in the fall of 2022 and has since experienced a domino effect, leading to multiple drug

and generic equivalents in short supply. This initial delay of Adderall was traced to one unnamed drug maker according to the joint DEA and FDA's assessment in August 2023. In a letter written to manufacturers, distributors, and pharmacies, the two federal agencies wrote, "This delay has since been resolved and we are continuing to experience its effects in combination with record-high prescription rates of stimulant medications."

Several other factors converged to create the perfect storm of a national ADHD medication shortage. The demand for ADHD medications saw a notable surge, mainly driven by a growing awareness of the disorder and mounting academic pressure on students. The COVID-19 pandemic further exacerbated the situation, as policy changes eased restrictions on in-person doctor visits, leading more students to seek treatment for their mental health or medical concerns. Furthermore, the pandemic's larger economic impact on global supply chains disrupted manufacturers' ability to meet the escalating demand for these medications.

Regulatory hurdles also led to a continuation of the shortage. The DEA classifies ADHD medications as controlled substances due to their potential for abuse, addiction, and overdose. This classification increased approval delays and scrutiny, leading to manufacturing limitations. The DEA does set production quotas to limit potential abuse. However, according to the DEA and FDA's joint letter in 2023, "In 2022, manufacturers only sold approximately 70 percent of their allotted quota. There were approximately 1 billion more doses that they could have produced but did not make or ship."

The repercussions of the shortage have had a significant impact and Harvard students are not immune to its effects. Without access to prescribed medications, students experience disruptions in their daily lives, hindering their academic performance and overall well-being. Balancing academic stressors, activities, and social obligations can lead to anxiety and depression stemming from an inability to function at their accustomed level of focus. Even students without ADHD struggle with such high-demanding schedules.

Moreover, a lack of alternative resources—or a misdiagnosis such as therapy and executive function specialists to compensate for the absence of medication—often amplify the challenges that they may face.

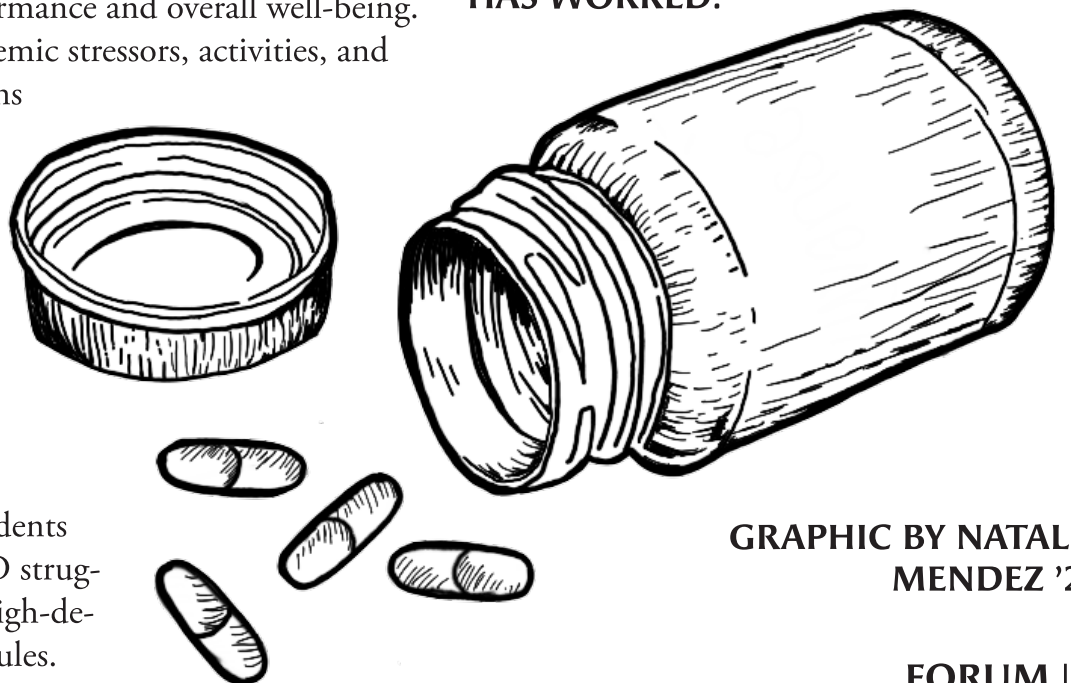
In late August, the FDA approved several generic versions of Vyvanse for the first time; yet it is too soon to determine how that will affect the shortage. While stimulants are in short supply nationwide, alternative solutions exist for different non-stimulant prescription medications. Though these treatments are not controlled and less likely to create dependencies, they typically take up to four weeks or longer to start working.

In an interview with the *Harvard Independent*, a pharmacist at the CVS Pharmacy in Harvard Square spoke on the drugstore's recovery since the shortage. "CVS is now capable of fulfilling all of its ADHD medication prescriptions," they said, noting the pharmacy's collaboration working hand in hand with the Harvard University Health Services (HUHS).

While the full impact of this shortage is yet to be seen, we must prioritize the well-being of Harvard students with empathy and understanding. No matter what challenges students face, it should be ensured that everyone has an equitable chance to succeed.

The crisis prompts broader questions about issues such as accessibility and awareness. We have a collective responsibility to support one another through mental health struggles and neurodiversity. Now more than ever at Harvard, we must prioritize creating a beacon of hope and refuge where students can readily find support from their peers, faculty, and the institution itself.

**NINA BERKMAN '27
(NINABERKMAN@COLLEGE.
HARVARD.EDU) WAS PRESCRIBED
ADDERALL, BUT DOESN'T THINK IT
HAS WORKED.**



**GRAPHIC BY NATALIE
MENDEZ '27**

The Law of the Land

IS THE SUPREME COURT OF THE UNITED STATES STILL AN ENGINE OF EQUAL JUSTICE UNDER LAW?

by Rania Jones '27 and Meena Behringer '27

“The only power the Supreme Court has is its legitimacy...and if it loses that, the question becomes, why obey?”

The documentary trailer projected on the screen of the John F. Kennedy Jr. Forum at the Harvard Kennedy School's Institute of Politics asked its packed audience this question. On September 20th, Harvard undergraduate and graduate students eagerly gathered to hear a timely conversation on the state of the U.S. Supreme Court and hear director Dawn Porter discuss her new Showtime series “Deadlocked: How America Shaped the Supreme Court.”

Cheri Beasley, former North Car-

olina Supreme Court Chief Justice and a Fall 2023 Institute of Politics Resident Fellow, moderated the lively conversation. She was joined by Harvard Law School Professor of Practice and featured member of the documentary Alan Jenkins. Co-sponsored by the Shorenstein Center of Media, Politics, and Public Policy, the event focused on the U.S. Supreme Court's impact on policy-making. Following the conversation, the audience watched an advanced screening of an episode of “Deadlocked.”

time called her in 2020 with an offer to direct a series about the Supreme Court, Porter—with a strong background in the legal system—jumped at the opportunity. Porter's initial mission was to document how the Supreme Court became what it is today. “At first I was really interested in the confirmation process because that has become so politicized... in so many ways. As we were doing our research I realized that most Americans weren't aware of some of our history...I thought [that] it is important that we study our history. I wanted to give four hours tracing that history,” she said.

looked to the Supreme Court to protect and expand their rights, with the Warren Court being a prime example. However, Porter raised an interesting and contrasting perspective, contemplating whether the Court can actually be a mechanism that protects freedoms, or if we are far too-trusting of the system. She asks, “What if that's all wrong? What if it is actually the Warren Court that is the outlier? Was it just a lucky convergence of affairs or is it something that we will see again?”

The conversation then shifted to President Nixon, who Porter explained appointed four conservative-leaning

The current Supreme Court has an unpredictable and unprecedented future. The question then becomes: has it lost its legitimacy? “I hate to tell you all. For most of your adult lives, so by the time that you are our age, this is still going to be the court that you have, so good luck with that,” Porter remarked, garnering an immediate rupture of laughter.

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The conversation began with Porter's background. After attending Georgetown University Law School and working as an associate for Baker & Hostetler LLP for five years, Porter pivoted to filmmaking, working in-house as an attorney for ABC Television and later Director Standards and Practices for NEWS | 4 ABC News. When Show-

The series begins with the history of the Warren Court, which ushered in a period of unprecedented civil rights reform that cemented the court as a symbol of justice to Americans with its famous *Brown v. Board of Education* decision. “That was actually when the court really changed from looking more at... economic issues to looking at individual rights,” Porter explained.

Both Jenkins and Porter affirmed that the Warren Court became the example of what the Supreme Court is supposed to do—protect fundamental rights. “The Framers of our Constitution never envisioned that people who look like us will benefit from at least the First Amendment in life for themselves,” said Porter, speaking to her own identity as a Black woman in filmmaking.

The panelists repeatedly pointed out that Black people in particular have

justices in his campaign to take back the Court following the Warren Court. As argued in the documentary, this radical court did not randomly emerge. It was instead the culmination of a gradual and decade-long rightward political shift.

Much of the documentary focuses on the confirmation processes of justices, in light of the Federalist Society's recent impact on creating a pipeline of conservatism in the law. The Federalist Society for Law and Public Policy Studies is an American conservative and libertarian legal organization that advocates for an originalist interpretation of the U.S. Constitution. As the panelists mentioned, the well-funded Federalist Society has been extremely effective in perpetrating conservative agendas through the federal judiciary, including putting conservatives on the bench.



Yet in recent decades, the Federalist Society has transformed its mission, permanently bringing in conservative lawyers, scholars, and judges into the legal world and even hand-picking Supreme Court justices. “There’s no real problem with creating an affinity society to share views, to try to even influence elections to the court,” Porter said.

“Donald Trump asked Leonard Leo, then one of the leaders of the Federalist Society, for a list of Supreme Court prospective justices...in the series that Trump waves and says ‘well, I have a list and the Federal Society helped me.’ They didn’t help him, they created the list. The idea that a president has outsourced to an ideological interest group the vetting and nomination..that is extraordinary,” she added.

This, to Porter, is what the series attempts to divulge: “It is not a complaint about decisions that I don’t like,” but more of a “request to us all to evaluate how decisions are being made, how justice is being treated, and what procedures and practices are we seeing that are unprecedented,” she said.

An integral point of conversation was the role of luck in the selection and composition of Supreme Court Justices. Former President Donald Trump was able to nominate and fill three vacancies on the Court, whereas current President Joe Biden has only been appointed one nomination.

To a certain degree, much of the procedure in appointing justices is random. But the process is also problematically cyclical. The documentary recounted that during Trump’s term, countless procedures relating to the Court were completely changed, allowing Trump to push his conservative agenda. From changing the amount of Senate votes needed to confirm Supreme Court nominees to fast-tracking Supreme Court Justice Amy Coney Barrett’s nomination, the past few years have made one thing very clear about the Supreme Court: it is easily manipulated.

The current Supreme Court has an unpredictable and unprecedented future. The question then becomes: has it lost its legitimacy? “I hate to tell you all. For most of your adult lives, so by the time that you are our age, this is still going to be the court that you have, so good luck with that,” Porter remarked, garnering an immediate rupture of laughter.

Jenkins offered a simple piece of forward-looking advice: “I think that the story is not fully written.” He provided historical evidence to make this point, such as Justice Blackmun’s unexpected defense against the death penalty, Justice Kennedy’s stance on abortion, and Justice Warren’s general ability to influence the Court. Jenkins affirmed that the justices are people, and that they can “grow and change over time.” The public’s trust in the Supreme Court may have to rely on

this, hoping that the justices will be able to adapt with contemporary events.

The conversation concluded with an open-question round asked by members of the audience. The Harvard Independent asked Jenkins, “Is there anything that we as Harvard students can do specifically with our education to ensure that we don’t stand idly by and watch more of our guaranteed civil rights be stripped away?”

“As students, as faculty, we need to return to core democratic values, make sure we are teaching those values and those ethics, and that students are studying them...This is true for moderates, and progressives, and conservatives; some of the heroes for example of the insurrection were conservative republicans who with integrity believed in upholding democratic values,” Jenkins replied. “We need those people, many of some were my law school classmates, whom I vehemently disagreed with on lots of issues, and I’m grateful to them for standing up for the institution when it mattered.”

MEENA BEHRINGER '27 (MEENABEHRINGER@COLLEGE.HARVARD.EDU) AND RANIA JONES '27 (RJONES@COLLEGE.HARVARD.EDU) ARE TWO WOMEN WHO WOULD LIKE TO HAVE THEIR FUNDAMENTAL RIGHTS BACK.

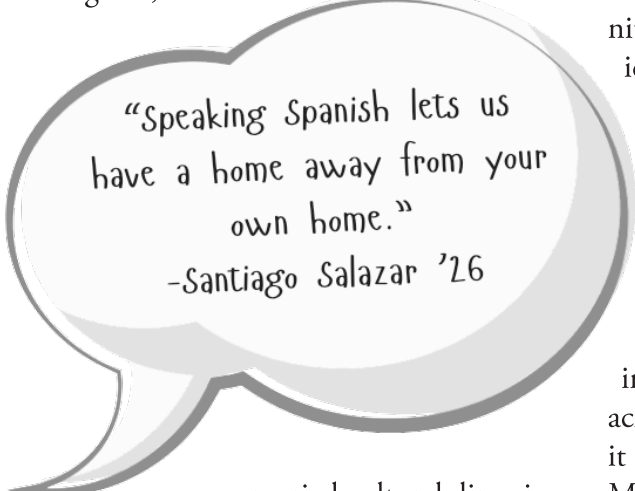
Inclusion and Exclusion: Hispanic Heritage Month at Harvard

REALIZING THE IMPLICATIONS OF HISPANIC HERITAGE MONTH, BUT CELEBRATING OUR IDENTITY ALL THE SAME.

by Abril Rodriguez Diaz '26

Being Hispanic and Mexican, I do not celebrate Hispanic Heritage Month. Through its materialization at Harvard, the month of September—filled with themed HUDS recipes, house community events, and cultural showcases—prompts contemplation on the interplay of race, culture, and linguistic identity from its Latino students. To me, the month-long attribution feels violently reminiscent of the Spanish colonization of the Americas and simultaneously a recolonization of the Latin American independence days that overlap with it.

Even the title imposes serious neglect. The term ‘Hispanic’ technically refers to Spain or to Spanish-speaking countries, disregarding any disparities between cultures and ethnicities on the grounds of a shared language. As a result, the term “Hispanic Heritage Month” excludes millions of non-Spanish-speaking Latin Americans, particularly indigenous populations concentrated around Central America. Despite the erasure of indigenous languages over hundreds of years, 560 indigenous languages are still spoken in Latin America, with 8.5 million individuals alone speaking Quechua as their home tongue. ‘Hispanic’—a term that perpetuates the European colonialism of Central and South America—attempts to group two vastly dissimilar regions, and the



“Speaking Spanish lets us have a home away from your own home.”
-Santiago Salazar '26

myriad cultural, linguistic, and ethnic identities within them, into one umbrella term.

“Latino” more accurately acknowledges geographic and cultural roots. Juan Venancio '24, president of Harvard Association for Cultivating Inter-American (HACIA) Democracy, shared his perception of being labeled Latino versus Hispanic. “I define being Latino as someone who comes from the region, not necessarily someone who speaks Spanish, but obviously our identity is very complex.”

Venancio feels more Latino than Hispanic. “Academic literature states that the term ‘Hispanic’ originated from the American government in the 1960s,” Venancio explained. The emphasis on “Hispanic” is culturally Eurocentric and perpetuates existing instances of linguistic discrimination that contribute to welfare issues across Latin America. “One can argue that ‘Latino’ came from the Latin American community—which, after many revolutions and uprisings, fought to search for and find this identity,” he says.

Hispanic Heritage Month was first established in the 1960s when President Lyndon Johnson, in tribute to Hispanic Americans, declared Hispanic Heritage Week be-

ginning on September 15th. In 1987, Rep. Esteban Torres of California submitted H.R. 3182, a bill to expand it into Hispanic Heritage Month, and it was enacted into law under President Ronald Reagan in 1988. It is a national holiday—invented and celebrated within the bounds of the United States.

Yet the period of its duration, from September 15th to October 15th, does not reflect a month that is culturally, politically, or socially significant for “Hispanics” or “Hispanic-Americans:” the very community it seeks to recognize. The United States Library of Congress states that the first day of Hispanic Heritage Month is “the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.” But this pays no homage to any of these countries—if anything, it memorializes American colonial power and takes away meaning from a sacred day of celebration.

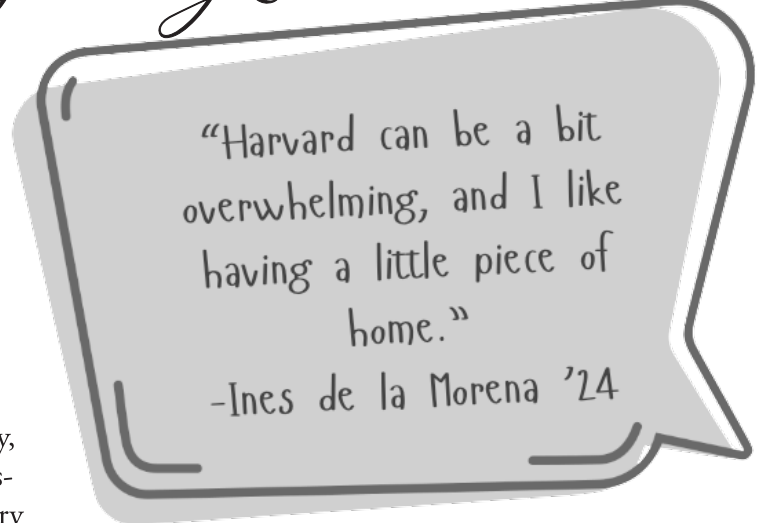
Beginning Hispanic Heritage Month on these independence days mirrors the American commemoration of Cinco de Mayo: turning unique, pivotal moments in history into opportunities for Americans to naively celebrate “Hispanic” culture. You won’t find Mexicans celebrating our independence on the fifth of May (a date that actually marks the Mexican triumph over France at the Battle of Puebla), but you will on the night of September 15th and all through September 16th—our actual Independence Day. The true history, culture, and significance of the Latin American struggle and independence from Spain is far from correctly acknowledged in the United States—if anything, it is drowned out by the start of Hispanic Heritage Month, and eclipsed by American holidays like Cinco de Mayo.

The exclusionary nature of Hispanic Heritage Month is particularly significant within Latino communities, since linguistic discrimination is a significant, widespread issue within Latin America.

“My identity has really confused me for the past 22 years. I don’t feel Mexican or Spanish, but rather like a strange mix of a third category,” said Ines de la Morena '24, who grew up in Mexico City with Spanish parents. “I grew up with Spanish traditions, food—my friends would make fun of my vocabulary—but then when I go to Spain, everyone tells me I’m very Mexican.”

“Ideologically and culturally, I definitely feel more Mexican, but that’s because I grew up and was born there,” de la Morena says.

“I feel like Harvard is a campus with a lot of incredible opportunities, and sometimes it’s difficult to know what’s a good fit,” De la Morena continued, explaining how Harvard has given her a sense of place. “But the good thing about HOLA (Harvard Organization for Latin America), HACIA (Association for Cultivating Inter-American Democracy), and any other Spanish-speaking



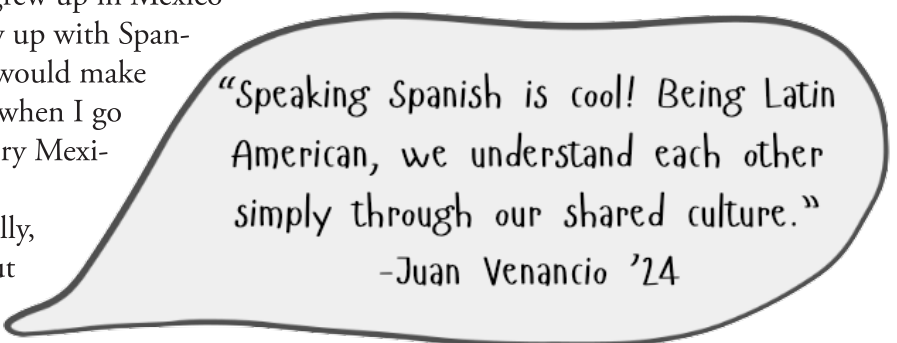
“Harvard can be a bit overwhelming, and I like having a little piece of home.”
-Ines de la Morena '24

community is that if you’re Latin American, you *know* it’s a good fit. You will always have a good time and meet very interesting people. The opportunities at Harvard often revolve around identity exploration, but those cultural groups remain an anchor.”

At Harvard, the circumstances that characterize “Hispanic” as an exclusionary or inclusionary term are entirely different, because Harvard is a Latino-minority space. The topic of Spanish as a language is constantly present at the forefront of my mind. At Harvard, the celebration of the Spanish language is a gateway to beautiful culture—to togetherness, to nearness, to informality, to family, to music, to dance. It is a crisp, refreshing difference from thick, heavy English, sterile classroom talk, formal Harvard speak.

At such a foreign and frightening place like Harvard, speaking Spanish has been the single biggest piece of home that I can carry with me at all times. It can never be lost, and it can never be taken. Perhaps this is why people with shared home-languages tend to group together—our language is a vehicle for promoting shared culture and establishing a sense of place. Just like Venancio says, “People from countries in the region understand each other simply because of our shared culture.”

Somehow, those of us with strong ties to the language find ways to speak more Spanish than English throughout the day—not to exclude others, but to bring our homes to Harvard. I live in a Hispanic suite, and so I am fortunate to wake up to Spanish and fall asleep to it. At the end of the day, being part of a Hispanic community is the single most incredible part of Harvard.



“Speaking Spanish is cool! Being Latin American, we understand each other simply through our shared culture.”
-Juan Venancio '24

ABRIL RODRIGUEZ DIAZ '26 (ABRILRODRIGUEZDIAZ@COLLEGE.HARVARD.EDU) IS STILL PROUDLY CELEBRATING HER COUNTRY'S INDEPENDENCE DAY, WHICH FELL ON THE 16TH OF SEPTEMBER.

GRAPHIC BY ANNEISE FISHER '26

Inclusión y exclusión: "Hispanic Heritage Month" en Harvard

COMPRENDIENDO LAS IMPLICACIONES, PERO CELEBRANDO IGUALMENTE NUESTRA IDENTIDAD.

by Abril Rodriguez Diaz '26

Aunque soy latina y mexicana, no celebro el "Mes de la Herencia Hispana," *Hispanic Heritage Month*. A través de su materialización en Harvard, el mes de septiembre—lleno de eventos y celebraciones culturales—fomenta la reflexión de estudiantes latinos sobre la interacción entre raza, cultura e identidad lingüística. Para mí, la atribución de un mes de celebración de la 'Cultura Hispana' se siente más como un violento recuerdo de la colonización española de las Américas y, al mismo tiempo, una recolonización de los días de la independencia latinoamericana que se solapan con ella.

Hasta el título impone problemas graves. El término "hispano" técnicamente hace referencia a España, o a los países hispanohablantes, ignorando las diferencias culturales y étnicas solo por el hecho de compartir una lengua. En consecuencia, el término "Mes de la Herencia Hispana" excluye a millones de latinoamericanos que no hablan español, en particular a las poblaciones indígenas concentradas en torno a Centroamérica. A pesar de la supresión de las lenguas indígenas durante cientos de años, todavía se hablan 560 lenguas indígenas en América Latina; el quechua, una de las lenguas más conocidas en la región, es hablada por 8,5 millones de personas como lengua materna. "Hispano"—un término que perpetúa el colonialismo europeo en Centroamérica y Sudamérica—intenta agrupar en un solo término dos regiones muy distintas y las innumerables identidades culturales, lingüísticas y étnicas que las componen.

"Hablar español te deja tener un hogar lejos de tu propio hogar."

-Santiago Salazar '26

La palabra "Latino" reconoce mejor las raíces geográficas y culturales de las personas de esta región. Juan Venancio '24, presidente de la Asociación de Harvard para el Cultivo de la Democracia Interamericana (HACIA), compartió su percepción de la diferencia entre "latino" e "hispano." "Yo defino ser Latino como alguien que viene de la región, no necesariamente que sea hispanohablante, pero obviamente nuestra identidad es muy complicada."

Venancio se siente más latino que hispano. "La literatura académica dice que el término 'hispano' viene del gobierno americano de 1960, mientras que alguien podría argumentar que 'latino' vino de la comunidad Latinoamericana—que después de varias revoluciones y rebeliones, batallaron nuestros antecedentes para buscar y encontrar esta identidad."

El Mes de la Herencia Hispana se estableció por primera vez en la década de 1960, cuando el Presidente Lyndon Johnson, en homenaje a los hispanoamericanos, declaró la Semana de la Herencia Hispana a partir del 15 de septiembre. En 1987, el representante Esteban Torres, de California, presentó el proyecto de ley H.R. 3182, para convertirlo en el Mes de la Herencia Hispana, y fue promulgado como ley por el Presidente Ronald Reagan en 1988. Es una

fiesta nacional, inventada y celebrada dentro de los límites de Estados Unidos.

Sin embargo, el periodo de su duración, del 15 de septiembre al 15 de octubre, no refleja un mes que sea cultural, política o socialmente significativo para los "hispanos" o "hispanoamericanos"—la propia comunidad a la que pretende reconocer. La Biblioteca del Congreso de Estados Unidos (USLC) afirma que el primer día del Mes de la Hispanidad es "el aniversario de la independencia de los países latinoamericanos Costa Rica, El Salvador, Guatemala, Honduras y Nicaragua. Además, México y Chile celebran sus días de independencia el 16 y el 18 de septiembre, respectivamente". Pero esto no rinde homenaje a estos países; en realidad conmemora el poder colonial estadounidense y quita significado a un día sagrado de celebración.

El inicio del *Hispanic Heritage Month* se asemeja más a la conmemoración estadounidense del Cinco de Mayo—momentos únicos y cruciales de la historia latinoamericana que se convierten en oportunidades para que los estadounidenses celebren ignorantemente la cultura "hispana". Por ejemplo, los mexicanos no celebramos nuestra independencia el cinco de mayo (una fecha que en realidad marca el triunfo mexicano sobre Francia en la Batalla de Puebla), pero sí la noche del 15 de septiembre y durante todo el 16 de septiembre, nuestro verdadero Día de la Independencia. La verdadera historia, cultura y trascendencia de la lucha latinoamericana y su independencia de España no se reconocen correctamente en Estados Unidos; más bien quedan ahogadas por el inicio del Mes de la Herencia Hispana y eclipsadas por fiestas estadounidenses como el Cinco de Mayo.

El carácter excluyente del Mes de la Hispanidad es especialmente significativo en las comunidades latinas, ya que la discriminación lingüística es un problema importante y generalizado en América Latina. El énfasis en lo "hispano" es culturalmente eurocéntrico y perpetúa los casos existentes de discriminación lingüística que contribuyen a los problemas de bienestar en toda América Latina.

"My identity has really confused me for the past 22 years. I don't feel Mexican or Spanish, but rather like a strange mix of a third category," said Ines de la Morena '24, who grew up in Mexico City with Spanish parents. "I grew up with Spanish traditions, food—my friends would make fun of my vocabulary—but then when I go to Spain, everyone tells me I'm very Mexican."

"Mi identidad me ha confundido mucho desde hace 22 años. No me siento ni mexicana ni española, más bien como una extraña mezcla de una tercera categoría," dijo Ines de la Morena '24, que creció en la Ciudad de México con padres españoles. "Crecí con tradiciones españolas—mis amigos se burlaban de las palabras que usaba—pero cuando iba a España, todo el mundo me decía que sonaba muy mexicana."

"Ideológicamente y culturalmente definitivamente me siento más mexicana, pero es porque ahí crecí y nací," dijo de la Morena.

"Siento que Harvard es un campus con muchísimas oportunidades, y a veces es difícil saber cual es un buen *fit*." De la Morena continuó, explicando cómo Harvard le ha dado un lugar a donde

"Harvard puede ser un poco abrumador y me gusta tener un pedacito de casa."
-Ines de la Morena '24

pertenecer. "Pero lo bueno de HOLA, HACIA, y cualquier otra comunidad de hispanohablantes es que si eres Latinoamericano, sabes que es un buen *fit*. Y que siempre te la vas a pasar bien y vas a conocer a gente muy interesante. Las oportunidades en Harvard son mucho de exploración de identidad, pero esos grupos culturales quedan como un ancla."

En Harvard, las circunstancias que caracterizan a "hispano" como un término excluyente o incluyente son totalmente diferentes, porque Harvard es un espacio donde la comunidad latina representa una minoría. El tema del español como lengua está constantemente presente en mi mente. En Harvard, la celebración de la lengua española es una puerta de entrada a la hermosa cultura, a la unión, a la cercanía, a la informalidad, a la familia, a la música, al baile. Es una diferencia marcada y refrescante en comparación con un inglés denso y pesado, con la estéril charla de clase, con el lenguaje formal de Harvard.

En un lugar tan extraño y aterrador como Harvard, hablar español ha sido el mayor pedazo de mi hogar que puedo llevar conmigo en todo momento. Nunca se puede perder y nunca me lo pueden quitar. Tal vez por eso las personas que comparten una lengua tienden a agruparse: nuestra lengua es un vehículo para promover una cultura compartida y establecer un sentido de pertenencia. Como dice Venancio, "Entre los Latinos, nos entendemos simplemente por esa cultura compartida."

De alguna manera, los que tenemos fuertes lazos con esta lengua encontramos formas de hablar más en español que en inglés a lo largo del día, no para excluir a los demás, sino para llevar nuestros hogares a Harvard. Vivo en una *suite* de hispanohablantes, por lo que tengo la suerte de despertarme con el español y dormirme con él. Al fin y al cabo, formar parte de una comunidad hispana es la parte más increíble de Harvard.

"¡Hablar español es padre! Entre los Latinos, nos entendemos simplemente por esa cultura compartida."

-Juan Venancio '24

ABRIL RODRIGUEZ DIAZ '26 (ABRILRODRIGUEZDIAZ@COLLEGE.HARVARD.EDU) SIGUE ORGULLOSAMENTE CELEBRANDO EL DÍA DE LA INDEPENDENCIA DE SU PAÍS, QUE CAYÓ EL 16 DE SEPTIEMBRE.

Hey Harvard, You Have a “Fan” Club

EXPOSING HARVARD’S LACK OF INVESTMENT IN STUDENT LIFE.

by Sara Kumar '27

CV Nothing is better than the quintessential feeling of relief from the sweltering summer sun—stumbling into a building’s cold air, sweat evaporating and replaced by an army of goosebumps, life surging back through your veins. Though while much of America may experience such wonders, Harvard students certainly do not

The week of September 4th was seven days of reckoning for Harvard students, as both Cambridge temperatures and campus buildings hovered between 80 to 90 degrees. Sleeping on top of duvet covers, lining walls with portable and box fans, and fully opening windows were all commonplace practices. After finding their usual late-night spots packed with fellow desperate undergraduates, students who usually turn to Cabot “social hour” or the Lamont “grind” were frequenting Widener, simply trying to find a seat in sub-80 degree temperatures.

The Harvard College Dean of Students Office even went as far as to email a heat and safety warning to students, listing the Smith Center, “most” libraries, and athletic center as the embarrassingly few buildings on campus that offer AC. Still, the administration likely scored a win with Harvard’s cheap water heating bill, with cold showers suddenly seeming like the peak of luxury. The 2014 Ice Bucket Challenge may have been on the verge of making a comeback.

While enduring the sweltering heat, it becomes hard for students to find many positives in their living conditions. “The one good thing about having four fans blasting was the white noise,” said Elson Bankoff '27, commenting on the stifling temperatures of her Matthews Hall dorm room.

Harvard claims they are on a path to sustainability. Air conditioning increases greenhouse gas emissions, and the heating of water burns fossil fuels, so removing both at first glance is eco-friendly. However, **FORUM** | 8 those “Make it fast! Let’s

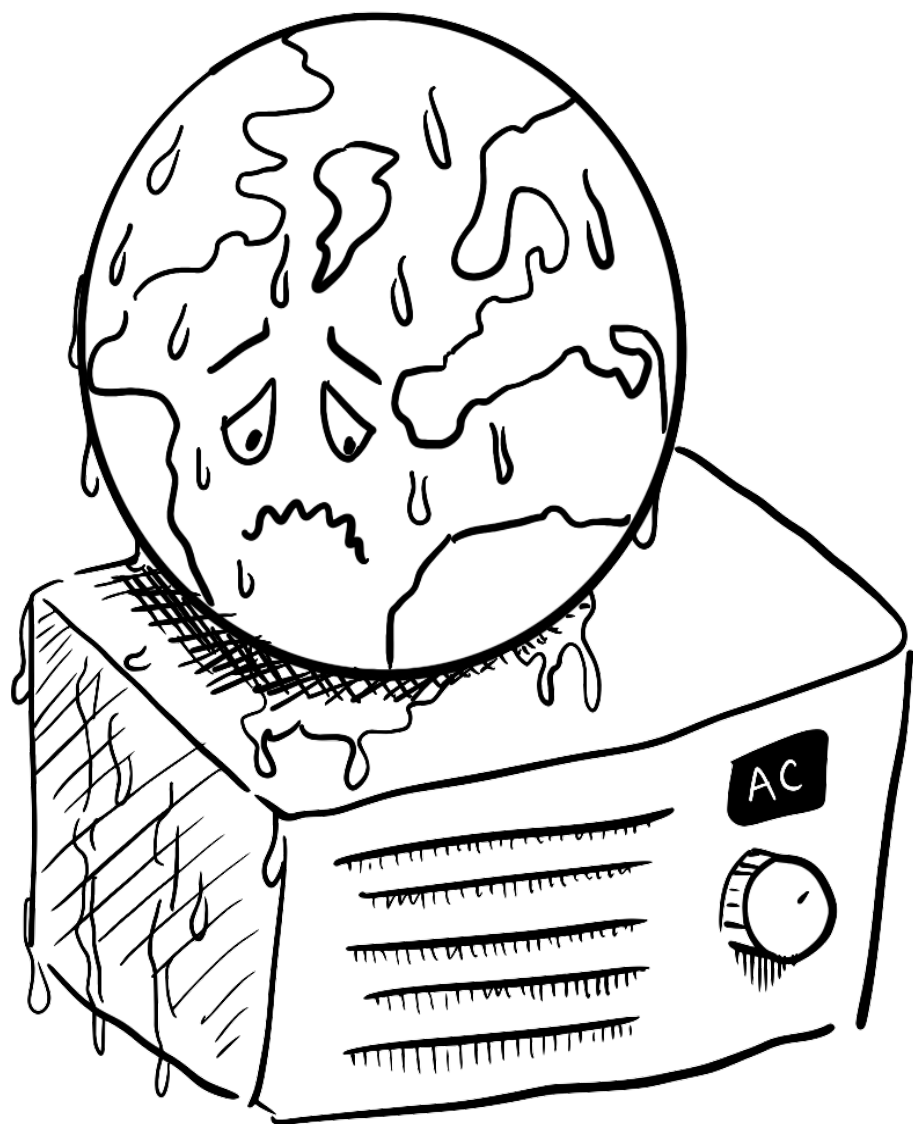
save water!” signs in every shower are not fooling anyone, and Harvard’s flagrant lack of investment in student life is becoming egregious. Considering Harvard is sitting on a 53-billion dollar endowment, students are constantly left speculating about where these copious funds go. Is Harvard the newest Greta Thunberg, or are they just really *cheap*?

Furthermore, student mental health inevitably suffered as a result of the poor living accommodations and sweltering heat. Low energy and restless nights ran rampant. “It was impossible to sleep, and my roommates had ten fans blasting,” said Katia Anastas '27. With students locked in their dorms, forced to sit directly in front of their fans to complete readings and PSETs, the natural beauty of Harvard Yard and campus life felt out-of-reach. Upperclassmen housing also felt the effects of the heat wave. “Cabot House needs AC,” expressed Nikhil Jain '26. “The Quad is under-cared for.”

First-year dorm Matthews Hall felt the brunt of Harvard’s divestment in student life throughout the first few weeks on campus. Over the weekend of September 8th, the need to power Crimson Jam apparently surmounted the importance of clean clothes, with the university shutting down the dorm’s laundry rooms. Is it really *that* difficult to rent an external power source for one night?

Juliette Hulsizer '27 suggested a solution, citing feelings of mediocrity toward the Crimson Jam event that led many students to feel as though the funding could have gone elsewhere. “Instead of bringing Nicky Youre to Harvard, they should have just installed AC in the dorms,” she commented.

In addition to unbearable heat in the dorms, the dining halls and kitchens underwent unprecedentedly high temperatures. Harvard University Dining Services



(HUDS) employees, as well as Harvard students, were in an uproar over overheated halls and bleak working conditions. Though claiming to be air-conditioned, dorms across Harvard’s campus averaged above 80 degrees during the first few weeks of school, overloading (and subsequently breaking) countless ice machines, and causing kitchen staff and HUDS workers to overheat. Harvard response—merely to cancel dining in certain dorms and expect other kitchens’ staff to compensate.

Another possible (yet temporary) solution, and one that would reduce plastic water bottle use, would be to invest in water-bottle fillers in every space on campus, from individual entryways to classroom buildings. Moreover, in Canaday sinks were broken for days, forcing students to brush their teeth with shower water. “It leaves you minty fresh,” said Austen Wyche '27, chugging Listerine, maximizing the full potential of his 500mL bottle.

Though Harvard supposedly commits to environmental sustainability, their lack of investment in student life, from embarrassing dorm conditions to below average food, is having a clear impact on the student-body. Investing in air conditioning would offer an escape from the sweltering heat of the summer and boost morale on campus. Hopefully next year, Harvard’s newest first-years won’t have to open their Amazon packages in front of a tower fan, praying for the New England fall that *Gilmore Girls* so easily romanticized.

SARA KUMAR '27 (SJKUMAR@COLLEGE.HARVARD.EDU) SPENT HALF HER LIFE SAVINGS ON FANS FOR THE COMMON ROOM.

GRAPHIC BY DAVID LI '25

Pinocchio's v.s. Joe's: The Rematch?

WE PUT THE TWO LATE-NIGHT RIVAL PIZZA JOINTS TO THE TEST.

by Mia Tavares '27 and Adedoyin Adebayo '26

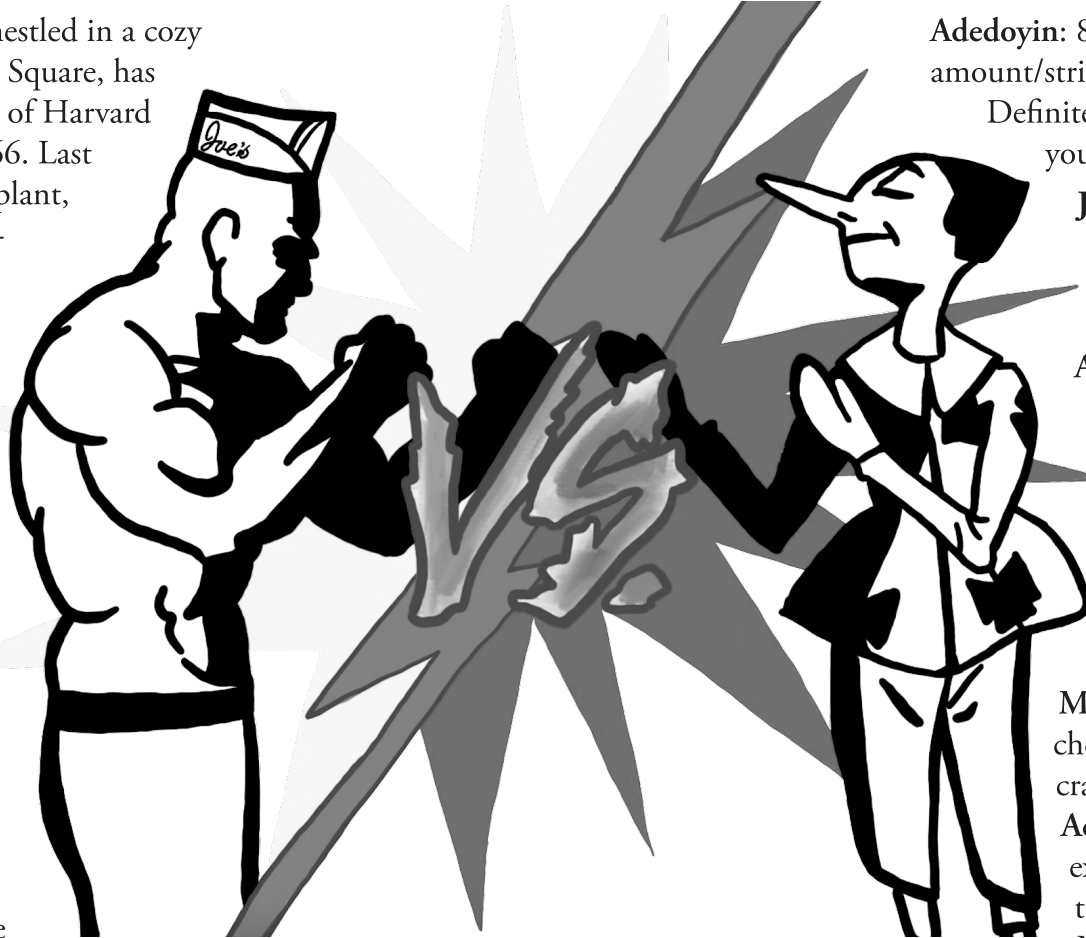
Pinocchio's Pizza, nestled in a cozy corner of Harvard Square, has been the lifeblood of Harvard students since 1966. Last week, Joe's Pizza, an NYC transplant, opened up in a prime central location at 3 Brattle Street. Now, Harvard undergraduates everywhere ask the question, Noch's or Joe's? So we decided, as a lactose-intolerant first-year and a pizza-loving sophomore, to answer the question the best way we knew how—with a blind taste test. The result? Maybe Joe's for the slices, but definitely Pinocchio's for the aesthetic.

We asked some Harvard students for their take on the new dilemma. Tessa Campolattaro '27, a newbie to the square who'd eaten at Pinocchio's thrice and Joe's exactly once, proclaimed her love for Joe's, explaining that "Pinocchio's has, like, a better atmosphere but the Joe's food is significantly better." Isabel Smail '27 slightly disagreed with her friend, choosing Pinocchio's as the better option. In her words, "I think it has a great culture. And the food is just the side hustle. You go for the vibes."

Ryan Oliver Green '27, despite being a first-year from Canada, also had a lot to say about the "new kid on the block," declaring that Joe's "will never be Pinocchio's, really. Honestly, Pinocchio's is just so well established here in the square... You got the boys in the back, you know, they feel like family... they feel like home, you know. And Joe's will just never have that."

Despite many student's claims about Joe's lack of history, however, the original NYC location is a cultural icon, founded in 1975 and appearing in *Grand Theft Auto* and two Sam Raimi movies. Furthermore, it turns out that the name "Joe's Pizza" is not new to the square as many may think. Indeed, Pinocchio's and an establishment by the name of "Joe's Pizza" were once rivals according to an article published by the *Harvard Crimson* in 1974. Even then, Joe's, with one location on Linden Street and another on Plympton, was, according to the *Crimson*, the pizza of choice for thin-slice lovers. Noch's, however, has always been for those who prefer thicker, doughier bites or even subs or salads.

It's unclear why the original Cambridge Joe's Pizza shut down, although this new Joe's Pizza is unlikely to be related. What is clear is that Joe's Pizza NYC, owned and operated by the Pozzuoli family, is no stranger to trademark infringement or pizza shops claiming the same name. According to New York City District Court records, Famous Joe's Pizza, Inc. filed injunctions in 2015 and 2017 against Little Joe Pizza, Inc. and Famous Joe's Pizza of the Village, Inc., respectively, forcing them to change their names and logos. When asked to shed light on their cultural history and the new store open-



ing, Joe Pozzuoli Jr., owner of Joe's Pizza NYC, declined to comment, explaining that they are "still ironing out a few kinks" and that "there's nothing [he] can really address at the moment."

On the other hand, the significant impact of Pinocchio's on campus culture is undeniable. It is a meeting place for friends and family and the go-to spot for satisfying students' 1am cravings. Through the years it has earned the affectionate nickname of "Noch's." Tourists and visiting summer school students alike walk along JFK or Winthrop to experience the thick-crust square pizza mentioned in the popular television show *Suits*. Their excitement peaks at the sight of the shop's walls—plastered with images of Noch's staff and celebrities such as Harvard alumnus Mark Zuckerberg. Funnily enough, Joe's has a photo of Jesse Eisenberg, who portrayed Zuckerberg in *The Social Network*, on its wall.

A large part of Pinocchio's appeal is its late hours. Any hungry Harvard student can get their cheesy fix from 11am to 2am (except on Sundays). Joe's, like a true competitor, boasts earlier morning hours and even later night owl hours with a bold 10am to 3am on weekends.

While Pinocchio's prides itself on its Sicilian thick-crust pizza, Joe's advertises sleek New York-style slices. Luckily for us, Pinocchio's also makes thin-crust pies and Joe's dabbles in Sicilian. In order to remain as impartial as possible, we did a blind taste test of cheese pizza, rating both types (thick and thin crust) from their respective restaurants in three different categories; Texture (cheese and crust), Flavor (sauce and oily-ness), and X-Factor (how well it satisfied our calcium-deprived urges). And, because we know that pizza is best devoured after a night out on the town, we did this test at midnight after an evening of festivities.

Pinocchio's Sicilian:

Mia: 7/10. Doughy texture and a yeastier flavor. A quote from the moment: "It tastes like the type of pizza that will leave me bloated."

Adedoyin: 8/10. Texture is a bit moist, but the amount/stringiness of the cheese is appropriate. Definitely the type of pizza that will leave you full.

Joe's Sicilian:

Mia: 6.5/10. Crunchy texture, but an unfortunate flavor. Extremely mediocre X-factor.

Adedoyin: 9.7/10. There was an audible crunch which made the texture extra satisfying. The cheese has a better, more natural taste than its competitor's. I could finish this and feel full, but not miserably weighed down by grease.

Pinocchio's Thin:

Mia: 9/10. Excellent flavor and a great chewy texture—the type of pizza that's crave-worthy.

Adedoyin: 8.3/10. The flavor was excellent. Unfortunately, the crust's texture was more doughy than crisp. Not too greasy.

Joe's Thin:

Mia: 9.5/10. It's a lovely pizza, if slightly on the crunchy side. The fresh tomato adds to the luxurious mouth feel.

Adedoyin: 9/10. This one lacks the crisp crust that I loved in the first pizza I tried. The flavor of the cheese does not stand out compared to other pizzas that we've tried so far. However, the sauce has a noticeably more refined taste.

Our final decisions after removing the blind-folds:

Mia: Thin crust is the best crust. Joe's beat Pinocchio's in the blind by a half-point, but I ended up finishing off Pinocchio's slice, not Joe's. Perhaps that speaks for itself.

Adedoyin: Not much has changed since the stereotypes of Joe's and Noch's rivalries in the seventies. If you prefer thin crust, Joe's is king. For thick crust, stick with Noch's. Either place is perfect in terms of having the right ambiance for a friendly gathering. When deciding between the two you may want to consider what comes after dinner. A night out at Noch's may lead to getting gelato for dessert at Amorino's next door. After Joe's, you may take a short walk to J.P. Licks on Mass Ave. or Ben and Jerry's on JFK.

Taking culture, taste, and overall restaurant aesthetic into account, these authors are proud to declare Pinocchio's the winner, at least for the time being. Joe's may be poised to become a new cultural hub, but for now, Noch's stays victorious as the go-to late-night pizza joint.

MIA TAVARES '27 (MIATAVARES@COLLEGE.HARVARD.EDU) SACRIFICED HER BODY (AND HER BATHROOM) FOR THE INDEPENDENT. ADEDOYIN ADEBAYO '26 (AADEBAYO@COLLEGE.HARVARD.EDU) PREFERS PEPPERONI TO ANY OTHER FLAVOR.

GRAPHIC BY ALMA RUSSELL '26

Courtesy of @harvardstate1636 on Instagram



Note: The account owner of Harvard State wished to remain anonymous to continue the “mystique” of the movement. Throughout this article, he is mentioned as “Harvard State” or by his pronouns.

Harvard State’s origin story began in the fall of 2021. “It was Harvard-Yale Week. I realized that the school didn’t have as much school spirit as I wanted it to, and I want to have that type of college experience where people went to games and it’s packed out,” the account owner said.

“I would go to a Women’s Volleyball game, and [think to myself], ‘Man, this is really cool as well.’ I looked around, and there was no one really there. I would [think to myself], ‘this is ridiculous, it shouldn’t be the case.’ Student athletes work really hard and practice really hard, so I feel like people should come watch at some point.”

And with that, the idea for Harvard State was born. A senior football player, who to this day currently runs the account, enlisted a few fellow football players to help him with the process.

Becoming Harvard State

A CONVERSATION WITH HARVARD STATE, THE MOVEMENT ON CAMPUS TO BRING SCHOOL SPIRIT TO HARVARD.

by Layla Chaaraoui '26

“I’m gonna do my own thing. I sat down to lunch with friends and came up with a cool idea, and that was the origin of the Instagram account harvesting.”

Since then, the account, known as @harvardstate1636 on Instagram, has amassed nearly 2,500 followers and counting, gaining popularity amongst Harvard students due to its ability to run tailgates and garner crowds at sports games throughout the year. The account also organizes what fans should wear, with themes ranging from “Blackout” to “Bloody Crim.”

However, what sets Harvard State

apart is that despite the fact that it was started by football players, the account advertises attendance for all student sports, including rugby, field hockey, soccer, and basketball. Harvard boasts 42 diverse sports programs with a wide array of athletes, and Harvard State wanted to bring light to this. “A good chunk of the student population are athletes. By including all of the athletes, it’s cool because everyone is involved [and] we are building more students who want to come to those games.”

Harvard State cited an instance where, at a Men’s Volleyball game versus Princeton, the Princeton players were



excited to see newfound Harvard attendance. “They had never had attendance like that any game, ever. They were glad to see how rowdy we were. Even though we were yelling things at them, they were so glad that people were there to watch.”

To organize the schedule, the owner of Harvard State sifts through the yearly sports calendar, picking out the games that he thinks can get the most attendance. “For football, we always pick the games that are home. It feels like a classic American thing to do,” he explained. When football is away or not in season, he focuses on a variety of games, trying to garner attention to the sports he feels can “get the most pull” and are “underrepresented.”



“I feel like with Women’s Field Hockey, for example, they’re a really good team with a lot of international talent, but they don’t get enough attendance... Women’s Soccer is also really good, but they do not get nearly as much attendance as they should.” Today, Harvard State continues to draw large crowds at games throughout the year. “I hear comments and get texts and emails from other athletes that appreciate what I was doing and that they hadn’t seen that many fans before at [their] game.”

While the process is a lot of work, from creating a schedule to organizing tailgates, the founder of Harvard State’s motivation for the movement stems from his love of sports and school spirit. “We are all united by one of the coolest things ever: the fact that we all go to Harvard. Going to games and giving some support to the students... I think it’s fun. When I’m not in [football season], I love to go to other sports games.”

“It’s something our school lacks. We go to Harvard, an Ivy school, and people say we don’t know how to have fun. But, I feel like sometimes it’s us choosing not to have fun,” he said. “I feel like if every student and every athlete bought into the idea of school spirit and community, there’s nothing standing in our way from having the state school vibe. I think it is something we could have here.”

The impacts of the Harvard State movement were surely felt during the Harvard-Brown game on Friday, with Harvard coming away with a 34-31 win. A representative from the Harvard Athletics department wrote to the *Independent* that there was an overall attendance of 15,838 at the game, and that “there were over 10,000 Harvard fans in attendance, of which more than 3,200 were undergraduate students.” This number was something that Harvard



State had hoped for going into the game; though the account owner could not attend the tailgate due to his role in the football game, his peers having fun and supporting his team made all the difference.

“I want the student body to have a really good time, and to realize that the Harvard-Yale experience does not have to be just for Harvard-Yale. We can do this for Harvard-Brown. We have a game against Cornell in a few weeks that I want to be just as big as this one. Because, why not? It’s Friday night college football.”



In the future, Harvard State hopes to continue bringing large masses of students to games, rallied together through their support for their school and in coordinated outfits. “I want to have merch. I want it to be as cheap as possible. I don’t want to make any profit, I just want everyone to have it.”

Additionally, Harvard State hopes to build their board, continuing the movement for years to come. “If anyone is interested [in helping] expand the board, they should direct message the account. [I want] people to get involved. [Also,] look out for t-shirts and merch coming out soon.”

The Harvard State movement will leave a lasting impression on the way that Harvard students view athletics, attending games, and school pride. “If everyone really bought into the idea of school spirit, the entire school can have an amazing time every single weekend. I keep with it because I know there is gonna be a day where Harvard is gonna have that state school spirit, and it would be cool if my name was attached to the beginning of that.”

“I don’t want to do nothing for my college experience and allow it to be this boring thing where it’s a Friday night and I go to a basketball game and there are only ten kids in the stands,” he stated. “It doesn’t have to be that Harvard-Yale is the only time all of a sudden everyone that goes to Harvard wants to have a good weekend. They can have a good weekend every weekend.”

**LAYLA CHAARAOUI '26
(LAYLACHAARAOU@COLLEGE.
HARVARD.EDU) IS EXCITED TO BUY A
HARVARD STATE T-SHIRT WHEN IT IS
RELEASED.**

**PHOTOGRAPHY BY DYLAN GOODMAN
'25 COURTESY OF HARVARD ATHLETICS**

Can Harvard Work AND Play Hard?

URNS OUT HARVARD TAILGATES DON'T SUCK.

by Ellie Tunnell '27

and Lauren Barakett '27

As the Harvard vs. Brown game fell upon the campus again, Harvard students geared up for a day filled with fun, football, and... tailgates? At most other, sports-oriented universities around the country, fall Saturday mornings typically involve students rolling out of bed at 9:00 a.m. with a White Claw in hand to prepare for the weekend's highlight: Game Day. But ask any Harvard student about their weekend plan, and we bet not one will be planning to routinely attend Harvard football games.

Although Harvard prides itself on having more D1 teams than any other university, the student fandom across the board is lacking. Last year, students were disappointed when tailgates for The Harvard vs. Yale game were—to put it lightly—subpar. Rather than parties on campus the night before, students were forced to find alternative sources of fun by traveling to Boston and paying upwards of \$30 to attend events. Yale claimed their superiority not just because of their victory in football, but also because of our disastrous party scene. So, would this year's kick-off result in the same fiasco, or could Harvard students up their tailgate game and revive the integrity of the Crimson name?

Among the Harvard first-year contingency, expectations for the game were relatively low. "I might go to the game, otherwise...possibly sleep early," said Stephen Yang '27. "I just did two all-nighters in a row and I'm excited to catch up." By the time Harvard students get to Friday, they are too drained to rally for the weekend's festivities for the trade off of catching up on sleep. When asked if he was excited for the game, Lochlan Ho '27 answered "not particularly. It's just a game, I don't know. It will be them playing football." To the non-football enthusiast, the game draws little more appeal than other, more academically focused endeavors. Is Harvard students' lack of investment in their sports teams—particularly football—harmful to our student life culture, or are there just better alternatives on how to spend a weekend night?

Harvard students complain so much about our own party culture, but has our reputation misled us as far as disgrace to our far less superior rivals? Harvard is considered one of the best academic institutions in America. However, our lack of school spirit brings shame on our name in the eyes of our opponents. But this year



everything changed. We asked Dylan Challenger, a freshman at Brown, about his expectations for the upcoming game day. "Expectations [are a] seven out of ten. I'm not looking for too much, but I'm excited to have fun," he said. And fun he did have! A flood of Crimson and Brown washed into Cumnock Field at 5pm to kickoff the night. Among the sea of rivals, there was nothing but dancing, smiles, and cheers. You were lucky if you could escape the mosh pit to catch a breath of fresh air. Crushed beer cans lined the grass under thousands of feet wandering between each colorful final club tent. There were parties on every elevated surface in sight as they danced to loud mixes created by the DJs.

To many people's surprise, the event surpassed Brown and Harvard students' expectations alike. "It was truly epic, I'm really blown away. They really turned up and showed out," said Brown freshman Rosie Yanowitch. The loud music and crowds of people created an atmosphere of school spirit from both schools. Sarah Betensky, another Bear, said, "I think Brown is better, but this is very fun." Although they are biased in favor of their school, Brown students could not deny that the Harvard tailgate was better than they had hoped for. Harvard students also expressed the

fun they had at the tailgates. Ellis Long '27 remarked, "honestly it was ten times better than I expected. I had low expectations, but Harvard did something good for once."

Friday night's festivities sent a deluge of students into the football stadium as we cheered Harvard to a 34-31 victory over Brown. Not only did we win the game, but Harvard set a new and improved standard for its game days. The fun that was had prior to the game created a student body filled with spirit and pride for their school. The morning after, everyone was reminiscing about the night and fiending to be considered, finally, a "real" sports school. Harvard-Brown proved that revitalizing the spirit for every game at Harvard—not just twice a semester—would dramatically create a sense of unity on campus and cross-grade socialization. Maybe we will see you on Saturday when Harvard faces Holy Cross?

**ELLIE TUNNELL '27 (ELLIETUNNELL@COLLEGE.HARVARD.EDU)
AND LAUREN BARAKETT '27
(LAURENBARAKETT@COLLEGE.HARVARD.EDU) DID NOT MAKE IT
TO THE ACTUAL FOOTBALL GAME.**

GRAPHIC BY OLIVIA PARK '27

Point/Counterpoint: Passionate vs Passive Fandom

A CULTURAL COMPARISON BETWEEN FAN CULTURE IN THE U.S. AND ABROAD.

by Ahmad Kanafani '26 and Alejandro Sanchez '26

Ahmad Kanafani '26: Over my past year at Harvard, I have been shocked at how low attendance is at sports games. Coming from Egypt, I'm used to fully packed stadiums, flares, pyro shows, and people on their feet for 90 minutes. I assume that the sports fan culture in the U.S. is completely different.

Alejandro Sanchez '26: Coming from L.A., I find that fan culture in the United States is misunderstood because most people are accustomed to supporting several teams across several sports, many of which are not local teams. Our support manifests slightly differently because most are unfamiliar with being able to attend all the home games of their teams.

Kanafani: For me the biggest difference when comparing fan culture in the United States with Europe and North Africa is the experience. Back home, the focus is on the game itself: the passion, the emotions. However, in the United States, the entertainment comes mostly from outside of the game: half-time performances, stadiums, infrastructure, and music artists. I can only imagine the backlash from the fans if an A-list celebrity performed at halftime at the Champions League final.

Sanchez: It's not uncommon to have a halftime show, cheerleaders during timeouts or breaks, and performances from artists, because American sports culture has focused on being a community for everyone, no matter their love of the sport. Not every person at a U.S. sporting event may have the same level of devotion to a team as the person next to them, but each person is there to support a team regardless.

Kanafani: I do believe that the lack of pyramidal structure in American Sports plays a part. In European Football, all the top leagues have different tiers where teams are promoted or relegated and constantly compete for their places in the hierarchy. This means *every* game matters. In contrast, the American system of Sports adopts a horizontal or closed structure, which means there is absolutely no pressure on you. If you are a lower-level team in American Sports, what would push you to your limits every game when there is absolutely no pressure on you to get relegated? A team like the Texans would have been relegated by now in any other sports structure.

Sanchez: American sports' lack of relegation promotes rebuilding years in which

a team can focus on developing young players. Furthermore, the English Premier League, which is often regarded as the most competitive league across sports, has only had seven winners since its formation in 1992. Contrarily, the NFL has had 15 different Super Bowl Champions in the same period. This is why many fans support various teams across multiple sports, so that any year one of their teams may be a title contender.

Kanafani: I do think one of the big positives with American fan culture is college sports in actual sports schools like Ohio State, Penn State, and Alabama. People are tied to these colleges and love and support them. That is one resemblance I can think of. These colleges do remind me of outside U.S. fan culture but not with the same intensity.

Sanchez: These schools appear to have the same level of support from their fans as teams in Europe or elsewhere because they have tens of thousands of students who live in close proximity to their school stadium, allowing all of their fans to show up for games. If you look at the attendance at U.S. games during big rivalries or tournaments, the support rivals that of fans abroad. The only hindrance is that most fans are unable to make it to every game week in and week out because of their lack of proximity. Every team in the U.S. has a massive following, but we only get to see that level of support during big games that draw out fans from across the country,

Kanafani: In the U.S., fans get excited and happy when their team scores, and also upset when they lose—but not at the same level as fans in other parts of the world. I believe that in part has to do with culture.

In Europe, South America, and Africa, each

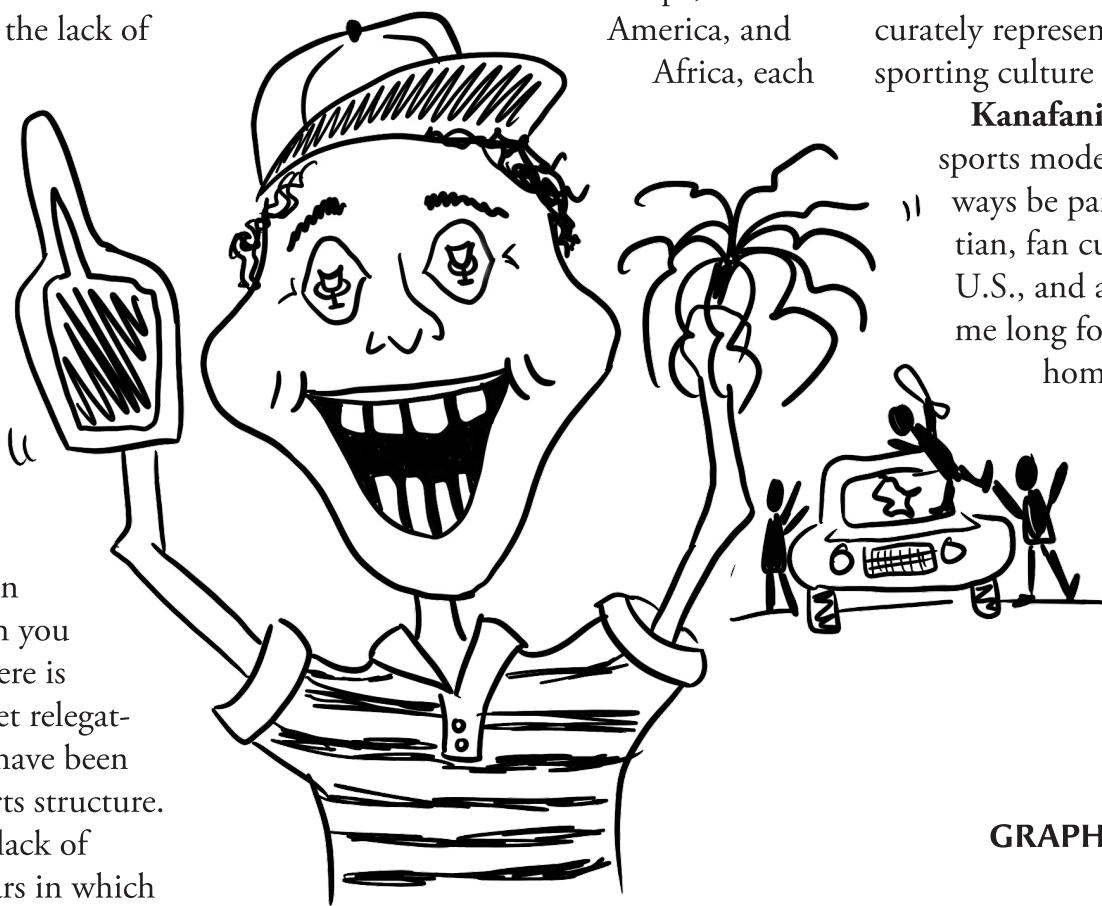
team has a distinct area with fans growing up and loving this team. It is a matter of life and death. In London, in a specific neighborhood called Islington, you will *only* find Arsenal fans. There is no way you will find someone supporting another team. In the United States, let us take New York as an example. With so many teams in different sports, people cannot grow up as die-hard supporters. In Egypt, work productivity goes down when a team loses and people are not themselves for weeks.

Sanchez: The proximity and required emotion abroad is something to be admired, but that can only happen because soccer is primarily the only sport that is watched. Here in the U.S., within a city, you can have a plethora of teams that are all battling for support from its residents. The state of New York alone has 11 different major league sport teams. It is unrealistic to expect residents to make it out to every game for every team, especially given that some of these teams are rivals.

Kanafani: When Harvard State announced a blackout for the Harvard-Brown game, many people thought it was "cringe". But internationally, showing your support for a team is not, and will never be cringe. North African Ultras travel thousands of miles behind their team because sports are part of the culture everywhere else. In June, Al Ahly fans—Egypt's biggest club—traveled more than 6000 miles to watch their team win the African Championship.

Sanchez: Here at Harvard, we see an exacerbated model of U.S. sports, in which there is very low attendance for most sporting events until major games take place. But I don't think Harvard can—or should—accurately represent either college or American sporting culture in its entirety.

Kanafani: There is no wrong or right sports model, but sports have and will always be part of my culture. As an Egyptian, fan culture in some parts of the U.S., and at Harvard especially, makes me long for the sporting culture back home.



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GRAPHIC BY SEATTLE HICKEY '25
SPORTS | 13

Andy Sportsbook: Betting on Soccer

THE BEST BETS FOR THE UPCOMING EUROPEAN TOURNAMENTS AND LEAGUE MATCHES.

by Luke Wagner '26

It is that time of year when soccer has swung into full effect. Soccer fans like myself have started to become treated with Champions League and Europa League matches during the week and league matches on the weekends. Being a Liverpool fan, I generally only focus on the European tournaments as well as the Premier League, but I do not doubt there is money to be made in soccer leagues all around the world.

In terms of how I think the Premier League will end this season, I can say (without bias) that Manchester City and Liverpool will finish on top this year. Their lines to win the league suggest that, as they are -250 and +700, respectively, to win outright. City is not the same team without their masterful Kevin De Bruyne but nonetheless has looked strong. This is not the same team that you can bet at -2.5 goals against any team in Europe and feel comfortable, but I think manager Pep Guardiola is going to start to get the season rolling. For now, I think they are a tough team to bet on because they usually are at least two goal favorites but have looked somewhat shaky.

Liverpool on the other hand, has failed to make it to the Champions League for the first time in the last few years, and after strengthening their squad I think they give City a push for the title this year.

When betting on the Premier League, I think the best strategy is to take advantage of home and away fixtures. In American sports, home field advantage is important, but it's not going to really impact the game that much. I would not change many bets in baseball if one team was home vs away. However, in soccer, it is extremely important. Recently, Liverpool went unbeaten at home over 68 games, **SPORTS | 14** (winning 81% of those

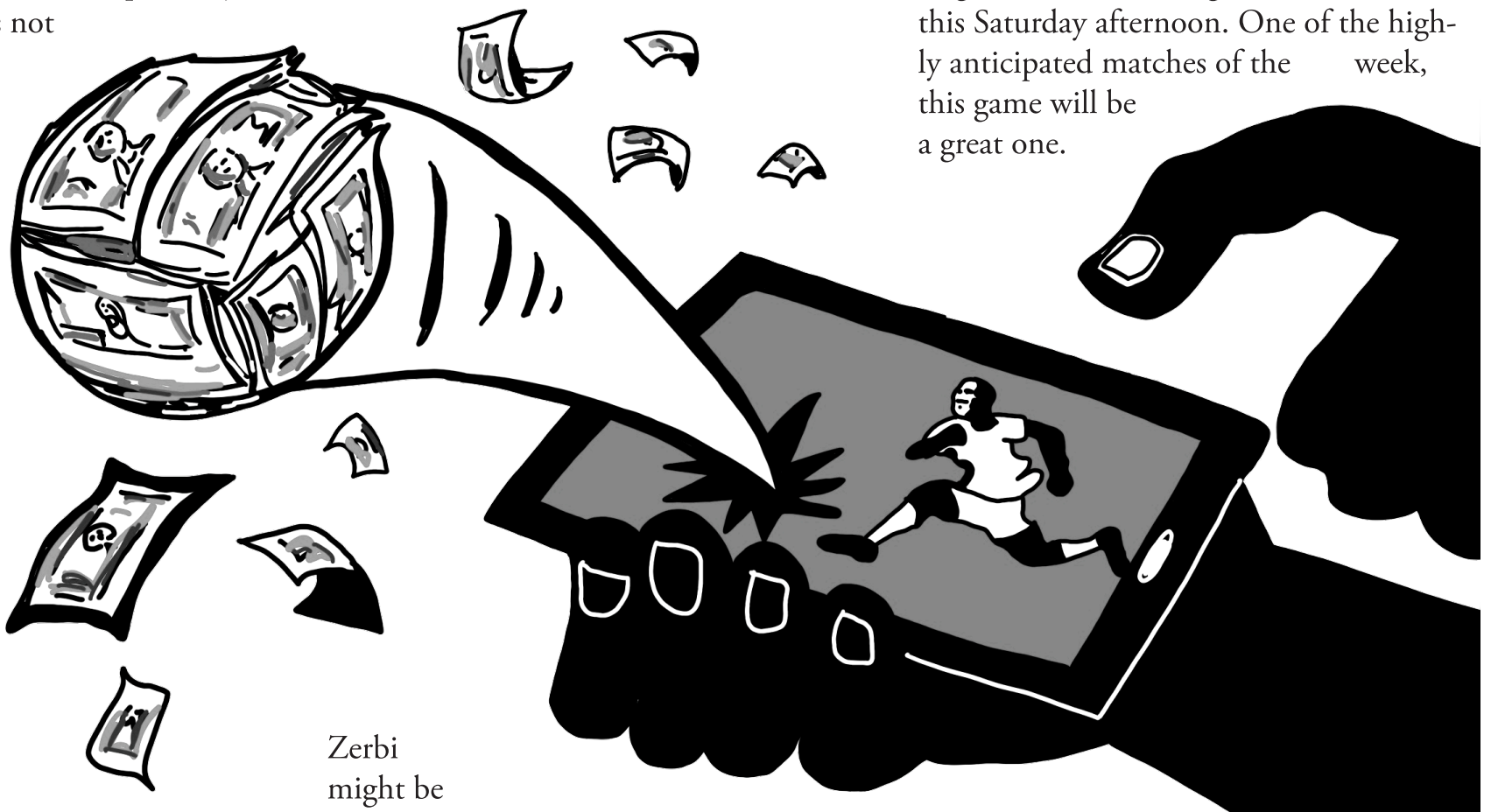
games). That's the second best streak in the Premier League of all time, and is around three and a half seasons where Liverpool didn't lose at home.

Although the season has already begun, I think there are some futures that can still be taken advantage of in the Premier League. I think Brighton & Hove Albion to finish in the top six (-185) as well as Liverpool to finish in the top four (-300) are great value bets. Both teams are frontrunners to win the Europa League this season and have extremely strong squads. I would not be surprised if Brighton snuck into Champions League competitions, although they slightly faltered last week to AEK Athens. Roberto De

gest teams in the League this year under David Moyes, and I see them winning this match easily, but not quite enough to bet on the spread (-1,-1.5).

Wolves vs Man City Under Three Goals (-120). Man City has not been the same team without their star player. Wolves are one of the best defensive teams in the league, and City has not been in great form. I think City will come out of this game with a 1-0 or 2-0 win as they continue to rotate players in and out for the Premier League and the Champions League.

Tottenham vs Liverpool Over 3.5 Goals (-105). Two of the best teams in England will face off against each other this Saturday afternoon. One of the highly anticipated matches of the week, this game will be a great one.



Zerbi might be one of the best coaches in the Premier League, and I think he will continue to improve this team.

As for my picks for the Premier League Matchweek 7, they are as follows: Everton (-180) vs Luton Town. Newly promoted Luton Town has not had a good start to the season by any means. They have one point out of the first six matches. Going away to Everton is one of the hardest matches in the entire league, and Everton is coming off a dominant away win against Brentford. I back Everton to win this match.

West Ham (-225) vs Sheffield United. After getting battered 8-0 this weekend at home to Newcastle United, this line might continue to move even more. However, I think West Ham is one of the stron-

With two teams that are very attacking and have been conceding goals, I see this game to go over 3.5 goals. Last time the two teams played, the final score was 4-3, and I anticipate another high scoring game.

Unlike American football, soccer matches last about 1.5-2 hours and games that feel done and dusted can change drastically in a heartbeat. While not as popular, there is money to be made and beats to sweat on the other side of the pond.

LUKE WAGNER '26 (LUKEWAGNER@COLLEGE.HARVARD.EDU) WILL URGE EVERYONE TO THROW THREE UNITS ON EACH OF HIS PREMIER LEAGUE PICKS THIS WEEKEND.

GRAPHIC BY EL RICHARDS '26

Old School

by Rebecca Ackerman '25

1	2	3	4	5	6
7					
8					
9					
10					
11					

ACROSS

- 1 Distracting device
- 7 Midday event
- 8 Foul-mouth
- 9 "Twelfth Night" duke
- 10 One on a regimen, perhaps
- 11 They wrap things up

DOWN

- 1 Needing to be cracked?
- 2 Arrive by the thousands
- 3 Played (around)
- 4 Kind of inspection
- 5 Taunting sound
- 6 Goofs

COVER PHOTOGRAPHY BY DYLAN GOODMAN '25
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