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About the Independent

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

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On Harvard College Students' Technology Habits

An analysis of the *Harvard Independent's* 2025 Technology Survey results.

BY SARA KUMAR '27

With education becoming increasingly digital and AI slowly impeding university classrooms, the *Harvard Independent* surveyed Harvard College undergraduates to understand student engagement with and opinions on machines of all kinds for our 2025 issue "Reboot." Over a three-day period, the *Independent* received responses across grade levels and concentrations. Note that all questions were anonymous and optional, meaning not all respondents answered every inquiry.

Demographics

The *Independent* first surveyed respondents on key personal identifiers to contextualize later data. The grade level distribution across polled students was relatively balanced. 20% of those surveyed were from the Class of 2029, 40% from the Class of 2028, 21.8% from the Class of 2027, and 18.2% from the Class of 2026. A slim majority of engagement was from undergraduates aged 17 to 19: 55.6%. 44.4% fell between the ages of 20 to 22.

With respect to gender identity, 64.8% of respondents identified as female, 33.3% as male, and 1.9% as non-binary or preferring not to disclose.

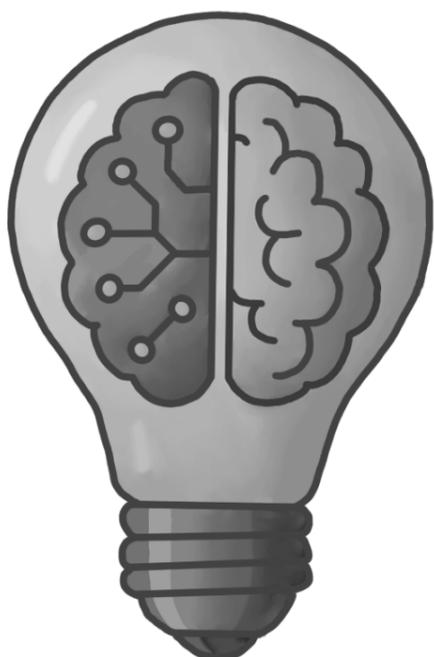
Among these individuals, approximately 54.5% are pursuing STEM concentrations, 56.4% major in the social sciences (Economics, Sociology, Psychology, Government, etc), and 21.8% concentrate in the arts and humanities (Languages, Philosophy, AFVS, etc). Students were able to check more than one option to account for double, joint, or pre-declaration concentration interests. The majority of respondents, 30.4%, reported GPAs between 3.89 to 3.8. A minority 2.2% disclosed GPAs between 3.49 to 3.4.

In addition to this distribution of personal identifiers, surveyed undergraduates were also asked to disclose device ownership and affiliation to technology. Among respondents, 100% own a laptop, 100% own a cell phone, 72.7% own an iPad or tablet equivalent, and 27.3% own a video game console.

Out of all respondents, 31.5% are thinking of entering a profession centered around technology post-graduation.

Harvard College Class Profile

Recently, Harvard College has been



changing their AI policies to accommodate the increased prevalence of generative technology in academic spaces. Certain subjects are shifting to a prohibitionist mindset, banning the use of advanced algorithms entirely, while others are discovering ways to integrate AI into their curricula. There lacks a universal consensus on what methods of teaching are best—should instruction stay within the confines of pen and paper or revitalize into ones and zeros? Surveyed undergraduates were asked to report on what their professors have decided.

Currently 69.1% of polled students are in a class deemed technology or laptop free, and 85.5% are in courses that prohibit all AI use. A unique contrast, 69.1% are in classes that encourage AI. Note that Harvard students take, on average, four courses a semester; the same student may have instructors that promote generative technology and professors that discourage the practice. Only 5.6% of students reported experiencing a class with virtual reality headsets.

Akin to fluctuating classroom standards, the *Independent* observed a range of academic engagement preferences among surveyed undergraduates. 25.5% of Harvard students prefer typing their notes, 38.2% would rather handwrite, and 36.4% favor a mix of both. Survey responses similarly lacked a clear majority with respect to desired learning methods: 11.1% of respondents think they learn better online whereas 38.9% defer to offline. However, 50% reported that their opinions on this distinction depend on the subject.

Use of Technology

An October 2024 survey from the Center for Disease Control's National Center for Health Statistics found that half of teenagers ages 12 to 17 reported four hours or more of daily screen time. Despite polling an older age group, the *Independent* found similar results, with a 41.8% majority of students spending four to seven hours a day on a screen. This cohort was followed by 38.2% observing eight to 11 hours of daily screen time, 10.9% reporting 12 to 15 hours, and 7.3% devoting 16 to 19 hours. Only 1.8% of surveyed students disclosed zero to three hours of daily screen time.

With only 24 hours in a day, 20% of students dedicating over half of that time to devices may seem jarring. But most technology offers screen time limits for users looking to moderate their online practices. 32.7% of surveyed students have such limits turned on via one or more of their devices, 40% do not, and 27.3% used to but no longer do. When asked about how many times they have gone 12 consecutive hours without screen time over the past 30 days, 55.6% of students reported zero. 25.9% disclosed one to two.

In relation to observed screen time practices, sleep quality in the era of pervasive personal devices is of concern. Regardless, 96.4% of surveyed undergraduates spent zero or one hour off-devices before dozing off.

When polling how these digital hours were spent, the *Independent* saw an even distribution across academic, social media, or communication related endeavors, with 85.5%, 74.5%, and 67.3%, respectively. Note that students could choose more than one option. The minority 29.1% and 10.9% devoted most of their screen time to television and games, respectively.

Social Media and Relationships

With contemporary relationships often buffered by pixels and algorithms, the *Independent* sought to understand student

opinion on social media. 53.7% of polled undergraduates disclosed that they believe communication platforms are affecting our interpersonal relationships. Moreover, 37% of surveyed undergraduates agreed that social media exacerbates mental health crises amongst college-aged populations.

On Artificial Intelligence

Though generative technology is becoming increasingly common, only 29.1% of students reported having a paid ChatGPT or generative AI equivalent membership; 9.1% of respondents used to. AI use, regardless of membership status, was much more common. 20% of polled Harvard College undergraduates reported using AI at least once all seven days of the past week. 23.6% disclosed using such technology five to six times, and 12.7% three to four. 43.6% of respondents reported using AI at least once on only zero to two days over the course of the past week. The majority 52.1% of students use AI for a mix of both personal and academic purposes. However, when observing those who specified between the two, 35.4% use AI for primarily academic work whereas 12.5% for personal.

Student Commentary

Finally, the *Independent* asked students to provide short-form answers to a series of prompts. Below are some responses from each question.

What do you think are the biggest advantages of an increasingly digital society?

"Access to information. Connection over distance and time."

"Communicating, finding people who share your niche interests, having a space that can draw attention to important issues around the world."

What do you think are the biggest disadvantages of an increasingly digital society?

"Less time spend [sic] without technology (e.g., outside, or with a book, etc.). Spread of misinformation and propaganda."

"Distractions, conflicting and false news, centralized and impersonal social media spaces that prioritize generating ad revenue over having a healthy user experience, lack of concern for ethics and online privacy, unethical usage of technology."

"People are becoming less socially aware and it's affecting how people communicate."

What are your opinions on AI?

"Can be useful but unregulated it harms marginalized people, artists, educational institutions."

"I love AI. It's fast and simple."

"I've yet to take a concrete stance of [sic] the ethics of AI."

What are your thoughts about the place of AI in academia?

"AI cannot possibly replace the experience of academia, it can only support it (when used correctly and moderately)."

"I think it can be used to help with study techniques but should never be submitted as a final response or idea."

"Complicated! People are going to use it in the real world. The question is more about how much of a traditional bubble we'd like academia to be."

SARA KUMAR '27 (SJKUMAR@COLLEGE.HARVARD.EDU) USED TO HAVE SCREEN TIME LIMITS ACTIVATED BUT GAVE UP ON MODERATION.

GRAPHIC BY ALLYSON XU '28

Journalism at Risk in the AI Era

How can news journalism compete or work with AI engines?

BY COURTNEY HINES '28

As generative artificial intelligence becomes increasingly central to how people seek information, the journalism industry faces a dilemma. Large language models may not yet be able to break news, but they can synthesize it immediately. With this, what incentivizes readers to visit multiple online publications and sustain civic participation; and if journalism becomes an obsolete medium, where will generative AI then get content from?

“[AI] platforms may be awakening to the reality that the free ride is over, but until there is more concerted collective action from the news industry, the leverage is still very much in favor of platforms,” said Ashirwaad Badami, lead of the Media Management and Leadership specialization at Northwestern University’s Medill School of Journalism, in an interview with the *Independent*.

Reporting the news means paying a full staff of reporters and editors, funding weeks or months of original research and verification, and providing support from legal review and media liability insurance before a single story is published. Major investigative pieces often require months of work and can bill news outlets into the hundreds of thousands of dollars in staff time.

By contrast, once an LLM is trained, generating an article has extremely low marginal costs relative to producing a human reported piece. McKinsey describes generative systems as enabling low-cost, large-scale content generation, even as the models themselves remain infrastructure-intensive to build and run. This cost asymmetry sits at the heart of today’s debate: publishers face declining ad and subscription revenue in the digital attention markets that fund reporting, while AI services can satisfy user demand with summaries that don’t necessarily send readers or revenue back to the source.

Publications argue that AI systems both ingest their work to train models and output such information in response to user queries, reducing the incentive to visit journalism sites. Several empirical snapshots suggest online reader traffic has declined since AI summaries became prominent search options: Google referrals were down from 1-25% across eight weeks in May and June 2025, with losses outnumbering gains two-to-one; reporting ties the drop to Google’s “AI Overviews.”

“We’re witnessing an

important shift in consumer behavior that is controlling,” Badami explained.

AI firms counter that partnerships with journalism companies and link attribution on their sites can send audiences back. OpenAI established licensing deals with The Associated Press and Axel Springer in 2023, the Financial Times and News Corp in 2024, and The Washington Post in 2025, where ChatGPT includes summaries with links to the original reporting. Notably, the New York Times established its first generative-AI licensing deal with Amazon for Alexa and model training in May. The Wall Street Journal reported Amazon pays \$20-25 million annually.

These groups aim to have links materially offset “zero-click” behavior, when a user receives an answer to their question on a search engine like Google’s AI Overview without ever clicking a website link. The broader dynamic helps explain why publishers say “credit” isn’t an economic substitute for visits, ads, and subscriptions.

Professor Kelly Cutler of Digital Marketing and Visual Communication at Northwestern University’s Medill School of Journalism discussed “zero-click” marketing in an interview with the *Independent*.

“Many of my clients and the companies that I work with, and my students’ companies, are seeing a drop in Google search traffic. But where is that going? Are we now seeing an uptick in referral traffic from ChatGPT, Perplexity, Cloud, or Copilot? And if that is happening, are we also seeing impressions coming from different sources?” she said. “I think metrics are evolving, and I think it’s super important for digital marketers to stay in front of that.”

Experts debate the effectiveness of these licensing deals. “I’m not convinced that wider adoption of AI-generated results will drive more traffic to publishers,” Badami said. “The 2025 Pew Research report indicates that only 1% of users are actually clicking on source links in Google AI summaries.”

Alternatively, Cutler felt optimistic about these new collaborations. “I think that publishers actually might be able to gain quite a bit over time if they approach deals like this in a way that is mutually beneficial,” she said.

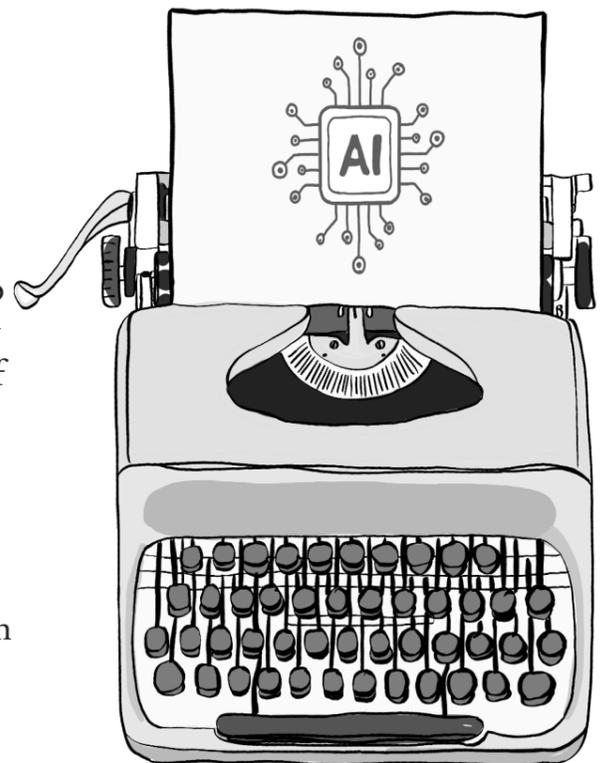
Cutler elaborated on the deal between the New York Times and Amazon. “I think this will set an

interesting new approach, potentially a new precedent to how media companies can work with technology companies in new and different ways.”

In addition to “zero-click” marketing, publishers also point to reputational harm when AI systems misstate facts while citing them. This includes Encyclopedia Britannica and Merriam-Webster, both currently suing Perplexity in the Southern District of New York over alleged copying and false branding; separately, Anthropic proposed a \$1.5 billion settlement with authors over training on pirated books, which is now under judicial scrutiny. Together, these moves aim to push AI access from de facto free to negotiated, reinforcing the concern that misattribution and hallucinations can boomerang onto the cited outlet’s credibility.

Even before AI, local news was in crisis. Medill has tracked the loss of thousands of U.S. newspapers since 2005 and the growth of “news deserts.” If AI interfaces divert additional attention from smaller outlets (those with less leverage to cut licenses), the risk is a familiar one: more closures, less coverage, and fewer training inputs later on. These losses have societal implications; studies show an association between the decline of local news and citizen engagement in politics.

Both Badami and Cutler agree that smaller institutions are in danger. “For large institutions with big legal teams and a lot of experience handling these issues, they’ll have a better time than the smaller ones,” Cutler said.



“I think small publishers should be compensated for their content if it is used, but my concern is they have little representation and limited resources individually to pursue the kind of litigation and corrective action needed to secure the deals,” Badami said.

Still, both expressed optimism for these news centers. “I do see the smaller organizations, news outlets, and even journalists, looking at new ways to combat these tricky issues. And so my hope is that they will survive, and that they’ll actually thrive, because, again, maybe they can find new audiences in different ways,” Cutler said.

“CloudFlare’s efforts to block AI platforms from scraping sites and using original content is emblematic of the kind of technological approach we need to protect smaller publishers,” Badami said. “But this is not a standardized feature yet. In the absence of protective measures like CloudFlare’s, we need more representation for smaller publishers to ensure that they are not taken advantage of.”

President and CEO of “The News Media Alliance” Danielle Coffey anticipates all publishers will benefit from AI licensing deals, regardless of size. “We believe that voluntary collective licensing agreements and frameworks in which publishers are paid per use of their content within AI models is possible and has taken place in countless circumstances across many content industries,” she said. “Innovation has always risen alongside a healthy relationship with the content it relies on to serve Americans what they demand and deserve.”

U.S. copyright law complicates how publishers can proceed: facts are not protected; original expression is. That principle, set out by the Supreme Court in the 1991 case *Feist Publications v. Rural Telephone Service*, underpins much of today’s debate. Courts have also narrowed the old “hot-news” misappropriation doctrine: decisions like *NBA v. Motorola* in 1997 and *Barclays v. TheFlyOnTheWall* in 2011 limit state-law “hot-news” claims where the Copyright Act governs. In plain terms, ‘we’re not stealing the facts, just the facts’ isn’t a defense to copying protected expression, but it does capture why publishers are focusing on AI’s recent verbatim regurgitation and source-stripping.

Harvard Law School Professor Rebecca Tushnet ’95 offered further perspective on the legal limitations to intellectual property. “No one has ever been able to draw [the] line [between using facts and appropriating expression] in the abstract, and no one ever can,” she said to the *Independent*. “It’s possible to say that facts are unprotected, and it’s only the expression in reporting the facts that is protected, but you’re always going

to have to do a case-by-case inquiry to figure out what actually happened.”

“Historically, we haven’t had compulsory licensing for facts because, for news to extract the facts, we haven’t needed it. The principle that facts are unprotected has served us well without any compulsory license.”

Specialists do not foresee any major government responses to scraping in the near future. “I would be surprised if we were to see something big and national and sweeping in terms of federal legislation,” Cutler said. “But I do think that we see these precedents happening, and it might be in other countries. It might be in certain states.” Badami agreed that the New York Times deal could serve as a precedent.

So far, three U.S. courts issued the first substantive rulings on whether using copyrighted works to train generative AI is fair use, and they split. In June, *Bartz v. Anthropic* held that training on books was “exceedingly transformative” and therefore fair use, while allowing separate claims about acquiring pirated copies to proceed to trial. Two days later, on June 25, 2025, a district judge likewise ruled that training Meta’s LLaMA models on books, including copies obtained from shadow libraries, qualified as fair use, while leaving distribution and market harm for further proceedings.

By contrast, in February, *Thomson Reuters v. ROSS Intelligence*, which involved copying Westlaw headnotes to build a competing legal-research tool, was found as not fair use; this ruling is under appeal and is now before the Third Circuit.

“Even if courts ultimately find that some training is fair use—and we don’t think they will—that’s very distinct from real-time answer generation, or retrieval-augmented generation,” said Coffey. “RAG answers pull directly from publishers’ sources and often reproduce it for users nearly verbatim, in a way that directly competes with the original content and deprives publishers of traffic and revenue. There’s no plausible defense for RAG being fair use, and we expect courts to make it clear that real-time use of publisher content requires permission and compensation.

The EU’s AI Act introduces transparency obligations, and EU copyright law lets rightsholders opt out of text-and-data-mining for training. Coffey referenced similar developments that may provide context for national policy. “We’re interested in reports that the Netherlands has supported a fully-permission based AI model, based on licensing with Dutch news publishers and public domain information. It shows that responsible development is possible.”

In the U.S., the Copyright Office has kept authorship and training under review; early 2025 rulings show judges are willing to let some newsroom claims

proceed while trimming others. With this current lack of support from U.S. legislation, publications must seek out alternative solutions in the private sector.

“It is going to be important for companies to understand how their content is being utilized and if people are stealing it or using it without their permission. They need to know that,” Cutler said. “But also, I think it’s interesting to consider different deal opportunities and see how licensing could potentially help to get their content out there.”

“Product differentiation is always a good idea, and it is urgently needed in the news media industry. Deal-making and tech-driven vigilance are likely going to be necessary to enforce fair use; the question is, can everyone afford to do it? We need solutions that span small, medium, and large news publishers, not just the large ones.”

Newsrooms are also experimenting with technical “breadcrumbs” to detect scraping: concealed strings designed to surface in model outputs if training occurred. This approach mirrors classic “copyright traps.” These are just the first solutions that news journalism has begun to employ.

“At the very least, [outlets need] a structured, enforceable corrections protocol that mirrors its journalistic standards. The protocol could start with real-time reporting channels—an API or dashboard where publishers can flag inaccuracies quickly,” Badami said. “These reports would trigger priority reprocessing of the model output and, where possible, the removal or correction of cached responses. I’d also add a mechanism for visible correction notices within the AI interface, similar to how newsrooms issue corrections on articles.”

As for what lies ahead, Tushnet suggested a simple truth: “What I’ve learned in the past 25 years is that predictions are going to be wrong in ways that surprise you. So I neither expect things to get better nor to get worse,” she said. “They will get different.”

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GRAPHIC BY EL RICHARDS ’26

How to Build a Life, Live

Arthur C. Brooks speaks at the JFK Jr. Forum on the strategies that make happiness more likely.

BY NASHLA TURCIOS '28



On Sept. 9, Harvard's John F. Kennedy Jr. Forum opened the fall semester featuring Professor Arthur C. Brooks in conversation with Tarek Masoud. Drawing on his new book, "The Happiness Files: Insights on Work and Life," Brooks offered a practical blueprint for contentment, urging his audience to take leisure seriously, embrace calibrated risk, and treat burnout as an opportunity to grow.

Brooks holds the Parker Gilbert Montgomery Professorship of the Practice of Public Leadership at the Harvard Kennedy School and is a Professor of Management Practice at the Harvard Business School. He also writes "How to Build a Life," a weekly column in *The Atlantic* that translates scientific research into practical guidance for living a more fulfilling life.

Reflecting on burnout, Brooks drew on his own unique career path. "It's bad mood that is extremely persistent, and where it manifests itself, typically in your career, is you start losing interest in what used to be interesting. This is the dead giveaway," Brooks said at the start of the conversation. However, rather than treating burnout synonymous to failure, he suggested reframing it as a cue to pivot. Specifically, he used the metaphor of a "spiral" to describe the recurring cycle of interests that pulls people into new work. "Burnout is a gift to you because burnout is a big signal it's time for the spiral to turn again," Brooks said.

The transition period between burnout and new beginnings, Brooks noted, can be unsettling. "It puts you into a period in your life that behavioral economists and social psychologists call liminality. Liminality means a time between two things. But that's the most creatively fertile period in your life."

As the talk progressed, Brooks shifted from discussing burnout to the process of restoration. He acknowledged that stepping away from one's daily responsibilities is not always feasible. "If you're working at the plant down, you don't get a sabbatical. I got it. I completely got it," he said. "But what it means to withdraw and restore yourself is highly dependent on what your circumstances are. And everybody can actually do that every day if they know what they're doing, because one of the great things that we have even across economic classes in this country is an ability to spend some time not working."

Even among lower economic classes, Brooks argued, the trouble is not a lack of but rather a misuse of time: "The biggest mistake that people make when they're starting to burn out or they're really tired or they're really grumpy or things aren't right—they waste their time not at work."

Brooks drew upon philosopher Josef Pieper's concept of how leisure defines our quality of life to support his advice. "If you want to get more burned out faster, the best way for you to do that

is to go home and watch Youtube Shorts and look at Instagram Reels in your bed until you finally fall asleep," Brooks noted. The alternative, he said, is to take free hours seriously: "Whether you've got three hours of leisure or three months of leisure or whatever it happens to be, you better use it with real seriousness—spiritual seriousness, emotional seriousness—in service to other people, learning, love, and the divine."

Moderator Masoud then steered the conversation toward Brooks's reflections on midlife.

"In our culture and in our lives as you get older, you focus a lot on what you're losing and you don't focus very much on what you're gaining," Brooks said. "Your negative emotions get your attention because that's what keeps you alive. Your positive emotions give you a nice moment, but they better not be predominating over your negative emotions."



That instinct, Brooks argued, runs counter to the data, pointing to the research of Daniel Kahneman and Amos Tversky. He told the audience, "loss aversion is so much more powerful than ambition to gain. And that's how we see our lives. You see in the rearview mirror all the things that could have been, all the things that you regret, all the things you used to be able to do." Yet he also insisted that the evidence points toward a different story.

"As an empirical matter, the best is ahead.... So is the worst...but the truth of the matter is your best memories are about to be generated further out, especially if you make the right set of decisions, and that's the thing actually to focus on."

He then turned to his second prescription for navigating midlife: choosing subtraction over addition. "The second part is focusing on less, not more," Brooks said. "Your satisfaction in life as you get older is all the things that you have divided by what you want. You can maximize the numerator, which is very inefficient and won't last long... Or you can manage your wants. You can have more or you can want less. Your choice."

For Brooks, this discipline takes the form of what he called a "reverse bucket list." "All of the happy people later in life stand up to their animal impulses, and they learn to want less," he explained.

Before moving on, he added a final caution: "There's nothing wrong with your desires and aspirations and goals and motivations and ambitions...but you don't want them to manage you. You want to manage them."

As the conversation drew to a close, Brooks extended his reflections on aging into family life. "All that matters is what they see," he said. "They will become you whether you like it or not. So, be the person you want your kid to be." For religious families, he added, visibility is important: "They see you sincerely in worship every single day, and they don't see you cutting corners. It's the most physically imposing parent bowing in obeisance to a greater power that has this huge cognitive impact on kids."

To round off the discussion, Brooks relayed some final advice to the audience: real growth requires deliberately stepping outside of one's comfort zone.

"When I give advice to people to take a little bit of risk, that doesn't mean the same risk for everybody," he said. "What's scary to you might not be scary to me... We have to calibrate this to the right level of risk. It's a little bit beyond what you're comfortable with. For some of you, that risk might be standing up on this stage and saying something in front of people that you've never done before. Actually, for some of you, jumping out of an airplane is easier than doing that."

But for many young adults, he argued, the scarcest risk today is falling in love. "The likelihood of saying 'I'm in love' when you're in your 20s today is a third lower than it was when I was in my 20s," he said. "People date less, people get married less, people move in less, people have fewer relationships. For the very first time in American life, more than half of adults are living alone."

That advice, he stressed, was especially aimed at young students. "One of the pieces of advice I give a lot to my students again and again is date more. Have your heart broken more. You want to be an entrepreneur, start with your life, right? Because your life is the only enterprise that really matters."

Across topics, whether burnout, midlife, or parenting, Brooks returned to the idea that struggle itself can be instructive. What people may instinctively resist might be the very material out of which happiness is built.

"Take risks in search of the fortune that matters, which is love and happiness," Brooks concluded. "That's the currency that matters."

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GRAPHIC BY ANGIE LI '28

Here for You: Mental Health Resources at Harvard

An overview of several student support services on Harvard's campus in honor of National Suicide Prevention Awareness Month.

BY OLIVIA LUNSETH '28

**Due to the sensitivity of mental health work, the majority of representatives the Independent spoke with chose to remain anonymous.*

Suicide is the second leading cause of death for college students in the United States. With an average of 24,000 attempts and 1,100 deaths per year, mental health services are starting to be seen as an essential part of American college campuses. At Harvard University, there are over 12 student support services designed to help students navigate challenges and maintain their mental health.

Within Harvard's Counseling and Mental Health Services, peer counseling groups like Response, Indigo, Contact, Room 13, and the Eating Concerns Hotline and Outreach offer drop-in and phone-line counseling. The Harvard Undergraduate Group Peer Therapy program operates under the same umbrella but follows a group therapy model.

All of these groups are staffed by student volunteers, who are not mandatory reporters, allowing them to offer confidential support to peers. Although all of these groups have a specialty, they welcome concerns of any kind.

Response

"We're a group of undergraduates trained to give non-directive confidential support for any students who want to talk about honestly anything," Jennifer Kim '26, a co-director of Response Peer Counseling, said in an interview with the *Independent*. "Our group does focus on relationships. So specifically, like sexual harassment and sexual assault."

In 2016, The National Sexual Violence Resource Center found that in college, one in five women and one in sixteen men experience sexual assault, and that more than 90% of sexual assaults go unreported.

"From matters like [assault] to anything about relationships you're having trouble with—your friends, your roommates, your partners, and anything in between," Kim continued.

Confidentiality is a priority. "We're not mandatory reporters. So whatever you want to share with us stays with us in that room, and we're not there to judge you, we're not there to critique you," Kim said.

Response can be found in the Lowell underground, in room Lowell EL-15. They are open for in-person counseling from 8 p.m. to 11 p.m. Sunday through Thursday during the academic year. They offer over the phone counseling at (617) 999-8353 from 8 p.m. to 8 a.m. Response also provides free sexual health supplies to students at this location.

Indigo

Indigo helps students manage identity-based concerns. "Things like race and socioeconomic status, or immigration status," said an anonymous representative from the organization in an interview with the *Independent*. "It is broad—if someone were to come in [saying] 'Oh, I'm having a really difficult day, I wanna have a chat about that,' we're obviously more than happy to help with that as well."

"There is so much power in just being a body in the room that's there to listen and just genuinely cares," the representative added.

Indigo is located in Thayer B-01 and is available for drop-in appointments seven days of

the week during the academic year from 8 p.m. to 11 p.m. Additionally, Indigo is available over the phone from 8 p.m. to 8 a.m. at (617) 256-1183.

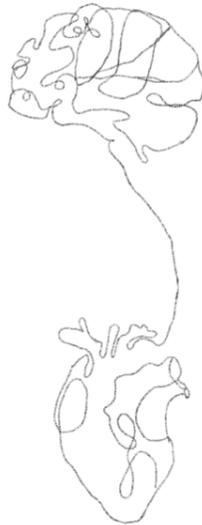
The representative underscored the importance of counseling, particularly as many students face uncertainties about funding, citizenship, and the safety of family members, among other concerns. About 79% of the Class of 2028 identified as being a race other than white, and 27% of the class are international.

"I think that power is just so important, especially in such a politically charged time, especially when a lot is happening for students on a personal level, sure, but also at the national level," a second Indigo representative said.

Contact

Contact provides support for LGBTQIA+ identities, relationships, and sexual health.

According to the New York Post, over a quarter of Harvard's student body identified as part of this community in 2021. Past research studies have shown that LGBTQIA+ youth are "more than twice as likely to feel suicidal and over four times as likely to attempt suicide compared to heterosexual youth."



"We specialize in counseling for people of gender identities or sexual orientations that feel that they have not yet found their place on Harvard's campus," an anonymous Contact representative said to the *Independent*.

Located in Thayer B-04, Contact is open for drop-in counseling seven days a week during the academic year from 8 p.m. to 11 p.m. and is available over the phone from 8 p.m. to 8 a.m. at (617) 998-6898.

"Harvard is kind of a terrifying place to be when you first get here," the representative continued. "It's really important to be able to get care in the beginning when you need it"

Room 13

Room 13, considered the broadest of the peer counseling groups, takes a generalist approach. "Room 13 is a bit of a catch-all where we sort of see any sort of issues," said an anonymous representative to the *Independent*.

The group aims to provide an informal but supportive environment. "We look at ourselves as a non-directive, non-judgemental, completely anonymous peer counseling service—this isn't exactly normal therapy," the same representative said. "This is more so you can come in and talk through your feelings with another peer who's going through or can understand your experience."

"There are people who care about you and want to support you," the representative added.

Room 13 can be found in the Thayer and is open every night from 8 p.m. to 11 p.m. during the academic year. They can be reached at (617) 256-1183 from 8 p.m. to 8 a.m.

ECHO

ECHO offers therapy that centers around relationships with exercise, body image, food, and eating.

With social media so prevalent in college life and shifting diet and exercise routines, many college students find themselves uncomfortable with food and exercise, which can greatly impact their mental health. According to the National Eating Disorders Association, in college, between 10-20% of women and 4-10% of men suffer from an eating disorder. Additionally, only 22% of colleges offer year-round ED screening opportunities.

ECHO provides a space for students to talk openly about their relationships with eating and exercise. Like the other peer counseling groups, the group is staffed by undergraduate volunteers and operates confidentially.

ECHO is located in Matthews B-02, from 8 p.m. to 11 p.m. Sunday through Thursday. They also operate over the phone from 8 p.m. to 8 a.m. every night at (617) 495-8200.

Active Minds

Active Minds is a national non-profit dedicated to mobilizing youth and young adults around mental health advocacy. With more than 500 chapters across colleges, high schools, and workplaces, the organization works to reduce stigma, promote open conversations, and encourage students to take action in support of their own mental health and the well-being of their peers. Most of all, Active Minds aims to reduce suicide among young adults.

Harvard's chapter of Active Minds is responsible for the mental health workshops that freshmen attend during orientation. "Mental health on this campus sometimes feels very invisible," a member of the organization shared. "It's something that a lot of people struggle with, but not many people are willing to talk about."

"Everybody should be able to reach out and feel safe reaching out about their mental health," the member added.

Harvard's peer counseling groups and student organizations have a range of resources for students navigating mental health challenges. The services highlighted in this article are just a few of many that are offered by Harvard to help students manage their mental health. While these ones are peer-led, there are also options for more consistent, professional assistance, including same-day urgent care appointments.

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READING THIS TO KNOW THAT
THEIR MENTAL HEALTH MATTERS.**

GRAPHIC BY JOYE WINGARD '28

FORUM

Who Owns Your Thoughts?

Brain-computer interfaces could unlock new possibilities—or turn the mind into the last frontier of surveillance.

BY PATRICK SLIZ '27

Brain-computer interfaces are no longer science fiction. For most, the idea brings to mind “Severance,” Apple’s unsettling series about surgically divided minds. Yet beyond television, companies like Neuralink are already conducting human trials, Chinese firms are investing heavily into neurotechnology, and research labs are learning to decode brain activity in real time. The question is no longer whether BCIs will arrive, but who will control the signals they produce—and what that ownership will mean.

At their core, BCIs are direct links between neural activity and machines. Scientists have been recording brain signals for decades, but only recently have implants and algorithms become advanced enough to translate thoughts into actions. Applications remain limited, but the potential is vast. Today, these devices can enable a paralyzed person to type by imagining hand movements, control a robotic arm with their mind, or even play chess using only their thoughts. In the future, BCIs could restore speech to those who have lost it, restore autonomy for patients with paralysis, and even unlock new forms of creativity by translating imagination directly into art or music. Few technologies hold more potential to expand human ability—and with billions in private investment, progress is rapidly accelerating.

That acceleration raises an uncomfortable truth: brain signals are data. And in the 21st century, data is money. With social media companies already profiting from likes and clicks, imagine the value corporations can derive from decoding attention, emotions, or intent before action. A BCI does not just track where your eyes linger; it can expose whether you’re bored, anxious, or distracted. Naturally, a critical question arises: who owns that information—the individual or the company?

Today, U.S. law offers no clear answer. Medical records are covered by HIPAA, but neural data collected by a commercial BCI does not necessarily fall under those

protections—only medical BCI data may be protected. A company could claim ownership of the signal streams its device generates, just as media platforms assert rights over user content. Similarly, in the 1990 case *Moore v. Regents of the University of California*, the California Supreme Court ruled that a hospital patient’s discarded blood and tissue samples are not his personal property, and thus do not have rights to a share in any profit earned from commercial products or research derived from their cells. This precedent could be used to defend the selling of neural data by companies to other entities.

On the other end, governments might demand access in the name of security. Individuals may assume the data is theirs, but without legal precedent, that assumption is fragile. Until legal frameworks address newfound concerns, the most intimate data humans produce could be the least protected.

Rapid evolution of technology has been a cyclical pattern throughout history. The printing press unleashed mass communication in the 15th century. Centuries later, the telephone, the internet, and then social media each redefined how humans connect across distance. Artificial intelligence simmered in academia for years before suddenly spilling into daily life, transforming how people work and learn. BCIs could follow the same arc: clunky one year, mainstream the next. As these technologies have entered the mainstream, they have changed how we think about privacy and ownership. But unlike social media or AI, which only analyze the information we feed them, BCIs tap directly into the raw material of thought itself. That makes them not just another tool, but the ultimate surveillance machine.

Geopolitics will raise the stakes. The Chinese government is already outlining policy for investment in neurotechnology companies with both medical and military uses. In Washington, this alone may be enough to end any talk of restraint. As with AI, lawmakers could justify pushing forward, whatever the ethical cost, for fear of falling behind. The real race won’t just be about implant speed or accuracy, but about who controls the flow of brain data. Similarly to how the United States relied on Palantir to compile datasets on Americans, BCI firms could be enlisted to funnel neural information to the state—framing it as a necessary response to China’s intelligence apparatus. In that sense, the contest over brain data may become less about innovation than about national security, driving a new kind of ‘data race.’

But the competition won’t just be between nations—it will play out within them. If enhancement BCIs become real, it is unlikely access will be equally distributed. Affluent

users may face options to enhance memory or focus with upgraded implants, while the rest risk becoming sources of raw data—mined, monitored, and sold. The same technology that promises empowerment could also deepen class divides, creating a world where some lease out their thoughts while others pay to sharpen theirs.

Nonetheless, the impact will not be confined to wealth—it will extend into classrooms. Education already struggles with AI, which has blurred the lines between learning and outsourcing. BCIs could erase that line entirely. Why memorize formulas if knowledge could be downloaded instantly? Why study history if dates are already preinstalled? The danger is not academic laziness so much as it is commodification. Universities already mine student writing with AI-powered plagiarism detectors—BCIs could push this further, turning even private thought into a dataset to be tracked or distributed.

From there, the implications become existential. Religious critics warn that a chip governing thought resembles the “mark of the beast”—a loss of autonomy disguised as progress. Philosophers wonder whether a self extended into machines is still a self, or something new entirely. Both perspectives converge on the same fear: once thought is externalized, it can be manipulated, copied, and controlled by outside forces. If our ideas become just another dataset, then identity, memory, and even free will risk becoming commodities in a marketplace.

With all of the drawbacks, the optimistic vision of BCIs remains compelling. Imagine composing a symphony simply by thinking about it, or bridging language barriers with real-time neural translation. For patients with neurological disease, BCIs could restore lost senses, reconnect damaged circuits, and transform quality of life. But every advance comes with a trade-off.

Severance imagined a future where the mind could be split into two. The reality ahead may be stranger still: a world where human thought blends with machine code, and the essence of being human is for sale. BCIs promise breakthroughs in medicine, communication, and human potential, but they also threaten to expose the most private part of ourselves to corporate profit, government oversight, and spiritual crisis. We’ve already surrendered our clicks and searches. If we lose control of our thoughts, what do we have left?

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GRAPHIC BY ANNEISE FISHER '26



Thoughts from New Quincy: The Notebook Reboot

The flaws of reverting to “notebook only” classrooms.

BY LUKE WAGNER '26

Before the semester started, I argued in these pages that Harvard shouldn't ban AI but instead teach students to use it critically, the way calculators or word processors were once absorbed into learning. That argument felt urgent then; it feels even more now.

When I returned to campus this fall, I found classrooms not only banning AI, but banning technology altogether. “Notebook only,” one syllabus read. No laptops, no tablets, no screens of any kind.

This is a step in the wrong direction. Not because I object to paper—I love the unhurried cadence and slowness of handwriting—but because prohibition is not pedagogy. Harvard's response to the emergence of new learning tools is to pretend they don't exist, a stance that not only shapes classroom habits but also risks leaving graduates less fluent in the technologies that will come to define modern work.

I understand the instinct. There is something restorative in the rustle of paper, the weight of ink, and the visible record of thought accumulating in the margins. But the broader trend—AI bans morphing into laptop bans—signals something larger. When confronted with new technologies, Harvard reaches for abstinence. It imagines rigor as removal.

Let's admit it: notebook-only classrooms can feel better. They create a mood of collective focus that's hard to replicate on screens. Research has suggested that handwriting aids retention; but even without the studies, most of us sense the difference between scribbling a thought in the margins and typing it into a doc you'll never reopen.

This instinct feels especially strong in small discussion-style seminars, where the absence of laptops makes the room feel more intimate, every silence more audible, and each page turning into part of the collective rhythm.

Professors, too, find comfort in the ban. It restores a familiar tempo. A seminar without laptops feels less like a Zoom breakout room and more like the classrooms they remember from their own days in school. After years of fractured attention and AI panic, the desire to reclaim space from machines is expected. In some ways, it's even admirable: a stand against the compulsions of the feed, an insistence that, at least for 75 minutes, students should think unassisted.

But that comfort isn't universal. For students with handwriting that lags behind lecture tempo, learning differences, or heavy commitments outside of class, a “notebook-only” rule turns strictness into exclusion. What feels restorative to some can feel punitive to others—especially when it means hours spent retyping or reorganizing notes just to keep up.

Harvard and its professors have now staged two retreats: first from AI, then from laptops. What's striking is that for these reasons laptops had already been widely accepted until just last year; it was the AI panic that made professors double back, extending

suspicion to older tools that had once felt settled. Both moves operate on the same logic: protect standards by banning the tool. But restriction doesn't cultivate judgment; it only drives the tool underground.

Students still write with AI, but just in dorm rooms instead of classrooms. They still rely on laptops, just not when professors are watching. The concerns behind the bans are real. AI can tempt plagiarism, laptops can splinter attention—but rules aimed at erasing those risks end up policing visibility, not behavior.

A false dichotomy underlies this debate: that technology must either corrupt or disappear. But every classroom already runs on technology.



The notebook was once disruptive; the chalkboard standardized instruction; PowerPoint reshaped lectures into bullet points. Each tool restructures how knowledge is produced and understood.

The trouble is that Harvard treats only the newest tools—laptops and AI—as suspect. Older tools get rebranded as “innocent.” But none of it is innocent. Every technology amplifies certain forms of thought while muting others. Handwriting slows you down, encouraging synthesis. Typing speeds you up, encouraging transcription. AI accelerates drafting but flattens style. The task of education isn't to pick one and ban the rest. It's to make students conscious of those trade-offs.

The return to notebooks is part of a wider cultural mood. Parents ban iPads at dinner tables. Influencers pay for “digital detox” retreats. Silicon Valley executives brag about “screen-free Sundays.” Focus has become the new scarce good. A room without screens signals seriousness the way a phone stack at dinner signals intimacy. These gestures resonate because they promise not just focus, but closeness—an assurance that attention, once so fragmented, can still be shared.

When Harvard translates this cultural nostalgia into policy, it confuses tradition with discipline, defining seriousness not by how students adapt to new tools, but by how faithfully they retreat from them.

There's wisdom in that impulse. Our lives are saturated with distraction, and carving out slow space matters. But cultivated scarcity isn't the same as enforced scarcity. When students choose to silence their phones, close their laptops, or step into a library without Wi-Fi, they are learning how to create focus in a noisy world. That act of self-discipline is a skill. A notebook-only rule, by contrast, enforces attention through deprivation. It never teaches how to sustain depth when the laptop is open, the notifications buzzing, the temptation just one click away.

So if prohibition is the easy way out, what would a better—albeit harder—reboot look like?

It would mean treating the classroom as a laboratory for tools, not a refuge from them. Professors could stage comparisons: one week handwritten notes, the next week laptop notes, followed by a reflection on what changed. They could require students to annotate an AI-generated outline, fact-checking each claim instead of pretending AI doesn't exist.

The point is not to normalize every tool uncritically but to surface their effects. How does your argument shift when drafted on paper versus on Google Docs? How does AI nudge your style in ways you didn't notice? Those are questions worth teaching. Notebook-only classrooms dodge them.

If Harvard insists on notebook-only rules, it should at least ask: who gets excluded by this version of education? Whose handwriting is judged inadequate, whose processing speed lags, whose labor outside the classroom goes unacknowledged?

To reboot is not to revert to factory settings. It's to restart with intention. Harvard's current tech policies conflate the two. A notebook-only classroom feels like a clean slate, but in reality, it's a nostalgic performance—pretending the world beyond the gates doesn't exist.

A true reboot wouldn't mean banning or retreating, but reimagining with purpose.

There is something undeniably beautiful in the hush of a notebook-only classroom, a rare pocket of focus. But beauty alone is not a blueprint. If education is meant to prepare for life beyond Harvard, the task is not to enshrine one medium but to move fluidly among them, with discernment.

The future graduate should be fluent in all three registers: the deliberate pace of handwriting, the collaborative speed of the laptop, and the algorithmic fluency of AI. Anything less leaves us unprepared for the world we already inhabit.

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GRAPHIC BY RILEY CULLINAN '27

 Something went wrong, please try reloading the conversation

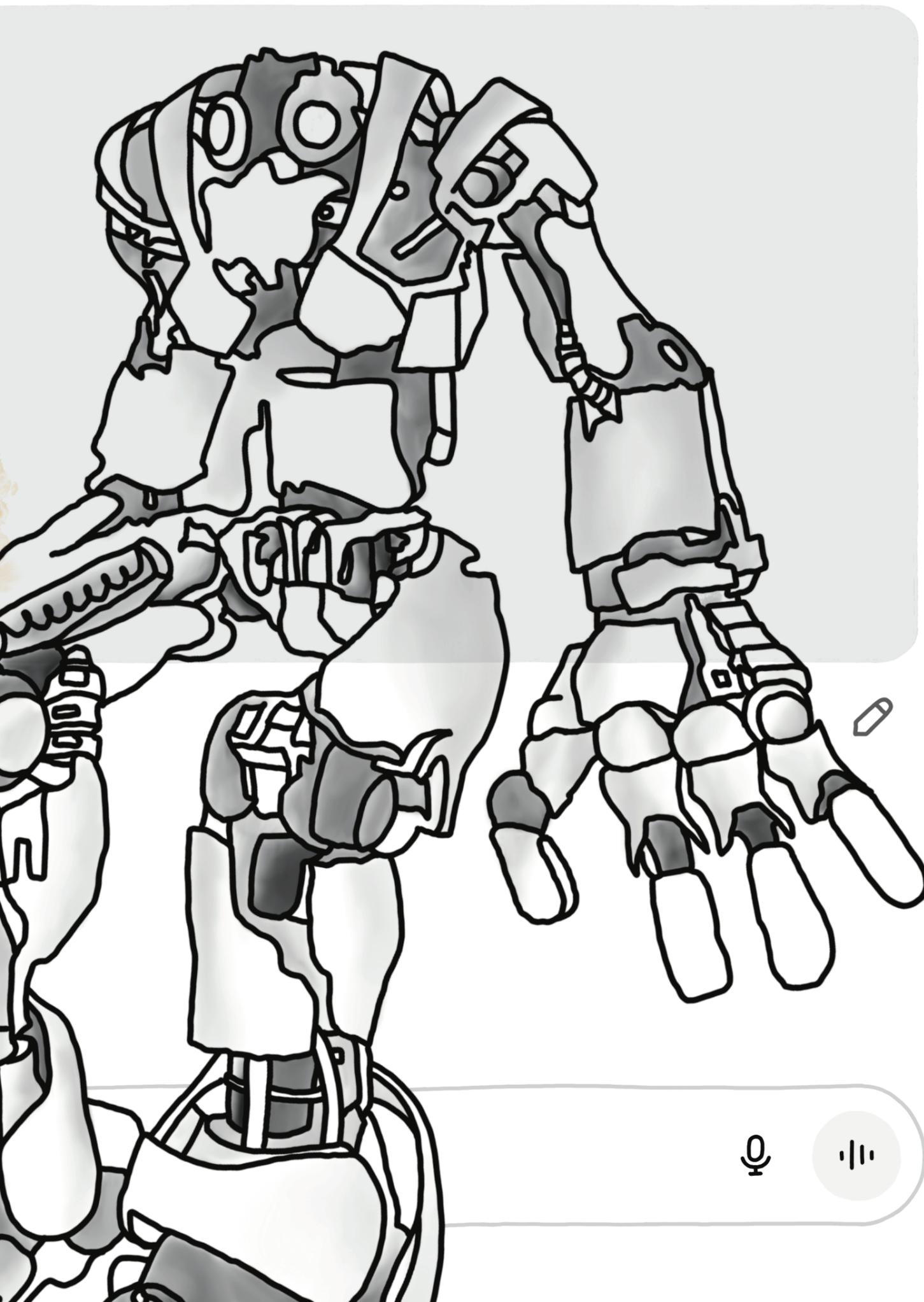


create a centerfold for the indy reboot issue



rsation. ↻ Retry

this you?



The Absolute Bane of My Existence

ily, imy, ttys, let's hang?

BY RAINA WANG '28

I hate texting. I'm a bad texter. Like, BAD. Anyone who knows me can vouch: I'm notoriously terrible at responding to messages. And it's not because I don't see them—that excuse doesn't fly in a world where our phones are glued to our hands. The truth is, I just can't take texting seriously as a real form of communication.

Even worse, I think texting has warped the way we connect with each other, and not for the better.

One of the biggest issues is the demand for constant availability. Since texting is such an “easy” and “convenient” method of communication, we've normalized the idea that everyone should be reachable, all the time. Suddenly, every single meal or moment in our schedule becomes a social opportunity. Texting deludes us until we start to believe it's actually possible to keep up with dozens of people in a single day. We overstep our own boundaries that we didn't even know we had so that we surpass our limits to the people we can see, think about, care about, and give our all to. And we fail to communicate these boundaries to others as well.

The reality becomes exhausting. Hundreds of Gmail, GroupMe, and WhatsApp notifications overwhelm us. And that pressure bleeds into our offline lives too: every meal, every walk, every study break turns into another “catch-up.” No wonder so many of us feel socially burnt out.

My conclusion (to justify my occasional 24-hour response time): texting is not a natural form of communication. We must see the people that we talk to; we can glean so much information from body language, expression, energy, and overall vibes—all of which you can't capture through a phone. On top of that, texting is by far the fastest form of connection, which creates the expectation of a very fast reply. It exemplifies exactly what Byung-Chul Han—a South Korean-born philosopher known for his critiques of contemporary society—calls “smooth.”

In his book, “Saving Beauty,” Han defines “smooth” as “something one just likes. It lacks the negativity of opposition.” It's simple, straightforward, and unchallenging. He points to artist Jeff Koon's balloon dog as the perfect example:

a piece of art defined by its smooth nature, inviting no discomfort, no distance, and no need for deeper thought and interaction with the artwork.

Extending this idea, Han asserts that “information is a pornographic form of knowledge.” Knowledge, he argues, is complex and nuanced while information is flat and recitable. If this is true, then texting naturally follows as a pornographic form of communication.

Texting creates a “seamless” digital connection between people, made even smoother with each update: automatic response suggestions, reaction emojis, to the ability to “like” messages.



We've created ways to communicate without intentionality, easily displayed by trends like sexting, Snapchat streaks, and, don't even get me started, dating apps. Technology enables what I'd call “fake communication” —communication with less effort. None of these methods require deeper thought and consideration.

For example: have our friendships really devolved into sending Instagram reels back and forth? (I've had friends admit this is their main way of staying in touch with people from home while at college.) As sweet as it may seem, it's not the same as: “I was thinking of you.” Instead it's: “I saw something that passively reminded me of you, and technology gave me a one-click

way to send it.” Compare that to actually calling and saying: “Hi, I miss you. Biking by the river made me think of you today. Can we hang out soon?”

Contrast modern day versions of modern day text chains, back-and-forths that consist mostly of one to two sentences at a time, to what I almost want to call the vintage habit of letter-writing. Precisely because communication is faster (“smoother”), it feels as though there's less delay, and therefore, less thought put behind the words that we write.

Even something as intimate as “I love you” has been reduced to “ily” in our digital worlds. How tragic it is that this emotion, this vulnerability with the rush of excitement, the comfort of reassurance, and all the meanings that those three words hold, has been “smoothed” out into three tiny letters.

Let's go back to the days of handwritten letters, long conversations, time set aside for hours on the phone, generally just choosing time spent together, and not rushed lunches between classes. Real, intentional time and genuine connection in friendships becomes more and more rare as we normalize the quick, transient “connection” formed through text chains and group chats. Creating intimacy in friendships gets lost in our priorities, replaced by superficial interactions with dozens of people. And maybe, the solution isn't to keep promising meals or grabbing coffees.

Maybe, the solution is to limit the number of people we keep in touch with, so that the relationships we do invest in can flourish. In order to be more intentional, it means choosing who we devote time to, and committing to giving those friendships our all. Otherwise, how are we to feel intimacy in rushed friendships sandwiched between Chem 17 and my next social appointment?

RAINA WANG '28 (RAINAWANG@COLLEGE.HARVARD.EDU) ROMANTICIZES THE IDEA OF LETTER-WRITING, SO REACH OUT IF YOU'RE LOOKING FOR A PEN PAL!

GRAPHIC BY NESHAMA RYMAN '28

ARTS

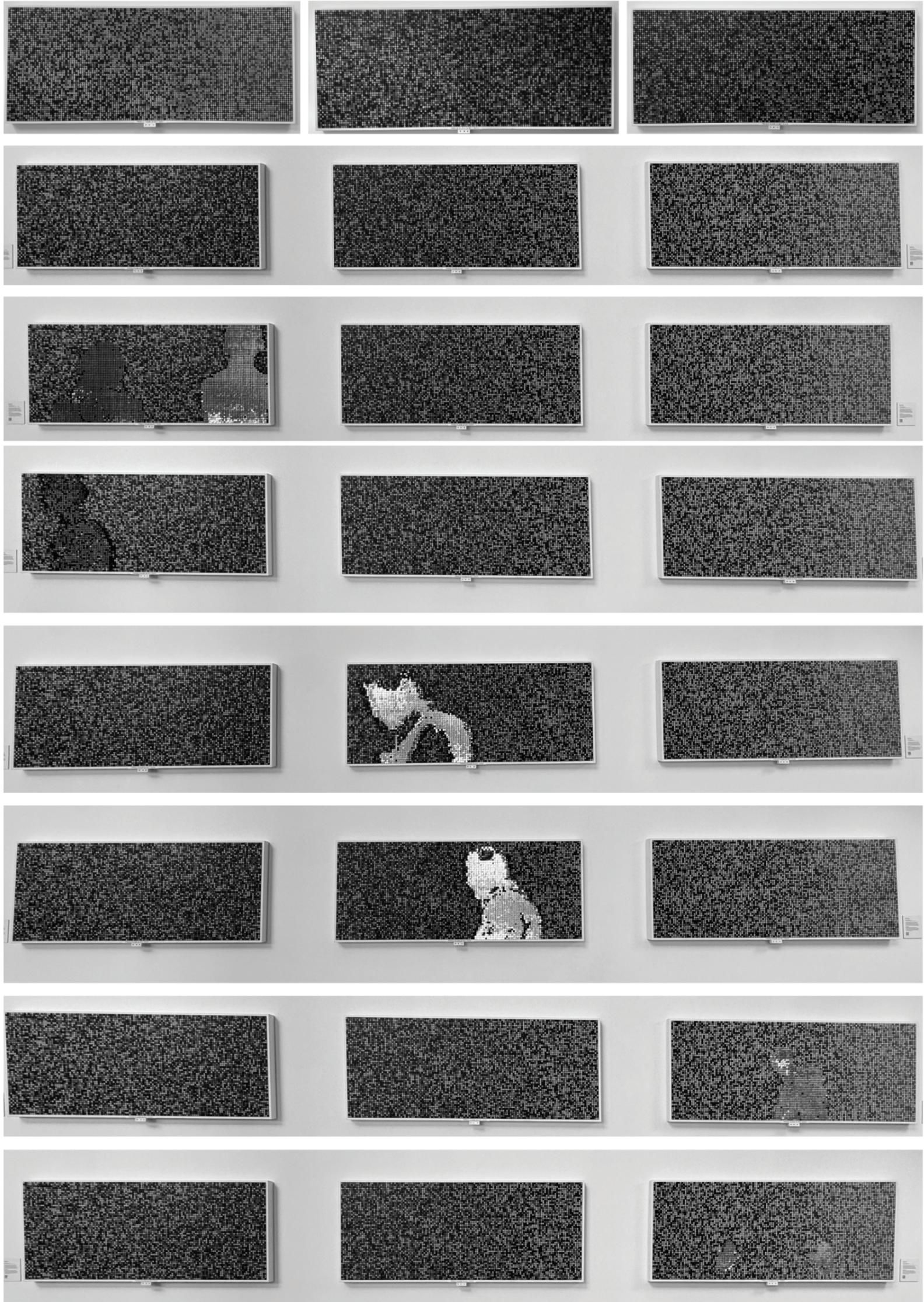
Harvard Time Capsule

The Science & Engineering Complex's interactive artwork is a living archive of all its visitors that it films and replays.

BY MEENA BEHRINGER '27



The "Harvard Time Capsule," created by Andrew Zolty, who goes by his artist name BREAKFAST, in 2020, is an interactive kinetic art installation that captures video snippets of those who encounter and interact with it. The exhibition is located on the first floor of the Science & Engineering Complex and uses over 23,000 custom-engineered bi-directional Flip-Discs to record short videos of visitors as they approach it so it may replay their moving silhouettes on its surface. All interactions are stored within the Time Capsule, replayed across the surface over time, to show the collective memory of all who have engaged with it. Below are examples of such.



What is Art?

As the use of AI seeps into the artistic world, it demands us to qualify and classify what we define as “real art.”

BY RAINA WANG '28

Walk through the halls of Leverett House, and you'll notice AI generated name tags that decorate room doors. Take a stroll through Winthrop, and you'll notice the same—and even if not clear at first glance, I'm sure this goes for many other houses too.

Sure, the use of AI results in more personalized name tags, as it can easily feature images that I mentioned were my hobbies, interests, or intellectual passions. For example, my name tag features a confused cartoon bunny, looking into the distance with a background split three ways—one third is what I presume to depict a “philosophy”-esque scene, another a chemistry lab, and the last NYC. The rest of the hall is similarly decorated, from rabbits in abstract forests to rabbits typing on geometric desks and laptops.

As sweet as the thought is, it feels wildly unnatural. In a way, even less personal. Despite the appreciated gesture, I'd rather a simple hand-made nametag than this complicated, AI-generated one that abstracted away any personal labor or imagination. Even a simple green name tag (green is my favorite color) over the complicated “art” on my door would make me feel more at home. And I'd feel bad saying this if my nametag was handdrawn, or hand-photoshopped together, but it wasn't. So, am I even criticizing someone else's creative effort right now?

And it's not just our Houses' hallways; AI-generated images are becoming more and more pervasive. We see them used everywhere, from AI-advertisements, to videos, to artists using them to supplement their own works. The use of AI to replace every form of artistry ties to the larger problem at hand, bringing up a more elusive, and pressing, question: can AI-generated art even be considered “art?”

Well, to begin with: *What even is art?*

My art teacher used to emphasize that art shouldn't be perfect. It shouldn't just be a copy of what you see in the real world—in that case, just take a photograph, which is what cameras are for. Art is valuable not for straight lines, but for the unique touch that an artist adds. Artists are valuable for their ability to successfully represent an interpretation of the world as they see it—a perspective that is unique to themselves.

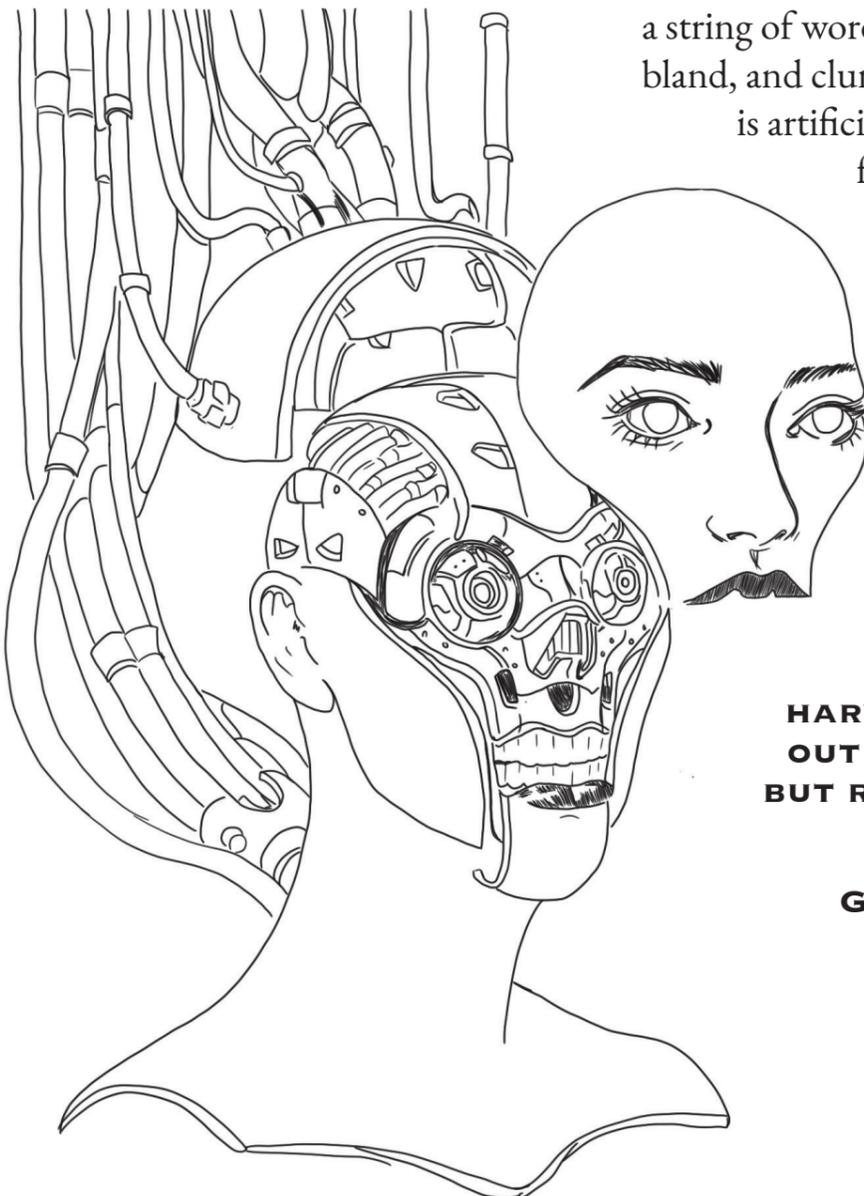
Already, we can see that AI can't possibly be creating art if one of our requirements for art is “originality” or “creativity,” since AI can't create. Yes, AI can “generate” very quickly, however, it's not actually producing its own work—instead it's synthesizing from various data, images, or sources that already exist on the internet, and combining it all together to form a new image. As a result, AI can only scrape together a picture from other places, including actual artists' original work, creating even more problems with

plagiarism and intellectual property.

Even as art has evolved over time, starting from plant dyes and cave paintings, to impressionist canvases to the digital forms of animation and sketching that we see today, art has always preserved each artist's individuality. We know from history that art is a way of expression, and there's something so human about desperately needing to express ourselves that we put art anywhere we can. And no matter how art has changed—no matter how much people dislike “modern art” or “digital art”—at least it's still produced with a human touch and expressing a human's interpretation of the world, which AI will never be able to replicate.

We were quick to understand that AI could not replace writing, and with that, written art forms including poetry, creative fiction, or narratives. Just like human writing has voice, personality, tone, and intrigue, art has the same. When AI writes, we do consider its output writing, since it's a string of words, yet we find it stilted, bland, and clunky. We realize that it is artificial, and that the words

feel unnatural; the same goes for art. In the same way we don't consider ChatGPT to be real writing, how can we consider AI-generated products to be real art?



**RAINA WANG '28
(RAINAWANG@
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OUT OF CLEVER BYLINES
BUT REFUSES TO TURN TO
AI.**

**GRAPHIC BY REEVE
SKYES '26**

SPORTS

On the Ice for a Cause: Evening with Champions Blends World-Class Skating and Giving Back

Skaters from the local community and around the world perform in the 53rd annual Evening with Champions.

BY LAYLA CHAARAOU I '26

For the past 50 years, skating fans and citizens of the Greater Boston area have flocked to Cambridge to watch an Evening with Champions. EWC is a public charity dedicated to fighting cancer by raising money for the Jimmy Fund, an organization for pediatric cancer research under the Dana-Farber Cancer Institute.

EWC was founded in 1970 by United States silver medalist John Misha Petkevich and John Powers. Inspired by the Jimmy Fund's mission to advance cancer research, Petkevich envisioned a figure skating show that could raise both awareness and funds for the cause.

Annually, world-class figure skaters take the ice at the Bright-Landry Hockey Center to perform. This year, EWC celebrated its 53rd show, having raised more than \$3 million since its founding. The nonprofit's production and fundraising are both student-run. EWC53 was co-chaired by Lucy Xu '26, Alice Feng '26, and Vinny Li '26.

"This show has such a special place in my heart, of course because of its mission to support cancer research and patients, and also because of the incredible community of board members, cast, production team, volunteers, audience, sponsors, and donors," Feng said in an interview with the *Harvard Independent*. "The entire team tirelessly works to produce a successful show, and seeing our vision come to life is incredibly rewarding. We're so grateful to all the people who return year after year to join us for the evening and support our cause."

"EWC has been such a meaningful and rewarding experience. It's such a unique opportunity to combine the artistry of skating with a cause I care deeply about, and I've loved seeing the community come together to support it," Li added. "EWC has truly been one of the highlights of my time at Harvard, and I'm really excited to see how it continues to grow and evolve in the years ahead."

This year's co-chairs emphasized the continued importance of EWC, especially in light of the latest multi-billion dollar funding cuts to cancer research and patient support programs.

"It's more important than ever to support organizations like the Jimmy Fund and the Dana-Farber Cancer Institute, whose groundbreaking work continues to bring hope to countless patients and families," said Xu. "This cause is especially close to my heart, as I lost my grandmother to colorectal cancer when I was in high school. To those in the audience who are cancer patients, survivors, or who have loved ones affected by cancer—

please know that we see you, we stand with you, and we are committed to working together for a brighter, healthier future."

This year's lineup brought together skaters of all ages, featuring three Olympians and nine upcoming athletes preparing for the upcoming Milan-Cortina 2026 Games. The evening opened with Linda Wnetrzewska's '26 performance of the national anthem, followed by a show-teaser video, and an ensemble number by the skaters.

Harvard alumni and Olympians Paul Wylie '91 and Emily Hughes '11 then took the ice to officially open the show. Wylie, the 1992 Olympic silver medalist in men's singles, and Hughes, who placed seventh at the 2006 Winter Olympics, brought both expertise and energy as this year's hosts.

"I have been coming to an Evening with Champions since I was invited as a sophomore in high school in Colorado," explained Wylie in an interview with the *Harvard Independent*. "I was able to stay in Eliot House as a 17-year-old, skate with my heroes, hang out with Harvard students, and have the performance televised on PBS. It was a complete honor, and I was completely smitten."

Headliners included Polina Edmunds, who represented the U.S. at the 2014 Winter Olympics in Sochi, where she finished ninth. South Korea's Lee Hae-In—the 2023 World silver medalist, 2023 Four Continents champion, and 2022 Four Continents silver medalist—captivated the crowd with a dramatic, cape-donning routine. Canadian-South Korean pair Hannah Lim and Ye Quan moved audiences with an emotional and impassioned program, while British duo Phebe Bekker and James Hernandez energized the arena with their fast-paced performance.

The Harvard audience was the first to see Bekker and Hernandez's rhythmic program, which has qualified for the Olympics. "It was an honor to be invited to return to Harvard for the second year to perform for such a worthy cause at the 53rd an Evening with Champions. To volunteer and help raise money for The Jimmy Fund whilst skating alongside national and international champions is a truly unique experience," Bekker and Hernandez said in a joint statement to the *Harvard Independent*. "The long-standing traditions of the show with previous Olympic champions as alumni, as well as supporting such a vital cancer research institute was a humbling and inspiring moment for us, and one that will be remembered for a very long time."

"To know that so many of our skaters took time out of their Olympic season training made working on this year's EWC extra special," said Katherine Jackson '25, former EWC chair and this year's senior advisor.

One of the evening's most touching moments came from skater Sophie Joline von Felten, who dedicated her performance to friends lost in the January 29 Potomac River midair collision. The tragedy occurred when American Airlines Flight 5342 and a U.S. Army Sikorsky UH-60 Black Hawk helicopter collided, killing all 64 passengers and crew aboard the plane and the three crew members in the helicopter. Among the victims were 28 figure skating athletes, coaches, and family members returning from the 2025 U.S. Figure Skating Championships in Wichita, Kansas—including 11 skaters.

Additional show highlights included a polished, synchronized performance by the Haydenettes,

the senior-level team from the Skating Club of Boston, which features *Independent* Associate News Editor and EWC Individual Sponsorship Chair Caroline Stohrer '28 among its members.

Caitlyn Kukulowicz '27 delivered an exciting performance during the Friday show, earning a warm response from the home crowd. "Participating in EWC has been an incredibly special part of my Harvard experience. I grew up as a competitive figure skater and was privileged to pursue my passion at a high level, so it means a lot to me that I can be part of an event that gives back," Kukulowicz told the *Independent*.

"Given my mom's battle with cancer, I truly appreciate the opportunity to skate and raise money to help fight this disease. Plus, it's amazing to meet skaters from all over the world and to reunite with old training part-



ners—we have a lot of fun together. I hope that people continue to come to the show and support the important work being done at Dana-Farber," she added.

For more than five decades, an Evening with Champions has stood as both a celebration of figure skating and a symbol of hope—offering skaters, student organizers, and audiences alike a meaningful way to give back in the fight against cancer. For Wylie, the event's impact is reflected in the connections it creates. "Jimmy Fund patients and their families came to the show, and we had an ice cream social with them on the afternoon between shows on Saturday. This was a poignant time because families who were going through the cancer struggles would come," he said.

"I met many memorable kids and their families, but none impacted me as much as a 20-month-old named CJ," Wylie recounted. "I had heard he was not doing well, so I told them I would come and visit him in the hospital. I was in the fall, in the middle of school and skating schedules."

"When I was finally able to try to visit, I asked where he was. 'We are sorry to say, but CJ is no longer with us,'" Wylie explained. "I never forgot CJ and the urgency of the Jimmy Fund kids. I am so thankful to be able to come back and to help year after year."

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PHOTOS COURTESY OF JORDAN WASSERBERGER '27



Calculating Wellness

Reflecting on an active summer with the Oura Ring.

BY MEENA BEHRINGER '27

8 3.75. When I wake up each morning, the first thing I check is two numbers—my Readiness and Sleep scores, courtesy of my Oura Ring. These digits define the quality of my rest and how energetic I am for the day ahead, calculating my physiological wellness through the light, gold ring that rests so delicately on my finger. And these numbers are just the beginning.

The Oura Ring, which has surged in popularity in recent years after its initial release in 2015, is a smart ring that tracks health metrics ranging from activity levels to sleep quality. Now on its fourth generation, the ring connects to an app to track heart rate, sleep, body temperature, activity, menstrual cycles, and blood oxygen levels; it can even predict illness and related health troubles, giving personalized advice to stay restored and healthy. Lasting around a week before needing to be re-charged, it helps users detect physical strength and monitors overall physical health, all displayed on its app.

Each day, it provides three scores on a scale from 0 to 100: the Readiness, Sleep, and Activity scores. The Readiness score, calculated from sleep, activity, and other body signals, is calculated overnight to reflect “how balanced your recovery and activity are.” Similarly, the Sleep score takes into account total sleep time and efficiency, as well as how much time you spend in each stage of the sleep cycle. Finally, the Activity score, the sum of six daily Activity Contributors, gives a personalized assessment of your daily activity and movement.

It was late last April when I made the impulsive decision to buy the ring. Struggling with a deficient sleep schedule and the mental and physical exhaustion of recruiting, I became set on focusing on wellness and exercise again. I hoped the ring would magically help me, even if in some performative, placebo-effect way. But it provided genuine support. It's barely left my finger since.

In an effort to meet the ring's goals, I began prioritizing working out and getting my steps in. Seeing my suboptimal Readiness scores and sleep quality—common side effects of being a Harvard student—encouraged me to not feel guilty about going to sleep earlier, staying more active throughout the day, and taking time to clear my head. Depending on how much I slept or my activity the day before, the ring adapted to tell me how to best restore myself, whether

that meant more exercise or taking it easy.

From runs and walks, playing tennis and pilates, to wandering streets late at night with my friends, the ring tracked my every movement. It could classify each activity too, somehow knowing the difference between when I played golf and pickleball versus housework. Unfortunately, it did not pick up on low heart rate and movement activities, like Solidcore, which dominated my summer routine. Still, overlapping with a generally more restorative time in my life, the ring truly did spark a summer of wellness, a mindset shift I have since fully embraced.

From the moment I got the Oura Ring, I became obsessive. I opened up the app as impulsively as I did social media, scrolling through numbers I didn't even understand or know existed. Soon, I became competitive with myself. It was like a game, exacerbated by my perfectionist tendencies. How can I get a higher score? How can I forcefully make myself feel better? Why do I *still* feel tired?

The scores began to define me. I needed to hit the daily step goal, to get enough sleep. Calories burned and step counts, things I barely thought about before, were all of a sudden constantly thrown in my face. Waking up to see a low sleep score psychologically marred the day ahead, even through its great moments. I would wake up feeling tired or lacking energy, even when my Readiness score was high, and I became obligated to feel better. Or, the reverse: I would wake up feeling energetic when my Readiness scores were low. There were even days that I told myself my challenging workout class combined with a run weren't enough exercise because my activity score wasn't perfect.

The Oura Ring might just be the epitome of our contemporary all-encompassing wellness

culture. As technology advances further into the world of athletics and wellness, becoming more intertwined with telling us how we should feel, it's important to remember that only intuition can define our confidence.

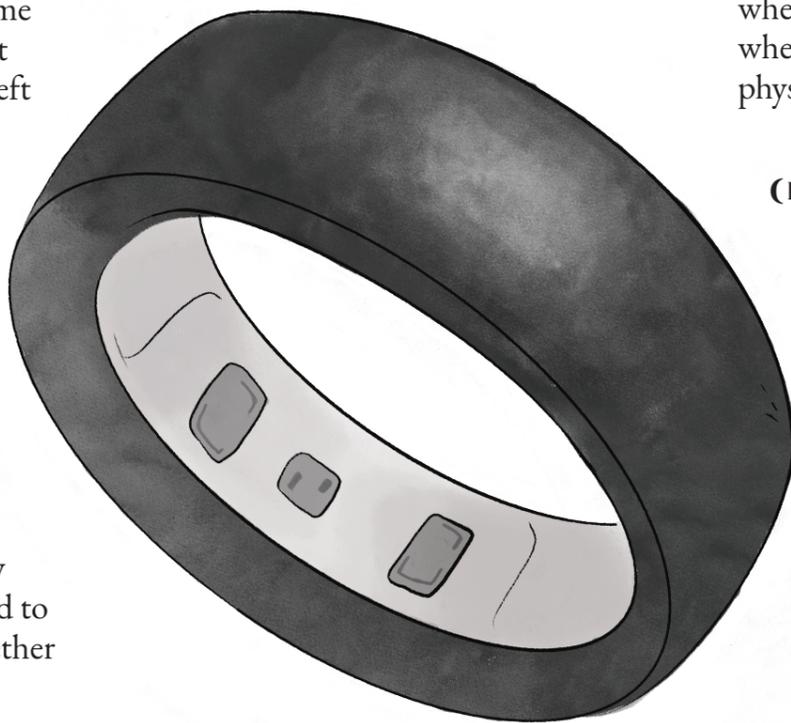
Many have pointed to just how exhausting wearable technology can be—the data is often overwhelming, sometimes even encouraging health anxiety rather than wellness. Constant technological monitoring of heart rate or body temperature, and their respective changes, can cause unnecessary concern even when statistics are perfectly normal.

Moreover, technology and social media have made us obsessed with pursuing numeric goals and habits that are not only incompatible with an enjoyable lifestyle but also degrade our emotions and how we mentally feel. Perhaps a truer measure of wellness cannot be captured by numbers. TikToks and Instagram reels, in particular, seem to be pushing this agenda of numeric wellness: videos with recipes that break down exact protein and calorie statistics, daily routines with influencers getting over 10 hours of sleep, expensive workouts that are all seamlessly tracked and recorded. While these technologies intend to improve health and well-being, their unintended consequences can take a major toll.

Don't get me wrong: I will probably never go a day without wearing my Oura Ring. It feels like a part of me. But ultimately, I also understand that my wellness is not defined by any statistics on an app, and sometimes the low Readiness score came from a different source of wellness. Staying up late with friends or spending an afternoon lying on the couch watching movies are just as integral to the process of restoration as reaching ten thousand steps per day. The Ring, and other health technologies for that matter, cannot track when we laugh and smile, when we cry, or when we feel mentally strong, even if we physically don't.

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**GRAPHIC BY MADISON
KRUG '27**



Fantasy Roundup: Week 1

A review of NFL opening week.

BY TYLER DANG '28

What a week. What an opening week. Where to begin? We'll start with the matchups and scoring (you can find the teams in last week's issue). Listed below are the matchups from Week 1, the final score, and a top performer and underperformer from each team.

Bring it Dome vs The Inn-Zone: 117.46 - 130.22

Top performers: Josh Allen (38.76) | Derrick Henry (29.2)

Underperformers: A.J. Brown (1.8) | Joe Burrow (8.82)

Pfirst Down vs The Ball Currier: 128.28 - 123.92

Top performers: Christian McCaffrey (23.2), Zay Flowers (28.1)

Underperformers: Davante Adams (9.1), Brian Thomas Jr. (9.0)

Unfortunately, Flowers was benched, but he will be starting from here on out.

First and Lowell vs Kirkland Cousins: 104.12 - 102.56

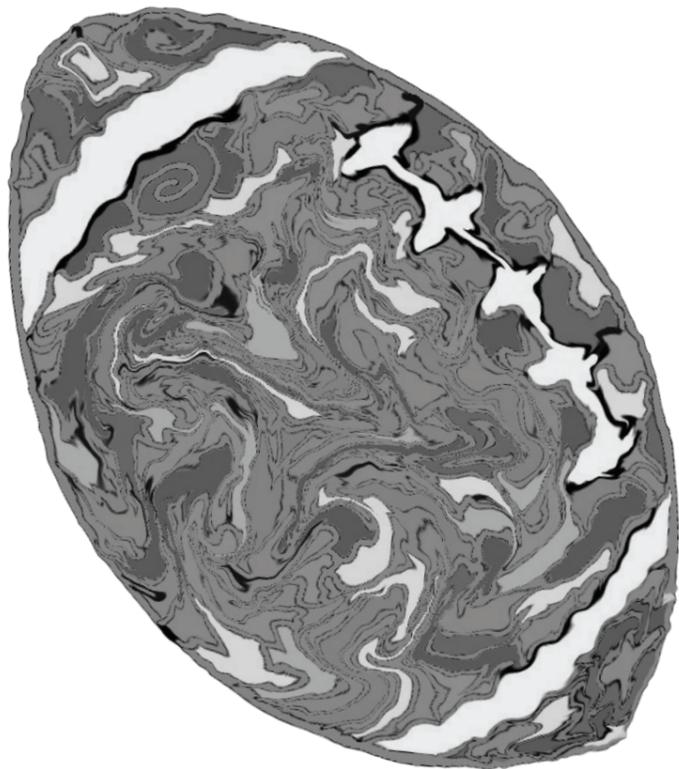
Top performers: Jayden Daniels (20.12), Lamar Jackson (29.36)

Underperformers: Ravens D/ST (-7.0), Amon Ra St. Brown (8.5)

Standout Games:

Cowboys @ Eagles: 20-24

What began as a brawl of words ended after a lightning delay and a single field goal in the second half. The Cowboys played well: Dak resumed his decent form, and CeeDee Lamb put up good fantasy stats but had multiple drops that could have changed the game's trajectory. The Eagles did okay. Offensive coordinator Kevin Patullo won his first game. Wide Receiver A.J. Brown saw a decline in his activity, playing 87% of offensive snaps yet only one recorded target and one reception for 8 yards.



Chiefs vs Chargers: 21-27

This game, played on neutral soil in Brazil, continued to raise concerns about the Chiefs' run game as the Pacheco and Hunt duo proved underwhelming. To add to Kansas City's woes, wide receiver Xavier Worthy came down early with an injury after colliding with teammate Travis Kelce. Alongside Rashee Rice's suspension until Week 7, this loss threatens the potency of Mahomes' offense throughout the beginning of the season. As far as the Chargers, Justin Herbert played outstandingly: 318 yards, 3 tds, with a 131 RTG. The problem: his team won by only six. Will that be sustainable for LA?

Bengals @ Browns: 17-16

The Bengals did not win this game; the Browns lost it. Joe Burrow had a terrible time on the field, even getting sacked three times in a row on one drive. Ja'Marr Chase, one of, if not the best, receivers in the game, could not get active. On the flipside, Cleveland statistically should have won. More than doubling Cincinnati in total yardage, the Browns had every opportunity to triumph, but their kicker simply let them down, missing a field goal and an extra point. Joe Flacco seemed automatic, but his two interceptions serve as a reminder that it is still Joe Flacco.

Dolphins @ Colts: 8-33

To be blunt: Miami looked awful. Their offense just could not get Tyreek Hill or Jaylen Waddle involved. Tua looked horrendous with his two interceptions and three sacks, one of which ended in a fumble. The Colts, however, were dangerous. It's too early to say how this team will actually perform, but Daniel Jones put on a masterclass, rushing for two touchdowns and passing for his third. This victory ends Indianapolis's 11-game opening-week loss streak.

Steelers @ Jets: 34-32

The Steelers-Jets game was memorable, showing offensive talent. What was expected to be a defensive showdown ended in eight touchdowns between both teams. Justin Fields played phenomenally alongside Breece Hall. Similarly, the Steelers with Aaron Rodgers were surprisingly efficient offensively under their newest quarterback. A vintage Rodgers clutch performance set up a field goal giving the Steelers the win.

Giants @ Commanders: 6-21

New York's woes continue as Russell Wilson was simply not good, hinting at another season of subpar play. Malik Nabers, their star sophomore, had a few drops that still raise concerns. The Giants were unable to score a single touchdown. It might already be time to put Jaxson Dart as quarterback. Jayden Daniels continued his rookie season hype as

the sophomore played quite well. Time will tell whether he can continue to compete at a high level.

Lions @ Packers: 13-27

The Lions looked lost on offense. Losing both head coordinators in one offseason is sure to be a drawback, but going from one of the best offenses in the league to whatever this game was is unsettling. Detroit wasn't able to get things going throughout the game while the Packers dominated on offense and defense. Jordan Love looked strong as he was setting his receivers up for great plays. Defensive end Micah Parsons also had a strong performance in his first game as a Packer. This scoreline is quite deceiving as the Lions scored their only touchdown with under a minute left.

Ravens @ Bills: 40-41

Game of the year contender already! There were strong displays from both offenses. Lamar Jackson came out dominant, showing he is still a threat both passing and rushing. Derrick Henry proved he is definitely a Hall of Fame running back, even at 31 years old. However, during what should have been the secondary unit's time to get reps, the Ravens collapsed. Henry gave up a fumble, and the Ravens went third and out on what should have sealed the game. Instead, Josh Allen surged in the final quarter to score a touchdown and set up a field goal to steal the game. Buffalo ultimately outscored the Ravens 22 to 6 in the final quarter.

Vikings @ Bears: 27-24

Another stellar game to cap off a very enjoyable opening week. J.J. McCarthy started cold. In fact, he started terribly: his first career touchdown was a pick-six. Luckily, by the fourth quarter there was a shift. McCarthy became the better quarterback as he threw for two touchdowns and ran for a third to give the Vikings the win. On the Bears' side, we have another offensive collapse. Caleb Williams was the better player for most of the game until the pressure was turned up. He looked poised and confident, but as soon as Minnesota began to respond, he reverted to his less-refined ways.

Overall, week one had some strong matchups that we hope are just the beginning of a great NFL season filled with more historic plays and games.

TYLER DANG '28 (TYLERDANG@COLLEGE.HARVARD.EDU) WAS DISAPPOINTED BY THE RAVENS' LOSS.

GRAPHIC BY SOPHIA RASCOFF '27

Fantasy Roundup: Week 2

A recap of the notable games from the NFL this past week.

BY TYLER DANG '28

W eek 2 of the NFL season has been marked by injuries to quarterbacks and tight-ends, though many had little impact on the field. Below are the matchups, final scores, and a top performer and underperformer from each team. For full team rosters, see last week's issue.

Pfirst Down (1-0) vs Bring it Dome (0-1): 139.64 - 149.32

Top performers: Malik Nabers (37.7), Ja'Marr Chase (36.5)
Underperformers: Breece Hall (5.8), T.J. Hockenson (2.2)

The Inn-Zone (1-0) vs First and Lowell (1-0): 82.34 - 112.7

Top performers: Rome Odunze (31.8), De'Von Achane (26.2)
Underperformers: Derrick Henry (2.3), Chase Brown (8.5)

The Ball Curriers (0-1) vs Kirkland Cousins (0-1): 116.78 - 147.2

Top performers: CeeDee Lamb (20.2), Amon Ra St. Brown (39.2)
Underperformers: Justin Jefferson (11.1), Travis Kelce (10.1)

Standout Games:

Commanders @ Packers: 18-27
The Packers showed that Week 1 was no fluke. Jordan Love delivered again, racking up 292 yards and 2 total offensive touchdowns. On defense, Micah Parsons and company were suffocating, making life difficult for the Commanders. Jayden Daniels looked unsettled all game, constantly scrambling and throwing under pressure. His scoring prowess only appeared too late in the game to help.

Jaguars @ Bengals: 27-31

Tragedy struck in Cincinnati as the Bengal's struggling offensive line finally took its toll: a sack on Joe Burrow will sideline him for three months with a foot injury. Even before leaving in the first half, Burrow looked uncomfortable behind an overmatched line. Backup quarterback Jake Browning stepped in and made the most of Cincinnati's receiving corps, tossing two touchdowns and adding another one on the ground. As for the Jaguars, Trevor Lawrence once again fell short. He can make some plays,

but time and time again, he has proven incapable of showing up in the clutch. In conjunction with the disappointing skilled positions for Jacksonville, this team was outplayed.

Giants @ Cowboys: 37-40

Russell Wilson bounced back from his Week 1 performance against the Cowboys—until a game-losing interception in overtime erased it all. Giants fans were given flashes of a vintage Russ game, only to be reminded of his infamous Super Bowl 49 against the Patriots. Dak and the Cowboys took two quarters to warm up, but they came alive, leading to a high-scoring second half. CeeDee Lamb and George Pickens performed for Dallas while Malik Nabers and Cam Skattebo put on a show for New York. For the second week in a row, Giants fans despair.

Bears @ Lions: 21-52

Detroit had no mercy for Chicago and their new head coach (and ex-Lions offensive coordinator) Ben Johnson. The entire Lions offense was electric as Jared Goff had five touchdowns and zero interceptions. Amon Ra St. Brown, alongside the running of Jahmyr Gibbs and David Montgomery, showed why the Lions' offense was so highly rated last year. While Caleb Williams didn't have an awful game, his interception and four sacks do not help. Rome Odunze, however, had an electric game. Overall, the Lions had a much-needed bounce-back game. What this contest did prove is that the Packers defense, who halted Detroit's offense last week, is truly dangerous.

Patriots @ Dolphins: 33-27

While on paper Tua had a decent game, he's not out of the doghouse yet; carried by his running back and receivers, his passes are more indicative of how bad the Patriots' defense is. The Patriots left receivers wide open and were incapable of successful tackles, so I would hope Tagovailoa would be able to find his

players. De'Von Achane had a monster game. Breaking free of tackles on the last drive, Achane had an opening for a touchdown but stepped out of bounds for an 18 yard gain. As for the Patriots, Drake Maye showed up. He was dominant, throwing tough passes and scrambling well. He looks poised to lead New England back to playoff contention.

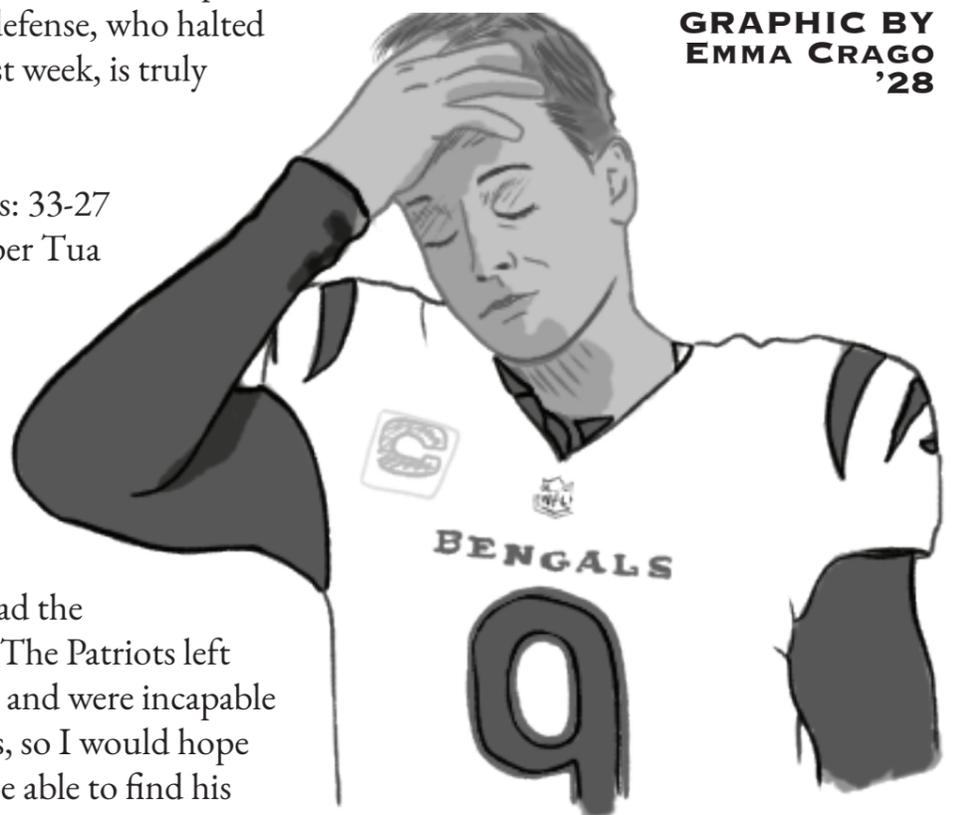
Eagles @ Chiefs: 20-17

A rematch of last season's Super Bowl, this game highlighted big problems in both teams. For the Eagles, Saquon is still dominant, and the defense is still stifling. Jalen Hurts looks more confident running the ball than throwing while A.J. Brown appears to have lost any favor with the team. For the Chiefs, Mahomes has to do everything. He had more rushing yards than both his running backs combined. The throwing game for Kansas City is also dismal, as Travis Kelce continues to decline. The Chiefs are now 0-2 for the first time in Mahomes' tenure.

This week was a bit of a let down compared to last week, especially with the injuries plaguing many teams. That being said, there were great plays across the league. Next week, we look forward to a battle of the Chiefs (0-2) @ Giants (0-2) alongside a fight of great offenses in the Lions @ Ravens.

TYLER DANG '28 (TYLERDANG@COLLEGE.HARVARD.EDU) IS CELEBRATING CAM WARD'S FIRST NFL TOUCHDOWN.

GRAPHIC BY EMMA CRAGO '28



The Informative vs. Intrusive Debate

Should athletes wear tracking devices?

BY TILLY BUTTERWORTH '28

Harvard's impressive athletic programs have continued to supply athletes with new gear, equipment, and technology in order to create professional environments for daily team operations. The integration of Catapult GPS units, WHOOP bands, and other sporting tracking devices into training and competition for many Harvard teams can cause both appreciation and disruption. Athletes' personal use of these devices is up for debate; the consensus on mandatory tracking in and outside of team environments can create a sense of intrusion in an athlete's life away from their sport.

There are many examples of the benefits of using tracking devices in sports across teams at Harvard and in other collegiate sporting institutions. One important aspect to maintain player well-being is the device's ability to track distance covered and exhaustion levels. This offers athletes and coaches the chance to assess athletic strain and prevent burnout, a common issue among many student-athletes. Many serious injuries result from overuse and overplay—both scenarios that can be prevented by using data provided by tracking devices.

WHOOPs, in particular, can track and share detailed numbers and statistics about an athlete's sleep quality, recovery levels, and strain during day-to-day activities as well as athletic training. The device paints a clear picture of how an athlete should feel when they wake up and go to sleep. The sleep feature in particular has the ability to suggest a bedtime based on how well an athlete recovers from their daily strain. WHOOP devices can actively inform athletes about how to achieve optimal rest,

offering a new dimension to the athletic lifestyle.

However, these data points can also cause unnecessary concern for student-athletes. While WHOOPs offer accurate information, they can also cause athletes to begin their days already feeling like they are unrested or unprepared to perform physically. It seems unnatural to have your performance capabilities determined by a device, when all that matters is if you yourself feel physically sound and prepared for game day. The unnecessary warning signs these devices provide may act as a restraint or mental barrier for athletes, who could find they cannot push themselves or perform due to their insecurity surrounding their physical state.

Furthermore, the constant pressure that tracking devices place on athletes

Whether it's having groups on WHOOP or connecting your GPS tracker to apps such as Strava, these popular online sports communities give athletes a friendly platform. Athletes gain the ability to update members on their physical accomplishments while also providing them with an ability to record and log their workouts as part of a long-term goal or reflection process.

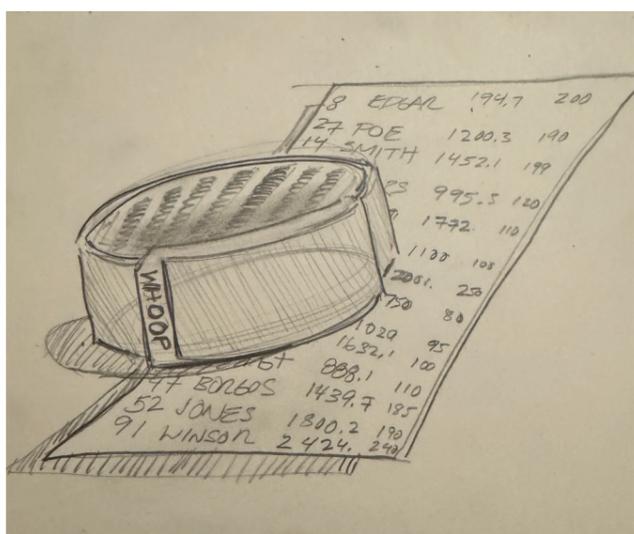
On the other hand, these platforms can also create toxic environments in which athletes compare themselves to others unhealthily. The subconscious awareness that other people can see your performance or recovery levels installs a sense of competition that may not necessarily be healthy for the individual and their personal needs for performance. Additionally, this tendency to compete with fellow athletes' statistics is unrealistic. All athletes need different amounts of sleep, food, and training to perform well; comparing in these areas can sometimes cause more harm than good.

These devices should not be mandatory if they invade an athlete's privacy. The use of tracking devices to measure distance covered, heart rate, and other training numbers is useful and closely connected to performance. However, any choice to use more in-depth devices, such as WHOOPs, should be made personally. These devices are technological leaps for only some athletes: those who find accessing this type of information helpful instead of harmful.



to recover well adds a further layer of complexity to the uncontrollable elements of an athlete's lifestyle. You can decide to get an early night before a big game, or to not have that extra coffee the night before an early morning practice. But sleep itself is not easy to control, and having a tracking device that informs you about your sleep quality and length may make it even harder to get a good night's rest. This, therefore, has the opposite of the intended effect by causing athletes to overthink every decision related to their well-being.

Despite these potential inconveniences, tracking devices can offer athletes the chance to share their progress with fellow teammates and athletes. The value of social environments like these for athletes is understated, as it provides an extra sense of motivation and positivity.



TILLY BUTTERWORTH '28

(BUTTERWORTH@COLLEGE.HARVARD.EDU) ENJOYS USING HER CATAPULT DURING PRACTICE (APART FROM WHEN SHE FORGETS TO RETURN IT TO THE SHED).

GRAPHIC BY AMELIE LIMA '27

OPINIONS OF FORUM PIECES AND ARTISTIC INTERPRETATIONS
OF DESIGNERS BELONG ONLY TO THE CREATOR AND DO NOT
REFLECT THE VIEWS OF THE *INDEPENDENT*

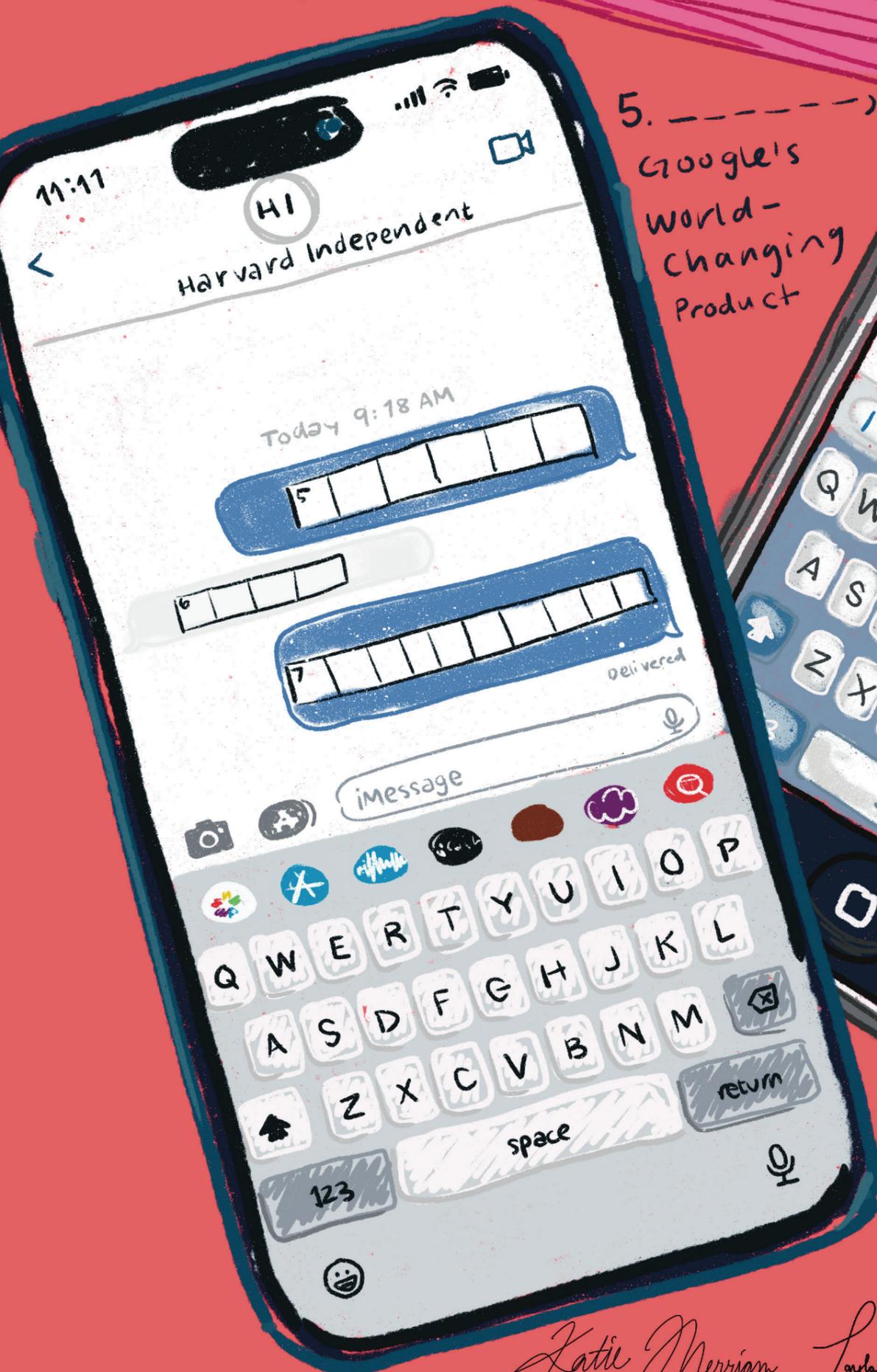
EVOLUTION

BY FRED KLEIN '28
DESIGN BY CLARA LAKE '27

1. Harvard Undergrads Informal Social Media
2. Early Version of Ipod Mini
3. Prefix for Conductor, important for computer chips

4. Open AI's Groundbreaking LLM

5. ----->
Google's World-Changing Product



6. Meta Founder, Informally
7. Surname for Twins slighted by Meta Founder

Latie Merriam
Kayla Chamsovi