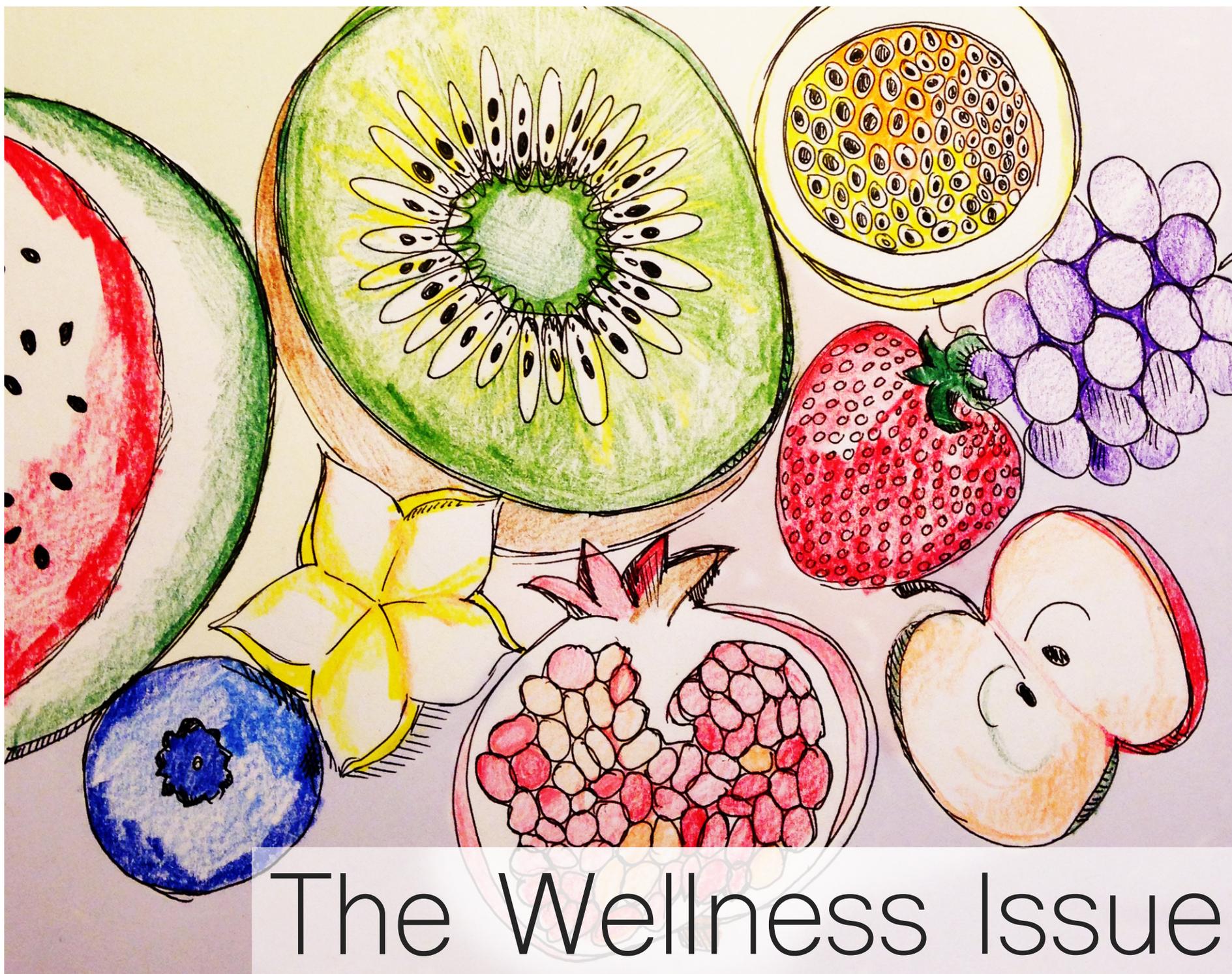


THE HARVARD
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10.15.15 THE STUDENT WEEKLY SINCE 1969



The Wellness Issue

Inside: Work Out Plans, Mental Health Resources, and Library Art

10.15.2015

Vol. XLVII, No. 5

CONTENTS



The Indy hopes that everyone had a good Mental Health Awareness Week (Oct. 10-14).

Cover design by Anna Papp

- 3 Changing Leaves, Changing Attitudes
- 4 Chinese Food?
- 5 Let's Get Physical
- 6 Seeking Support
- 7 Smile for SMHL
- 8 Literary Art
- 9 Get Back in the Game
- 10 Instant Replay
- 11 Pre-PAFing

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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The Rise of Fall

Reflections on the transition to autumn.

By PULKIT AGARWAL

Over the last week, the colors of Harvard have started to change hue. Gone are the bold greens of the Yard that, when juxtaposed with the bright red buildings, form the quintessential ‘Harvard’ image. They’ll be back — or so I’m told. For now, we find ourselves entering a phase that, in no time, will dovetail into an unrelenting winter.

The arrival of the fall seems more than a change of seasons to me; it represents a change in the general outlook of people around campus. For most freshmen, the onset of this season is a sign that they are well and truly on their way, and there is no turning back.

Of course, the fact that this coincides with the end of the add/drop period is a rather unfortunate coincidence. We, quite literally, have no chance to go back and retrace our paths for the upcoming semester.

On the other hand, I find that fall is closely associated with abundant reflection on oneself and one’s surroundings. Just this past week, I walked into the Harvard Art Museum with a friend and found it to be an idyllic place to complete my readings. Marveling at Picasso and Monet, we wondered why it had taken us over a month to discover this paradise when it was situated merely steps away from our dorm.

This realization wouldn’t have dawned on us in the humid summer or the frosty winter, when the general inclination is to stay indoors and avoid the extremities of temperature. Fall, on the other hand, forces people to step out and embrace nature’s beauty before it gets covered in sheaths of snow.

This is also the time of the year when we experience picturesque views of the most iconic buildings around campus. As I walk to class every morning, I can see the historical consortium of Memorial Church and Widener Library grow more and more visible, as the trees surrounding them shed leaves.

Not only do the structures start to glow, but

their surroundings fill with the exuberance of the yellows, the oranges and the reds as well. It really is a magical time!

However, there is an anxiety-ridden side to this season as well — the fact that the winter looms over our heads. Being a freshman myself, I don’t quite know what to expect over the next few months. Given the stories that have been told and retold to me since day one, I’d really rather not find out.

And the telltale signs are hard to ignore: one can see the dressing sense of the students transform around campus. Some of us have even dug out the scarves and gloves from the back of our wardrobes, while others have fallen victim to the cold and are finding their pockets filled with napkins. All evidence points to the unnerving fact that this winter may be every bit as unforgiving as the last one.

And yet, while we should not and cannot ignore the looming threat of winter, we mustn’t allow it to take away from us the last bit of sunshine we will see till our calendars turn over. John Keats fittingly described this season in his ode *To Autumn*, to be the “Season of mists and mellow fruitfulness/ Close bosom-friend of the maturing sun.” And this serves as a gentle reminder to us that this is the time of the year that most of us are at our optimal levels of productivity. No wonder this is the time our midterm exams are scheduled!

As we wait for the heating in our rooms to be turned on, and watch the coats and jackets get thicker, let us take a moment to appreciate the beauty of this season. Unlike spring that is sung about in poetry across many cultures, the fall doesn’t quite get its due credit. It does, after all, serve as a smooth transition from the first few weeks of the semester to struggling and testing times, when the work starts to pile up, as does the snow.

Pulkit Agarwal '19 (pulkitagarwal@college.harvard.edu) is the guy you thought was wearing the ear muffs and gloves too soon.

Home-Cookin'

Adjusting to the salty-sweet realities of American food.

By SOPHIE WANG

There's often a transition I have to go through after settling down in a new place. In the first few weeks every time I buy something, my mind calculates how much the price would be in CNY and compares that to how much I'd pay at home for the same thing. Having left CVS empty handed more than once, because 30 RMB should get me far more than 30 seedless grapes, I have come to realize that this mentality will not be sustainable, especially at Harvard, where fresh produce isn't available, in variety, all the time.

This problem becomes a particular pain when I go to eat at Chinese restaurants, where my idea of what is "Chinese" is constantly contested. The only way I get past the mental hurdle of what I eat is not worth the menu price, is to swap all the dollar signs for the Yuan. A few weeks into freshman year, when my friend ordered the traditional Zhajiang Noodles, which is something that has a very specific taste, it came out sweet salty, I lost all faith in Boston Chinese food. Now, if someone asks me to eat Chinese with them, I tell myself that I'm having something uniquely American so there is no issue of "authenticity."

Two weeks into the school year, my friend from China came up to me horrified and said that she couldn't believe how people here lived on pure hunks of sugar (cookies) and salt (chips). I would have thought she was exaggerating if I wasn't living in the US. But now that I am, I've realized that it's not so much of a hyperbole.

You can tell by looking at the menu of any Chinese restaurant in Boston that desserts aren't a staple of homegrown Chinese meals. There are usually about 100 to 200 dishes at a typical Chinese restaurant in China, with possibly 10 small plates of dim sum that aren't even that sweet. Here, it feels like the reverse: 100-200 kinds of dessert and possibly not even 10

vegetables dishes. It's like a real life version of Candyland.

A few weeks ago, at the freshman break brain in Annenberg, apple, blueberry, and cherry pies were served. While everyone else was busy socializing, I sat there silently, astonished by the how good pie could taste. I used to be genuinely baffled by how the people on *Biggest Losers*, which they aired in China, got that fat. I mean, at one point, doesn't it become impossible to eat anymore? Wouldn't your stomach explode? Surrounded by sugar, at every possible event, restaurant, meal, food store, I no longer find obesity impossible to understand. Now, what puzzles me now is how people stay skinny.

Maybe my friend shouldn't have come to me so surprised. After all, it's not that Chinese people think of America as a particularly healthy nation. We do, in fact, associate the American diet with burgers, ice cream, clam chowder, fries, donuts, brownies, and pizza. Don't get me wrong, we ate American food in China, just not every day: once in a blue moon, when we became jaded by the variety of Chinese cuisines, we'd get pizza, and it'd tasted fine.

As my newfound love of sugar began to water down, just a bit, I began to worry about my health. Before coming to Harvard, I had no clue that people could work in hospitals as nutritionists. I always thought of them as mysterious people who floated around blogging and randomly popping up on television shows, telling people what to eat or drink. Nevertheless, I decided it was probably a good time to meet one.

My nutritionist told me that a muffin for breakfast and a box of almonds for lunch didn't count as a balanced diet. I couldn't agree more but compared to my high school, which managed to serve great food to three thousand students for each meal, Annenberg is not filled with too many choices.

When I think of eating vegetables in China I always think of dishes that are stir-fried and involve many intricate decisions that chefs have to make meticulously. Here, the cooking process is stopped and finished before it's even started.

My roommate said that people here cook with their eyes, not with their tongues. I'm not even sure if they cook with their eyes. I mean do I really need a chef to boil vegetables, slice up tomatoes, and line them up orderly on the counter? There's no depth of flavor, and no thought in the cooking process (pizzas, burgers, fries, and cookies are not delicate, nor is the cooking process complex), which makes serving large portions easy, and mishaps difficult. The grand prize however, for the ultimate laziest invention, goes to the salad (which sadly is the go to option for being healthy). I thought we fed rabbits lettuce?

We certainly haven't lost all of our creativity with food. Everyday, I have to face the challenge of choosing between half and half, non-fat, and whole milk at Starbucks, which always makes me nervous. Starbucks may disorient me but the soda machine at Qdoba brings me to the edge of a mental breakdown. I grew up with three sodas: Sprite, Coke, and Fanta. At Qdoba, there were at least fifty choices: cherry coke, cherry coke zero, cherry diet coke—the list goes on.

I don't know if it's because people here take the food for granted but it seems like nobody is terribly upset. At least no one that I know of is addressing the problem in a way that parallels the scale of the problem itself. Why is being healthy so complicated here?

It wasn't easy back home, it's just far more difficult here. And so far, the American diet just doesn't make the cut for me.

Sophie Wang '19 (sophiewang@college.harvard.edu) is still trying to find an alternative to salads. t text text.

Winter is Coming

Maintaining that Harvard physique in the face of it.

By CAROLINE CRONIN

While I am a proponent of the seasonal tradition of packing on a few in preparation for the winter months, others maintain that winter is not the time to hibernate but rather to reinforce one's strength and health. We are currently enjoying the blessings of a New England fall — one of which is the ability to run comfortably along the Charles River while admiring the grace of the rowers and the natural artistry of the fall foliage. Sooner than we expect, I warn you, the ground will harden with ice and the squalls rising from the Charles will become bitingly unbearable. Therefore, I intend to now give you, oh dedicated readers of the Indy and health nuts alike, a number of suggestions for maintaining that Harvard physique throughout the Boston winter.

The age-old struggle of passive-aggressively winning your treadmill from the law student who is out of time adds a level of excitement to an otherwise dull workout at Hemenway. The awkward eye contact and impatient fiddling with the dry erase marker to get that runner off the treadmill no doubt leads to a better run as adrenaline levels increase in preparation for a possible fight over Treadmill Number 6. Once the thrill of conquest has passed though, one needs some other way to distract from the bodily distress running causes. I suggest the watching of action-packed shows — Blacklist is currently one of my favorites and will be possessing a primetime position in front of the “Distance” numbers on the treadmill dash. When the episode has ended and my

body is spent, I admit I looked forward to the use of the Hemenway showers — which, in comparison to the hallway shared drip closet in Canaday, seemed spa-like.

If fighting the urge to stop breathing in the poorly ventilated, sweat saturated air at Hemenway has become too much, a migration to the MAC may be in order. I concede it might take some time to figure out the correct path to the elliptical side without passing through the Zumba class. I have spent a few shameful minutes myself walking in loops up and down the stairs to try to get there. But once you have arrived, you have arrived. The view is better, there is more space, and more open machines. This usually means fewer people to pressure you into going faster while they sweat and huff next to you — which I like.

Speaking of fewer people, the QRAC is almost always empty except for a few stray adults. And if the sweet, smiling greeting of the lady at the front desk is not enough to get you out there, I don't know what else will. A workout that my friends and I have stumbled across, is a light jog from the river to the QRAC followed by strength training circuit on the machines and concluded with a lovely breakfast at the Cabot dining hall. As the temperatures plummet though, any time spent slightly sweaty in the outdoors may prove ill advised.

Apart from the small adventures working out on your own at the Harvard gyms (I have left out the house gyms — explore at your own risk) leads to, there are actual group exercise classes to participate in. I

know that there are multiple levels of yoga, zumba, and cycling. I have only done the biking class a total of two times last winter. In retrospect it was rather fun. The instructor was so excited to have a pair of undergraduates present that she paid special attention to my friend and I. After she fixed the bike for us, which I had no idea how to work, we hopped on and pedaled away. The peppy music and instructor's encouragement made up for the fact that we weren't actually going anywhere. I also spent a lot of time during that class comparing myself to the other cyclists. I know that is a terrible habit to have at the gym, but during the cycling I found it quite motivating. Keeping up with the paces set and the rhythmic sound of pedals was calming. I also found myself wondering who the heck the rest of these people were. The anonymity reached because of this was freeing and let me enjoy the workout while idly making up dramatic backstories for each of the other cyclers. I still remember the funny shorts worn by the part time CPA who moonlighted as an amateur tight-rope walker.

When all is said and done, these workouts are well intentioned but if this winter proves to be anything like the last, the treks through the snow to class alone will do. Until then, I will blissfully enjoy my river runs (*jogs) until my lungs can't take the frigid air any longer and I am forced to move indoors.

Caroline Cronin '18 (ccronin01@college.harvard.edu) hopes this will in some way justify the increasingly consequential holiday intake.

Autumn sneaks up on students every year. The transition from shopping week to the fifth Monday is as subtle as the changing of the leaves, but the realization can be daunting. One doesn't quite notice the receding green until the trees are all reds, yellows, and oranges and students don't fully realize that readings and problem sets mean something until midterms and papers. As the work and extra-curricular commitments pile on, many students succumb to the autumn blues. The stress of work, keeping up with friends, applying for various opportunities, having a job, thinking about home, etc., pile up and can fill every day with dread.

While many students may feel as if they are navigating Harvard feeling alone in their woes, Harvard does have many resources available to help students cope with mental health issues. In addition, these resources are expanding and changing to meet the demands of students who want more mental health care on campus.

This week the Harvard Independent sat down with the Jennifer Yao '16 and Hannah Rasmussen '16, co-presidents of the Student Mental Health Liaisons (SMHL), the student group dedicated to brokering resources and helping students navigate the appropriate avenues for seeking support. In addition to talking about SMHL's advocacy efforts to destigmatize mental health issues and push the College to do more for students, Rasmussen and Yao also gave advice for helping students combat the autumn blues.

The SMHL's support and broker resources for students across three avenues: residential or house settings, professional counseling services, and various peer counseling groups (the flow chart of support can be found on the next page). Yao elaborated a little bit more on the ways SMHL supports and works with other groups on campus: "We really want to promote emotional well-being. We work with house wellness tutors. We also do outreach to diverse groups on campus and other peer education groups like DAPA, CAARE, and Health PALs."

Yao and Rasmussen also discussed how SMHL has restructured some of its programming to be of better service to students. For example, SMHL puts on more

workshops and study breaks in the fall in order to provide support for freshmen earlier on. SMHL is also working on being more visible for students across all classes through getting creative with how they interface with students. "We've changed our recruitment and marketing to become more visible to students. We've started making tab posters that allow students to grab [wellness] tips on the go. Each one has a different tip to distress," says Rasmussen.

While SMHL supports various institutions for mental health services, both Yao and Rasmussen emphasize that everyday interactions between friends and peers can also serve as an outlet for students. Both talk about how in order to de-stigmatize mental health on campus, students themselves need to change the culture surrounding it. Students need to create spaces for themselves and each other to talk about what is on their minds.

Rasmussen says, "Emphasize real conversations with people. People want to be heard." She also encourages students to "share your story with a friend." In regard to being on the listener, Rasmussen advises, "Be active. Don't be afraid to be part of the conversation. Have an active presence."

Though it can be hard to always be an active listener, Yao says that Room 13, one of Harvard's peer counseling groups, offers a 'How to Help a Friend Workshop' for individuals and groups wanting to gain skills in being active listeners.

Yao also pointed out small tips students can use as they engage with their peers. She shared the subtle difference between asking 'How are you?' versus 'How are you today.' She says that the latter acknowledges that people have good and bad days. She also mentioned that by putting a specific time frame on the question allows people to better reflect on

their moods.

In addition, Yao recommends using 'I' statements so as not to come off as directive or accusatory. To keep listeners and sharers, Yao says that the listener should use 'mirror' vocabulary to rephrase what was shared. This not only helps the listener be more active, but it also allows the sharer to better articulate their thoughts and feelings.

These peer-to-peer conversations can be a good first step to breaking down the barriers to seek other forms of support. Yao emphasizes that "nothing is too small for students to bring to CAMHS (Counseling and Mental Health Services)." She adds, "When you have something weighing on your mind for a while, it's 'enough' to seek help." Rasmussen stresses the importance of self-reflection when it comes to taking care of oneself mentally and emotionally. "Check-in with yourself about your routine. If you don't feel good about your routine, seek support."

Yao and Rasmussen want students to take control over their mental health and not ignore or push aside feelings of being overwhelmed, stressed, or sad. "Ultimately, keep a larger perspective in mind — one exam is not the end of the world. Too often we see people neglect physical and mental health for class. Make physical, mental, and emotional health a priority."

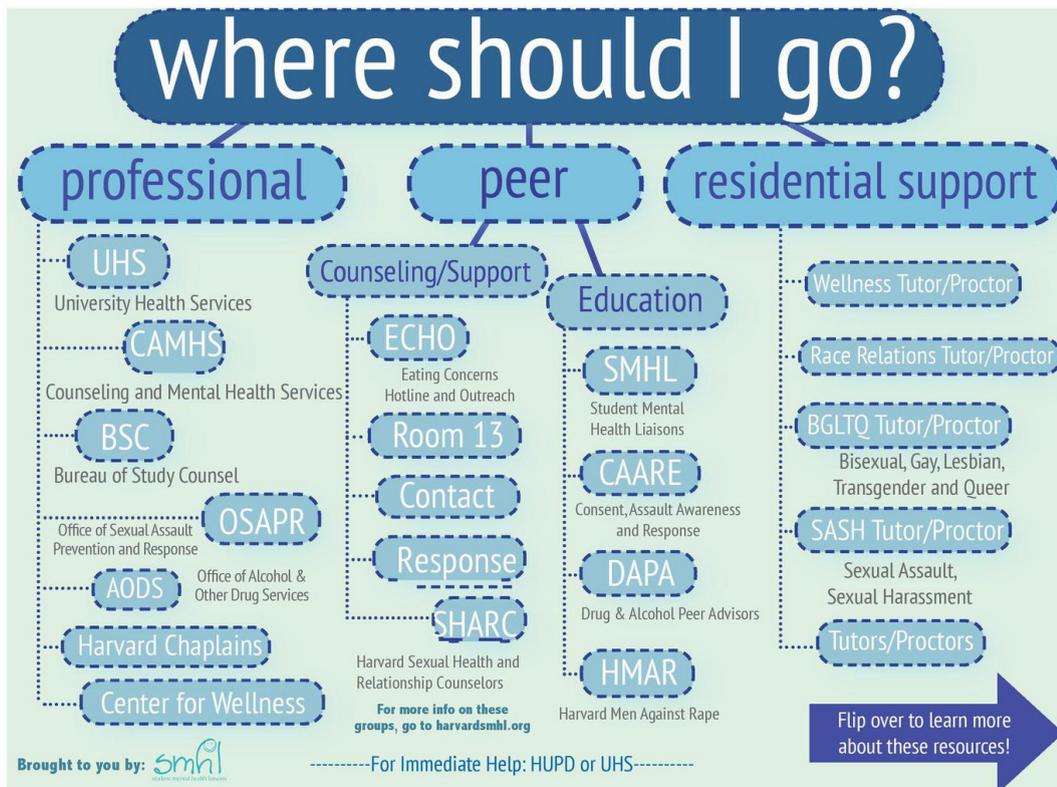
Students taking control of their mental health not only benefits them individually, but also makes the mental health climate at Harvard more open. The tips shared by SMHL are the beginning steps to combating the autumn blues.

Shaquilla Harrigan '16 (sharrigan01@college.harvard.edu) is working on her self-care plan to beat the autumn blues.

The Fall Fallout

How to combat the autumn blues at Harvard.

By SHAQUILLA HARRIGAN



Brought to you by: smhl

For more info on these groups, go to harvardsmhl.org

For Immediate Help: HUPD or UHS

professional

- CAMHS** Counseling and Mental Health Services: Professional therapists provide comprehensive outpatient care for a range of mental health concerns; can prescribe medication; offer general counseling related to adjustment to college, relationships, gender identity and sexual orientation, and trouble with family, roommates or faculty. 4th Floor of UHS in the Holyoke Center. Mon 8am-6pm, Tues-Thurs 8am-7pm, Fri 8am-6pm. 24-hour urgent care: 617-495-5711. Appointments: 617-495-2042.
- BSC** Bureau of Study Counsel: Counselors and staff offer academic and personal counseling; academic services include reading courses, workshops, peer tutoring, and freshman advising; offers counseling related to adjustment to college, relationships, gender identity and sexual orientation, and trouble with family, roommates or faculty. 5 Linden Street. Mon-Fri 8:30am-5:30pm. 617-495-2581
- OSAPR** Office of Sexual Assault Prevention and Response: Trained staff members are available to survivors of sexual violence; provide support, information, and resource referral; connects students with other resources, like SASH, and peer groups, like CAARE. Holyoke Center 731. 617-495-9100.
- AODS** Office of Alcohol & Other Drug Services: Offers wide range of programs and services focused on education, prevention, intervention, policy development, and coordination with treatment providers. 7 Linden St, 2nd Floor. 617-496-0133.
- Harvard Chaplains**: Umbrella organization of chaplains representing most of the world's traditions, united in their commitment to supporting students, faculty, and staff. 617-495-5529.
- Center for Wellness**: Offers programs and workshops for students including movement/exercise classes (e.g. Pilates, Tai Chi, Yoga), and safety programs (e.g. CPR); offers services such as acupuncture and massage therapy. Holyoke Center Arcade. Mon - Fri 8:30am-9pm, Sat 9am-4pm. Appointments: 617-495-9629.

peer

- Counseling/Support**
 - ECHO** Eating Concerns Hotline & Outreach: Peer counselors trained to provide non-judgmental support and to address concerns surrounding eating, body image, and self-esteem for individuals and friends. Lowell M 013. Drop-ins: Sun-Wed 8pm-11pm, Hotline: daily 8pm-8am. Hotline: 617-495-8200.
 - Room 13**: Two peer counselors, usually a male and a female, are available for general peer counseling on any topic. Students are also welcome to just drop by, sit down, relax, and have cookies. Thayer basement. Drop-ins and Hotline: Every night 7pm-7am. Hotline: 617-495-4969.
 - Contact**: Peers who are trained to listen and support students of all genders, all sexualities, and all relationships. Safer sex supplies, informational resources and literature on these topics available. Thayer basement. Drop-ins: Thurs, Fri, Sun 8pm-1am. Hotline: Wed-Sun nights 8pm-1am. Hotline: 617-495-8111.
 - Response**: Female peer counselors trained to provide counseling on issues of physical and emotional violation including rape, incest, sexual harassment, abuse, and difficult relationships. All genders welcome. Lowell House Basement, E-013. Drop-ins: Sun-Thurs 8pm-11pm. Hotline: Every night 8pm-8am. Hotline: 617-495-9600.
- Education**
 - SMHL** Student Mental Health Liaisons: Aims to reach students in a non-threatening environment, engage them in the ongoing effort to promote a community that attends to the emotional wellbeing of students, and to provide factual information oriented to and delivered by students.
 - CAARE** Consent, Assault Awareness & Response Educators: Members serve as liaisons between OSAPR and students; coordinate and promote programming and as part of OSAPR's outreach strategies.
 - DAPA** Drug & Alcohol Peer Advisors: Students trained to respond to questions about alcohol and other drug issues at Harvard; serve as health opinion leaders, resources to their peers, and ambassadors to the Office of Alcohol & Other Drug Services (AODS). They help to inform programs, policies, and other prevention strategies overseen by AODS.
 - SHARC** Sexual Health and Relationship Counselors: Male and female students trained to counsel peers regarding sexual health, relationships, STIs and testing, AIDS/HIV, safe sex, and contraception; offer referrals for medical care, psychotherapy, and other services when appropriate, and free condoms are available at the office. UHS After Hours Entrance, 5th Floor. Drop-ins: Sun-Thurs 7pm-12am, Fri and Sat 8pm-10pm. Hotline, anytime: 617-495-7561.
 - HMAR** Harvard Men Against Rape: Dedicated to ending violence against women; seeks to foster a fellowship of men dedicated to exploring their personal relationship with a culture supportive of interpersonal violence, preventing the occurrence of interpersonal violence, and promoting the necessary presence of men in the international violence movement.

residential support

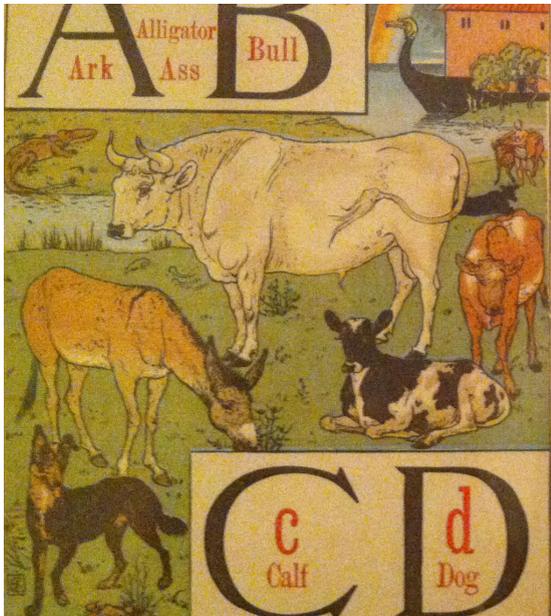
- Wellness Tutors/Proctors**: Proctors and tutors are caring and informed members of the Harvard community. Reach out to them for guidance and support - they are here to support students' well-being. Help students navigate and explore options for achieving optimal well-being.
- Race Relations Tutors/Proctors**: Dedicated to improving race relations within the House; encourage discussion of important race-related issues and serve as resource persons for students who are dealing with any issues involving race.
- BGLTQ Tutors/Proctors**: For students wanting counseling, information, social contacts, etc. on lesbian, gay, bisexual and transgender topics.
- SASH Tutors/Proctors**: For students who need help in articulating a problem of sexual harassment, as well as a knowledgeable resource about University policies on sexual harassment.

Brought to you by: smhl

For more info on these groups, go to harvardsmhl.org

Graphics courtesy of Student Mental Health Liaisons.

Browsing the Library: Houghton and Pusey



An exploration of some of the exhibits from the Harvard Library Collections.

By ANDREW LIN

of which is ‘The Ancestry of the Mother Road: Mapping Route 66’. An exploration of the cultural and social fabric woven by that greatest of American highways, ‘Mapping Route 66’ presents a cartographical perspective on the storied place of Route 66 as a symbol of Americana writ large. And large it looms indeed. Just as Route 66 stretched in its heyday from Chicago to Los Angeles, this exhibit spans the entirety of the aptly-named Corridor Gallery. But the exhibit is calmly paced, featuring everything from original sheet music for the early-rock classic “Get your Kicks/on Route 66” (composed for Nat King Cole) to Art Deco-flavored travel maps from the 1930s and 40s. But the exhibit’s gaze is as impartial as it is nostalgic: a massive satellite-image overlay of the route maps the precipitous decline of John Steinbeck’s “mother road” at the hands of the interstates and the march of time.

Time, however, is not so impartial in what it chooses to sweep aside: while the dusty Google roadside landmarks of Route 66 may have had their day, some works of art manage to endure through the centuries. Such is the case with the works presented in the exhibit ‘Dante At Harvard: An Exhibition Commemorating the 750th Anniversary of the Poet’s Birth’ at the Houghton Library. Hosted in the gorgeous Houghton Library (for the unacquainted, that squarish building between Widener and Lamont), ‘Dante At Harvard’ presents a small but lovingly curated and assembled picture of the great poet’s continuing influence on some of the great men and women of Harvard. The exhibit is set within the second-floor Amy Lowell Room, which itself is a fine collection of rare books and English literature that provides a veritable who’s-who of literary luminaries within its ivory shelves. ‘Dante At Harvard’ provides a similar sensation: after the initial thrill of viewing an original fragment of Dante’s *Inferno* dating back to around 1350, you notice some familiar and distinctly 19th-century names. Ticknor, Lowell, and Longfellow—all of them were distinguished alumni of the Dante Club, an informal gathering of literary elites who would read Dante before enjoying grand feasts. Modern Dante scholarship is no less exciting: the exhibit also features Matthew Perry’s bestselling murder mystery ‘The Dante Club’, proving that Dante still can capture the public imagination 750 years on.

Another anniversary is in full force at the other Houghton Library exhibit, ‘The World of Walter Crane’ in the Edison and Newman Room, albeit a somewhat less joyous one because 2015 marks the hundredth anniversary of the great illustrator and draughtsman Walter Crane’s

death in 1915. Known for his intricately drawn Victorian-era children’s books and illustrations, Walter Crane produced an enormous body of visual art in media ranging from pen-on-ink sketch-work to stained glass and wallpapers. ‘The World of Walter Crane’ presents a fine sampler of Crane’s highly varied oeuvre, drawing from the expansive Caroline Miller Parker Collection of Works By Walter Crane to build a fascinating picture of his artistic development. From early juvenilia such as self-portraits and light sketches (his sketches from the London Zoo are an especial treat) to his illustrations for his literary friends such as George Bernard Shaw (the playwright of *Pygmalion* fame), Crane’s intensely varied artistic life is on full display. And what a life it is: Crane’s tremendous draughtsmanship, his supreme command of pen and ink and watercolor, helps to build joyously-framed illustrations that fuse Gothic and Medieval flourishes with Victorian sensibility.

But Crane was more than just an artist in the same way any work of art is more than just a visual or auditory adornment. With deep political roots in old-style Fabian socialism, Crane’s social conscience and high-minded idealism comes through well in the Houghton exhibition. Crane’s delightful children’s books are equally matched in skill by the fine illustrations he penned for fellow Fabian and playwright George Bernard Shaw (of *Pygmalion* fame). This political fire brought him to Harvard as well: in between promoting his works and attending anarchists’ conferences in Boston, Crane found the time to ink a charming rooftop sketch of 1890s’ Cambridge, complete with the great grey-red spire of Annenberg rising over the rooftops. Within that sort of commonality lies the wonderful sense of history through which the Crane exhibit—and by rapid extension the Dante and Route 66 exhibits hosted by the Houghton and Pusey libraries as well—ultimately become relevant to that tired and stressed student in the next Harvard-affiliated library over. For it is so easy to forget that through each aged study carrel and hallowed hall there runs the great course of history, of a history of human life and human ability that has serendipitously converged upon this institution and upon us privileged students. And it is for that realization that a visit to the Harvard Library exhibitions becomes well worth that extra hour out of that stressful day.

Andrew Lin '17 (andrewlin@college.harvard.edu) wishes he could rock facial hair as voluptuous as Walter Crane's grand handlebar moustache.

Photo courtesy of Andrew Lin.

For all the talk of soothing shelves of books, cool marble paneling (and vinyl-grain wood veneer if you’re in Lamont), and plush armchairs, libraries at Harvard are more often than not innately stressful places. Whether it be a problem set bearing down on you or an essay whose thesis resolutely refuses to come into focus, the late-night struggles that libraries house evince the fundamentally stressful nature of a modern liberal arts education. If you’re a student who finds the library stressful at times, help is at hand, and it’s not another coffee break or some clammy Lamont sushi either. For within the hallowed halls of Harvard’s many libraries there exist all manner of miniature study breaks in museum-exhibit form, exhibits that at once plunge you into the depths of the tremendous scholarship in the humanities that goes on every day behind the closed doors of the library staff offices. From the sole known pair of 1500s-vintage Mercator globes in North America to the historical memorabilia of Victorian-era drawing-rooms and interstate highways, the Harvard Library Collections have much to offer on display—a slice of which is presented in three of the current exhibitions in the Pusey and Houghton Libraries.

The Pusey library, that subterranean offshoot of the great Lamont complex, is best accessed through the cave-like entrance dug into the hill across from the colonnaded grandeur of Widener. Its stark 1970s-vintage grey stone exterior is certainly paired up with an interior to match -- low ceilings, vinyl wood veneer, and aging faux-modern tufted armless chairs all certainly give the impression of a building rooted very heavily in the past. And the collections available reflect that: the Pusey library is host to a rotating variety of artistically flavored historical exhibitions, the most recent

Down But Not Out

An unathletic athlete's take on injuries.

By SEAN FRAZZETTE

I would never really consider myself an athlete in the traditional sense of the word. I live for sports. I want to pursue a career in the sports world. But I have never been particularly good at any of them. Upon arriving at Harvard, it appeared that my athletic career was almost definitely over. That was not exactly true, however. After a year of college, I realized I missed the team attitude—the idea that a bunch of people had my back on a field or court, the bus rides to opponent schools, the feeling of victory, and even the pain of defeat. I joined the Harvard Rugby Football Club as an answer.

This article is about health in sports. My second game of rugby, I slammed head to head with an opposing player and fractured my nasal bone and medial orbital, putting me out for the season. In my first week of practice in my second season, I separated my AC joint, putting me out for the first two weeks. And in the last preseason scrimmage of my third season, I hyperextended my knee, putting me out for the first two weeks once again. Rugby, like many sports, takes a beating on your body. I have never left a game without feeling sore, and often find myself struggling to move my neck and back.

My roommates and friends have seen me with a swollen eye, a sling, and a leg brace. They've watched me struggle to get homework done in long sittings because of headaches. And they have asked so many times: Why do you still do this to your body? I have even found myself asking this same question to plenty of my friends who are (actual) athletes. I wonder why they stay with an activity that takes up so much of their time, causing the pressure of mental stress along with physical ailments.

But I try to catch myself when I ask this ques-

tion. I know the answer to this question. I have been asked it enough times that I have trite, contrived answers that mean nothing while simultaneously meaning almost—but not quite—everything. I say, oh I love the sport or it's actually a great break from work and stress. Sure, these things are true. I love rugby, just as I loved basketball and soccer before it. And sometimes running, hitting, and passing are just what I need when the pressures of school and job searching have me feeling stressed.

The real reason behind accepting and even embracing the pain, though, is because the love of sports transcends some sort of simple pleasure derived from the sports itself or the benefits it provides. I love stepping onto a field, dressed in Harvard colors, with fourteen men that I know are willing to take a beating for me and for the win. I love the feeling that comes when I'm running full speed into a ruck, knowing that no pain is great enough to offset the joy that is playing alongside a bunch of teammates for the same cause. I love working every day to get better.

Plenty of students spend vast amounts of times with their extra-curricular activities. Some people spend every weekend away for mock trial or debate. Others are up all hours of the night rehearsing for shows and performances. And some still are spending every waking moment campaigning for a just cause or social movement. These people understand the mental stress that comes from these activities, but they do so because they love it and they refuse to let their teammates down.

Sports are no different. A broken bone may be inconvenient, but it's not a reason to stop playing when the mindset is one of total sacrifice for the betterment of the team.

With this mindset, however, does come some consequences. There are mental health concerns—especially when concussions and head injuries are involved. Student athletes, just like students with outstanding club or job commitments, are under pressure to do too much in too little time. These concerns are far from negligible, but they are not exactly the point of this article. Sure, I said the point is health in sports. Health in sports is slightly more nuanced, however, once you have been the injured person playing a sport.

The concerns become slightly smaller. The love of the game, the love of your teammates, and the love of competition alter the perception of your own personal love for your body. I have been concerned about people who rush back from injuries, but I also understand where they are coming from. For most of us, whether club or varsity, these are the last years of organized, competitive sports. Missed time is lost time and lost time is scary.

One day, I will stop pretending to be able to play rugby. On that day, my back will be a little less sore. My legs will be a little less bruised. My head will feel a little more secure. But I fear that I will feel some sort of emptiness. Saturdays will have a little less meaning. And the more time I spend out with injuries, the less time those Saturdays will truly mean something.

If I'm down, I'm not working for my teammates. If I'm down, I'm not getting better each and every minute on the pitch. If I'm down, I can't contribute in practice and games to the extent that I really want to.

So getting back up is the only option.

Sean Frazzette '16 (sfrazzette@college.harvard.edu) would prefer not to break his face again.

Do the Thing. Win the Spoorts.

The Indy recaps Harvard athletics from the past weekend.

By PEYTON FINE

Football

For Harvard football, the fun just does not stop. In its second Ivy League contest, Harvard defeated Cornell 40-3 behind dominating performances on both sides of the ball. Harvard's offense put up a perfectly balance 499 yards of offense, and the defense followed up that performance by allowing under 250 yards and forcing four turnovers. The win puts Harvard at 2-0 in the Ivy League and marks the fourth consecutive time that Harvard has won by more than 25 points. Harvard has also climbed to its highest ranking of the year at 18th nationally.

Offensively, Harvard has relied on its ground attack led by senior Paul Stanton. Stanton, who as a sophomore set the single-season Ivy League rushing record, is averaging nearly 100 yards per game and leads the Crimson with 5 touchdowns. Harvard's running corps has also been boosted by freshman Noah Reimers, who also has accounted for five touchdowns. Defensively, the Crimson remain stout under the direction of senior linebacker Jacob Lindsey and defensive lineman Dan Moody'16. Respectively, both lead the team in tackles and sacks.

Harvard has one final out-of-conference game against Lafayette this weekend before the meat of the Ivy League schedule begins. After Lafayette, Harvard will play its toughest competitor in the Ivy League when they face Princeton at home and will finish the season in New Haven.

Women's Volleyball

Last year, Yale was Harvard's kryptonite in women's volleyball. As the men's hockey, football, and basketball teams all defeated Yale in post-season play, the women's volleyball team lost to Yale in a one-match playoff to determine the Ivy League champion. This year though, the Crimson got off on the right foot by sweeping Yale in their first of two conference matches. The win, coupled with a much tighter victory over Brown the day before, vaulted Harvard into first place in the Ivy League standings.

Over the weekend, Corrine Bain'17 and Jocelyn Meyer'19 led Harvard. Bain, used to the spotlight having already set Ivy League records for aces in a season and triple-doubles, was named Ivy League Player of the Week for the fourth time in this young season. Bain had one of her patented triple-doubles again Brown and followed that performance with an eye-popping 20 assists against Yale. Meyer on the other hand just stepped into the limelight with her first two starts last weekend and clearly made an impact as evidenced by her being named the Ivy League Rookie of the Week.

The Crimson will close out their first round of Ivy League matches next weekend before embarking on second round matches. With the consistency

of Bain, the emergence of Meyer, and a sweep of their kryptonite Yale, this year's team just might be super.

Women's Soccer

In sports, they say talent usually wins out if you just give it time. For the Harvard women's soccer team, that maxim has proven true. After a rough opening to the season in which the Crimson struggled at times to defend and at other times to score, the overwhelming talent is finally starting to dominate games. Harvard defeated Cornell 2-0 over the weekend behind a goal from Margaret Purce'17 and moved to 3-0 in Ivy League play. Purce for her efforts was named Ivy League Player of the Week.

Purce started off the season slow, which was surprising for someone who has dominated the Ivy League since her freshman year. Within the Ivy League, Purce is in a league of her own as the only player selected to play with the American national team. However, in the last three games, Purce has begun to return to form with five goals including a hat trick in last weekend's 4-0 defeat of Yale. If Purce can continue this form, the Crimson seemed poised to three-peat as Ivy League champions. If not, it could be a return to the beginning of the season which saw the Crimson go without a win in five straight games.

Men's Soccer

The Harvard men's soccer team is still looking for that elusive Ivy League championship. Last year, Harvard finished one game behind a tie for first place. The year before that, Harvard lost to Penn in the final game of the season to lose the Ivy League championship. This year has put Harvard in a place to hopefully end the trend of second place as they currently lead the Ivy League standings through the first two weekends of play. Over the weekend, Harvard beat Cornell 2-0 behind goals from sophomores Sam Brown and Christian Sady. Brown and Sady both members of the American youth national team programs are anchoring Harvard's midfield unit with another year under their belts.

Defensively, the Crimson remain one of the best in the league due to the leadership of senior Mark Ashby. Ashby was named a preseason All-American and has lived up to the hype so far starting in every game just like he has done since his freshman year. Harvard rode the defense to a 1-0 defeat of New Hampshire last week to end their bid for an undefeated season. If this level of play continues, Harvard may finally climb out of its runner-up shell.

Peyton Fine '17 (peytonfine@college.harvard.edu) is glad he has the Ivy League Network Digital Subscription. He never misses the Crimson play.

#tbt: 'New Counseling Program, Attempts to Reduce Alienation'

The Indy goes back to the 1970s to see the creation of a PAF-like program

By JAMIE KATZ '74

This week, the Harvard Independent is bringing you an article from our September 17, 1973 issue on Harvard's changing mental health services.

Harvard students have become much more academically competitive in the last few years. Ordinarily, as pre-med and pre-law students vie for high grades and good recommendations one would expect increasing tension and fragmentation within the student body. Those expectations are in part coming true, but there are tentative signs that students are depressurizing the Harvard years through upperclass advisory programs.

All freshmen have advisers to aid them in understanding and dealing with Harvard. Advisers may be law or graduate students, administrators, professors, or the like, but they all are considerably older than freshmen. Some advisers establish close relationships with students, relationships that are of immeasurable importance. Yet many are unable to aid freshmen in certain respects.

Many feel freshmen should have more contact with upperclassmen both for informational purposes and as a means of easing the pressures and uncertainties of the freshman year.

A New Counseling Program

The Non-Residential Upperclass Adviser Freshman Counseling Program is an experimental program designed to assist freshmen who may not seek aid through other established channels. James Dern, Michael Fitts, and Stan Gacek set up the program that will run as a pilot program this year.

The Program brings 250 Harvard-Radcliffe freshmen chosen at random together with a like number of upperclass counselors. Each counselor is paired with one freshman of similar secondary school and geographic background. Hopefully, this arrangement will maximize understanding and compatibility.

Upperclass counselors have been given some guidelines within which to work. Choosing courses, possible rejections from houses, classes, or concentrations, Harvard institutions or organizations, exams, and many others should be discussed by the paired counselor and freshman.

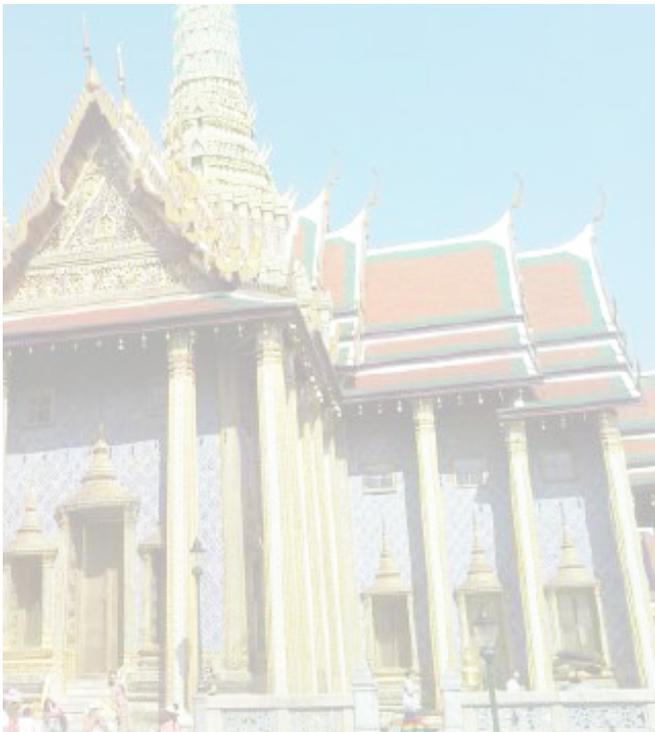
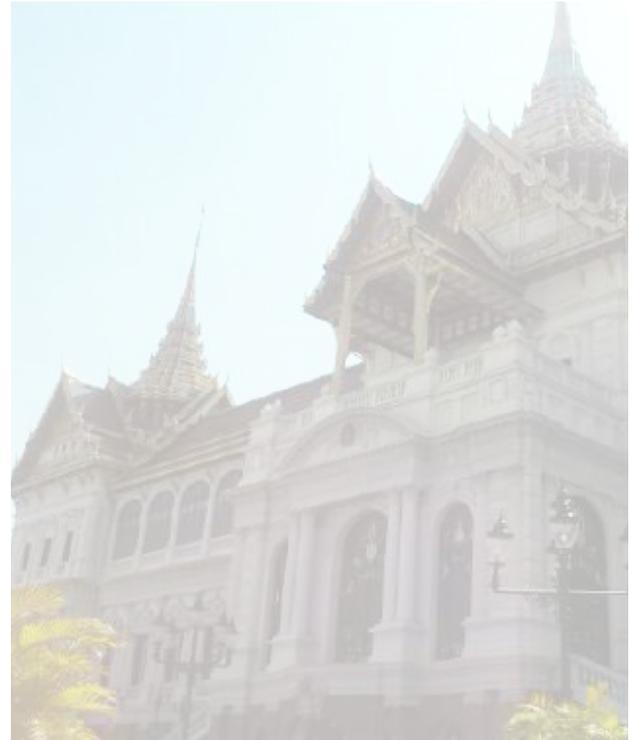
With such an upperclass contact, it is hoped that freshmen will find Harvard a little less confusing and disheartening. The program will not in any way replace the regular adviser program, but will supplement it.

The program's fate is very much in question. Initially, the Freshman Dean's Office was skeptical of the program, feeling that upperclassmen had little to offer freshmen. After a good deal of effort and persuasion, the Dean's office accepted the program.

Stan Gacek estimated that if the program were successful, most upperclass advisers would see their freshmen once every two weeks or so, obviously depending on the individuals. Both advisers and freshmen will have to put significant effort into the program for it to succeed. The upperclass advisers now living in the yard have never had much impact on freshmen, but those planning the new program have gone to great lengths to establish a strong system for aiding freshmen.

Looks like the FDO didn't have to worry because Harvard currently has a full-fledged Peer Advising Fellow Program for freshmen—not to mention the other peer advising groups that are available for students on campus.

captured and shot



**The Royal Palace in Bangkok, Thailand
by Shaquilla Harrigan**