

Nurse at Tufts Medical Center receives award

BY EMMA STEINER
Contributing Writer

Debbie Mitchell-Dozier, a nurse in Tufts Medical Center's (TMC) Division of Nephrology, was recognized by Nurse.com as one of six national winners of the 2014 Giving Excellence Meaning (GEM) Award for the Home, Community and Ambulatory Care category on Sept. 11.

TMC Chief Nursing Officer Terry Hudson-Jinks said that she believes Mitchell-Dozier deserved the GEM Award because of her deep commitment to her patients.

"She is 24/7, full throttle, patients-first in every way, shape and form in her life, which really makes her just exceptional to us," she said. "We find that quite extraordinary, and we just love that. So did the judges. We really see her as a true, individual, shining example for all of us."

Hudson-Jinks explained that Mitchell-Dozier is the first member of TMC to claim national recognition for this award. Mitchell-Dozier has been a nephrology nurse for 20 years and a member of TMC for more than nine years, where she works to educate patients about kidney disease, dialysis and transplant options, Hudson-Jinks noted.

Nurse.com has been in the business of recognizing extraordinary nurses for almost 30 years, according to Eileen Williamson, senior vice president and chief nurse executive at Nurse.com. Williamson explained that each year 54 finalists are selected from nine geographical regions. Of these 54, six national winners are chosen to represent the six different categories.

Williamson noted that there are many awards designed to honor nurses, but Nurse.com's program differentiates itself with its peer nomination system.

"We are very unique in the fact that our nurses of excellence are nominated by nurses, selected by nurses and then celebrated in the company of their nursing colleagues, because we believe that nurses are in the best position to recognize excellence among their peers," she said.

Executive Director of Patient Care Services at TMC Heidi Waitkus said she nominated Mitchell-Dozier for her extreme devotion to her field.

"She is very passionate about what she does," she said. "She was a donor for a kidney to a complete stranger."

Mitchell-Dozier explained that her family history with kidney disease, as well as her background with dialysis patients, gave her personal knowledge about the impact a transplant can have on a patient.

"These patients are in a situation where either they get a transplant, or for the rest of their lives they are dependent on dialysis," she said. "Seeing the impact of patients who ... had a successful transplant, I always wanted to make that difference in someone's life."

Meeting a pastor diagnosed with kidney failure in 2012 gave her an opportunity to experience firsthand the process of donation. Though the pastor was a stranger at the time, Mitchell-Dozier said that donating a kidney to him allowed her

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COURTESY OF TUFTS' OFFICE OF SUSTAINABILITY

Tufts Facilities Services recently received new electric lawnmowers to reduce its environmental footprint.

New electric lawnmowers to reduce emissions, noise

BY SOPHIE LEHRENBAUM
Contributing Writer

Tufts Facilities Services Department has brought two new electric lawnmowers to campus this semester in an effort to move toward sustainable and low-impact technology.

The decision to purchase the electric lawnmowers, which was made by Facilities Services Grounds Supervisor John Vik in conjunction with the Office of Sustainability (OOS), was intended to decrease noise, diminish emissions and drive up awareness of the ecological benefits of switching to elec-

tric-powered alternative-fuel vehicles, according to Vik.

The OOS was interested in making the switch because the reduction in polluting emissions and the transition to electrically-powered equipment would have far-reaching positive social implications, according to OOS Program Director Tina Woolston.

"We want a cleaner campus for the students and a better environment for the workers," Woolston said. "The noise of the regular ... conventional machines is above what people should be exposed to. It can cause deafness and damage ... and it really impedes the abil-

ity to teach when lawnmowers prevent you from being able to pay attention or hear."

In June, the OOS and the nonprofit organization Quiet Communities, which works to educate the public about the damaging effects of gas-powered outdoor equipment and promotes the use of quieter and more environmentally sustainable technologies, hosted a conference at Tufts on new technologies for outdoor landscaping.

"I had been trying to convert to electric equipment ... and they represented the

see **LAWNMOWERS**, page 2

TCU Senate Update

With students living off-campus concerned about their housing situations, the Tufts Community Union (TCU) Senate spent a part of their weekly meeting receiving updates on the University Accountability ordinance being considered in the city of Somerville.

Senator Samuel Berzok spoke about the outcomes of the Legislative Affairs subcommittee meeting at the Somerville City Hall, where he served as a student voice on the proposed law to enforce an existing zoning ordinance. Along with Director of Community Relations Barbara Rubel, Berzok attended the meeting and explained the Tufts residential system to the Somerville aldermen, noting that Tufts students often sign their leases in September and October for the following year, a fact of which aldermen were previously unaware.

Berzok, a junior, explained that Tufts may make it mandatory for

its students living off-campus to report their addresses, and the university is considering building additional housing to accommodate more students on campus. He added that the aldermen didn't know when Somerville will begin enforcement or what the consequences will be if Tufts fails to provide a directory of student addresses.

Berzok explained that the amendment will likely pass, and Tufts will have to take serious steps to consider resources and choices for affordable off-campus housing for students. Three properties in Somerville are already in housing court for violations, and he added that there will be housing available on campus if students are evicted.

Following Berzok's rundown, various committees gave updates on their activities.

The Student Outreach Committee announced that it will be hosting "Senate Spotlight of the Week," featuring facts about

senators on social media to "give a face to the Senate."

The Educational Policy Committee reported that it is trying to gather data about the demand for the expansion of the Department of Computer Science.

Following committee updates, DCA Officer Andrew Núñez gave a tri-annual report covering a wide variety of issues on the Tufts campus, from Title IX and sexual violence prevention to fossil fuel divestment, and from the Culture, Ethnicity, Community Affairs Committee (CECA) rally for Indigenous People's Day to the lack of recognition of gender segregation on campus and in Greek life. Núñez, a senior, also spoke extensively about the way that the university has prioritized other things over support for marginalized communities at Tufts, including the TCU Senate elections process and the determination of who has louder voices on Senate, the high turn-

over in the legislative body and the lack of engagement with "marginalized communities unless it is election season."

The TCU Senate voted on and discussed money allocation for the requests of six organizations.

GlobeMed was denied funding for a rally they wanted to participate in on Boston Common, since it was not directed primarily at Tufts students and would be located off campus.

All other organizations that applied were allocated funding. Tufts German Club was awarded \$800 to bring New York Times columnist Roger Cohen to campus to speak on Germany since the fall of the Berlin Wall. Students for Sensible Drug Policy was allotted \$327 for transportation funding for a speaker who will talk about drug abuse.

A new student organization, the Human Factors and Ergonomics Society, was given \$470 for membership to a national organization, funds for

creating a phone app similar to iJumbo and more. Tufts Canon was awarded \$420 for two of their members to go to a conference. Tufts Consulting Collective was awarded \$140 for a web developer for its website, a choice that was made because the consulting group needs to work with groups and organizations off-campus and requires a level of professionalism for its website.

A number of organizations were also granted recognition by the TCU Senate, while others were not. Tufts Thai Students Association and Spoken Word Alliance at Tufts received recognition, while the Roosevelt Institute at Tufts and Tufts Tobacco-Free Initiative were not, according to TCU Judiciary member Anna Weissman, a sophomore. Sino-US Relations Group Engagement is in the process of recognition.

—by Sarah Zheng

Inside this issue

Macy Gray showcases a fresh sound on new album, "The Way."



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Men's soccer erupts for two weekend wins on the road.



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Visiting the Hill this week

TUESDAY

Conference: "Thinking About Think Tanks"

Details: The all-day conference will address the overarching project of think tanks in American public policy. Michèle Flournoy, former undersecretary of defense for policy, will deliver the keynote address.

When and Where: 8:30 a.m. – 5:30 p.m., Mugar Hall, Seventh Floor

Sponsor: The Fletcher School of Law and Diplomacy

From Grexit to Grecovery: Is the euro-crisis over?

Details: Alexandros Tourkolias, chief executive officer of National Bank of Greece, will host the lecture.

When and Where: 12:30 – 2 p.m., Chase Center, Carmichael Hall

Sponsor: The Fletcher School of Law and Diplomacy

Economics Department Seminar Series: Auctions Mechanisms and Bidder Collusion: Bribes, Signals and Selection

Details: R'oi Zultan, lecturer of economics at Ben-Gurion University of the Negev, will present the findings from his research.

When and Where: 4:30 – 5:45 p.m., Lincoln-Filene Center, Rabb Room

Sponsor: Department of Economics

Winning Hearts and Minds: Anti-Racism, Feminism and the New Economy

Details: Chris Crass, organizer, educator and writer, will lead a workshop to discuss the development of a more sustainable economy through multiracial, cross-class and feminist movement building.

When and Where: 6:30 – 8:30 p.m., Paige

Hall, Crane Room

Sponsors: Global Development and Environment Institute, Tufts New Economy, Jonathan M. Tisch College of Citizenship and Public Service

SAAC Speaker Series Presents: Katie Hnida Talks to Tufts!

Details: Katie Hnida, the first woman to play and score points in a NCAA Div. I football game, will discuss her football career and her activism spreading awareness about violence against women.

When and Where: 7 p.m., Steve Tisch Sports and Fitness Center, Third Floor Film Room

Sponsor: Student Athlete Advisory Committee

WEDNESDAY

Station House Chili Fest

Details: Tufts Dining Services will host local Somerville and Medford Police, Fire and Emergency Medical Services teams along with Tufts Police, Fire and Tufts Emergency Medical Services to celebrate National Fire Prevention and Public Safety Month over lunch.

When and Where: 11 a.m. – 2 p.m., Carmichael Dining Center

Sponsor: Tufts Dining Services

Reading Camus during the West African Ebola Outbreak: An Anthropological Reflection

Details: Adia Benton, assistant professor of anthropology at Brown University, will present in light of her work as a medical anthropologist with multiple years of experience in Sierra Leone.

When and Where: 12 – 1:15 p.m., Tisch Library, Room 304

Sponsors: Department of Anthropology, Department of Romance Languages,

Community Health Program, International Relations Program, the Consortium of Studies in Race, Colonialism and Diaspora

Bill Hayton: China's Claims in the South China Sea

Details: Bill Hayton, a reporter with BBC News who focuses on contemporary Asia, will discuss the origins of China's claims in the South China Sea and his upcoming book on the subject.

When and Where: 3:30 – 4:30 p.m., Cabot Intercultural Center, Room 205

Sponsor: The Fletcher School of Law and Diplomacy

PrEP, PEP, and the State of HIV Prevention: A Conversation with Carl Sciortino

Details: Carl Sciortino, executive director of AIDS Action Committee, will speak about recent advancements in pre-exposure and post-exposure prophylaxis, and in what ways they have changed the way perspectives on safer sex and HIV prevention.

When and Where: 7 – 9 p.m., Cabot ASEAN Auditorium

Sponsors: Tufts Lesbian Gay Bisexual and Transgender Center

Nothing But Net: How Profits, Pundits and the Press are Changing Pro Sports

Details: A panel of professional sport journalists, including Chris Stone (LA '92), managing editor for Sports Illustrated, Dan Barbarisi (LA '01), New York Yankees beat reporter for The Wall Street Journal, Tony Massarotti (LA '89), Boston Globe contributor and co-host of a talk show on 98.5 The Sports Hub and Shira Springer, investigative and enterprise sports reporter for The Boston Globe, will lead the discussion.

When and Where: 7:30 – 9:30 p.m., Paige Hall, Crane Room

Sponsor: Communications and Media Studies Program

THURSDAY

"Jumbo: Marvel, Myth and Mascot" lecture and reception

Details: Andrew McClellan, professor of art history, will host a lecture about the "Jumbo: Marvel, Myth and Mascot" exhibition, which he curated, currently on view in the Tufts University Art Gallery.

When and Where: 5 – 6:30 p.m., Alumnae Lounge

Sponsors: Tufts University Art Gallery, Office of Alumni Relations

Libya's Turmoil in Historical Perspective

Details: Ali Abdullatif Ahmida, professor of political science at the University of New England, will present.

When and Where: 6 – 8 p.m., Barnum Hall, Room 104

Sponsor: Middle Eastern Studies Program

FRIDAY

Noah Rosenberg, LA '05: Human Stories Will Change the World

Details: Noah Rosenberg (LA '05), founder, CEO and editor-in-chief of Narratively, a platform devoted to untold human stories, will discuss his experience with the organization.

When and Where: 3:30 – 5 p.m., Tisch Library, Hirsh Reading Room

Sponsors: Friends of Tufts Libraries, Tufts Office of Special Events

—compiled by Patrick McGrath

New electric lawnmowers further university sustainability

LAWNMOWERS

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best technology out there," Vik said. "[Quiet Communities] convinced us that with these improved run-times, it would be viable [to purchase this new equipment]."

In 2004, the university purchased the Electric Ox, another electric tractor mower for maintaining the grounds. Vik said that while the machine is no longer functional, he recalls its power and maneuverability and expects the new machines, which are being used primarily on the Academic Quad and on the President's Lawn, to be just as efficient with relatively minimal upkeep.

"The maintenance on these is much simpler," he said. "There are no engines, there is no oil, there is no gas ... all that goes away. And the motors are modular, so if one breaks, you just take it out and put a new one in. You don't have to take heads off and valves out. It is much, much easier."

Vik emphasized that these new models were selected with their long run-times in mind. He hopes to convert the entire fleet of grounds-care equipment to electric power within the next five years.

"Because this battery technology is so new, we don't want to convert all [at once]," he said. "We just wanted to try a couple and see if they did what they claimed to do. The big 60-inch mower was around \$20,000, and that's more expensive than the conventional mower, but the savings over a seven-year period [are] more than double the price of the mower."

Vik also underscored his desire to involve students more directly in the process of conversion to sustainable technologies, noting the potential for opportunities for engineering students to install solar power stations across campus to charge the new equipment.

Angela Bell, an eco-rep for

Hill Hall, expressed appreciation for the lengths that the Facilities Services team has gone to in acquiring the new lawnmower, but echoed Vik's sentiments for growing the "green" on campus.

"They really deserve a lot of credit for taking care of the nitty-gritty end of sustainability," Bell, a junior, told the Daily in an email. "Of course, there's always more we can do, and I'd love to see Tufts continue to upgrade our facilities with more energy-efficient/clean energy options, such as the low-flush toilets, solar panels, lights that go off automatically, etc. Another eco-rep suggested an emergency hotline for fixing leaks in dorms so that students could bypass lengthier work order processes for fast fixes."

Bell cited high costs, difficult implementation and a laundry list of pressing issues the university deals with on a daily basis as possible impediments to progress in the realm of sustainability on campus. She also referenced other self-imposed barriers, such as a simple lack of understanding of how to go about making a change toward more environmental awareness.

Both Bell and Woolston agreed that going green begins at a grassroots level. In order for greater change to occur within the university, students will have to demonstrate that this is something they value and would like to be a priority on the university's agenda.

"This whole school exists for the students, so I really feel like when there is an opportunity to make a change that makes the learning environment better for the students and helps the environment, that is something that should be a high priority," Woolston said. "If students really wanted [more electric lawnmowers], the university would probably find a way to make that happen. It would be easier to make the argument that we should spend a little extra to buy that equipment."

Mitchell-Dozier commended by Nurse.com, colleagues for putting patients first

NURSE

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to become even more deeply connected to the patients she works with.

She also cited Andrew Levey, chief of the Division of Nephrology, as a source of inspiration for her decision to donate.

"In 2008, while working here, I witnessed the department chief donate a kidney, and that kind of sparked [inspiration] for me as well," Mitchell-Dozier said.

She added that she had not anticipated the reaction and support that she received

from TMC surrounding her donation or her receipt of the GEM Award.

"I'm blown away, to tell the truth," Mitchell-Dozier said. "I've always loved being a nurse. It has always been important to me, and it's been my privilege to work with patients."

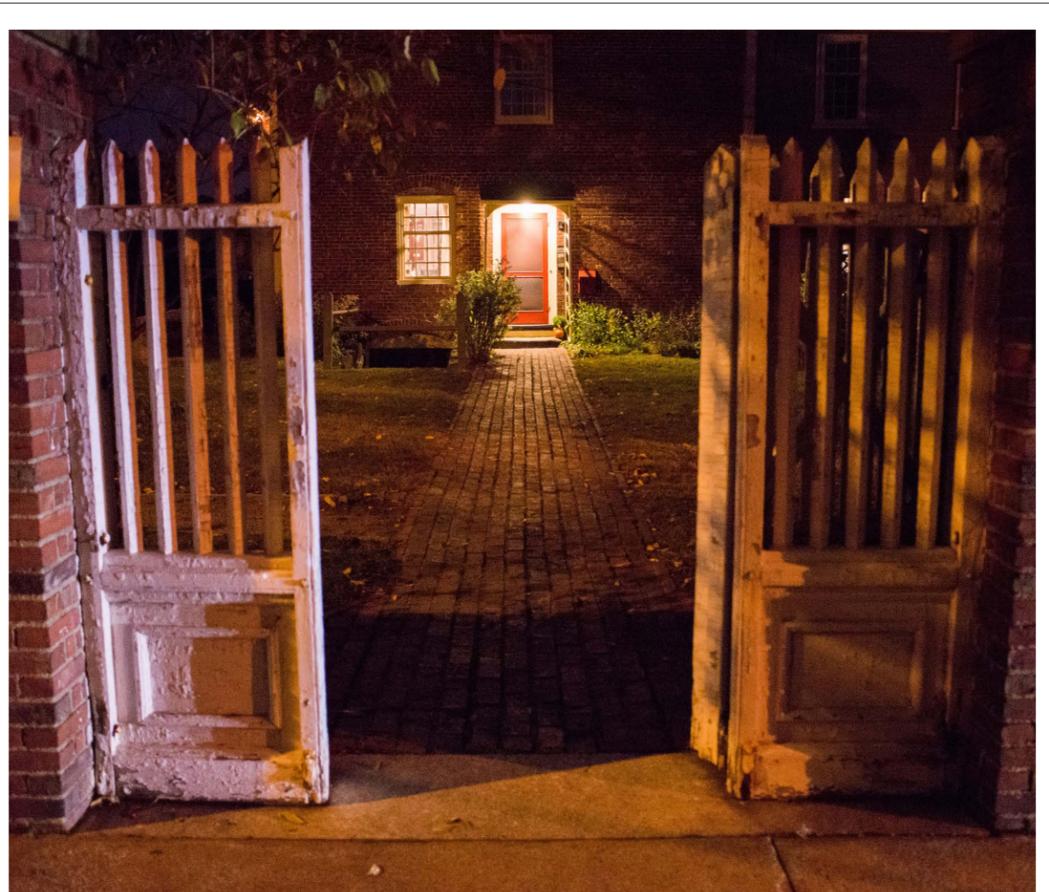
Levey praised Mitchell-Dozier's work at the clinic and the contributions she has made to TMC, as well as her important role in patient care.

"The thing I am most impressed with is how Debbie has put together a program where we educate patients who

are nearing the stage of kidney failure about their options for treatment," he said. "She explains to them in clear terms the things they have to do and the choices they get to make."

Hudson-Jinks echoed this sentiment, noting that Mitchell-Dozier's quality care made the patients feel comfortable despite their illness and provided them with trustworthy support during treatment. She also commended Mitchell-Dozier's relationship with other staff members.

"She brings out the best in everybody," she said.



NICHOLAS PFOSI / THE TUFTS DAILY

Ten Tufts students were able to spend the night at the Royall House and Slave Quarters in Medford on Friday through participation the Slave Dwelling Project. The project, which is led by Joseph McGill, aims to raise awareness about preservation of former slave dwellings and hosts overnight stays throughout multiple states.

Hapa changes name to Association of Multiracial People at Tufts to reflect new goals

BY YUKI ZANINOVICH
Contributing Writer

For the Association of Multiracial People at Tufts (AMPT), there is a lot in a name. AMPT, formerly known as Tufts Hapa, aims to create a community for students who identify as persons of mixed heritage. Though the name change may seem subtle to some, it now better reflects the target demographic of the group, according to Co-President Zoe Uvin.

According to Uvin, a senior, “hapa” means “half” in Native Hawaiian, and is often used to refer to people who identify as a mix of two races. However, this choice of terminology made it seem like the club had a limited scope of interest.

“The term ‘Hapa’ has the connotation of being half-Asian, so I think the name change definitely reflected our priorities much more,” Uvin said. “We’re an association, not a political group or movement of any kind, and we wanted any person who is multiracial, or feels that their family or community makes their identity multiracial, to feel welcomed to join us.”

The name change has been favorably received, according to treasurer Rachel Steindler, a sophomore.

“We’re getting a lot of new faces ... people are hearing about us, because we changed our name,” Steindler said. “So it’s kind of a publicity thing, but it’s very much about trying to advertise that we’re a multiracial community that isn’t specific to half-Asians. We were never meant to be exclusive; we always had this goal in mind, but it seemed like we were only attracting half-Asian people, so we really wanted to make it clear.”

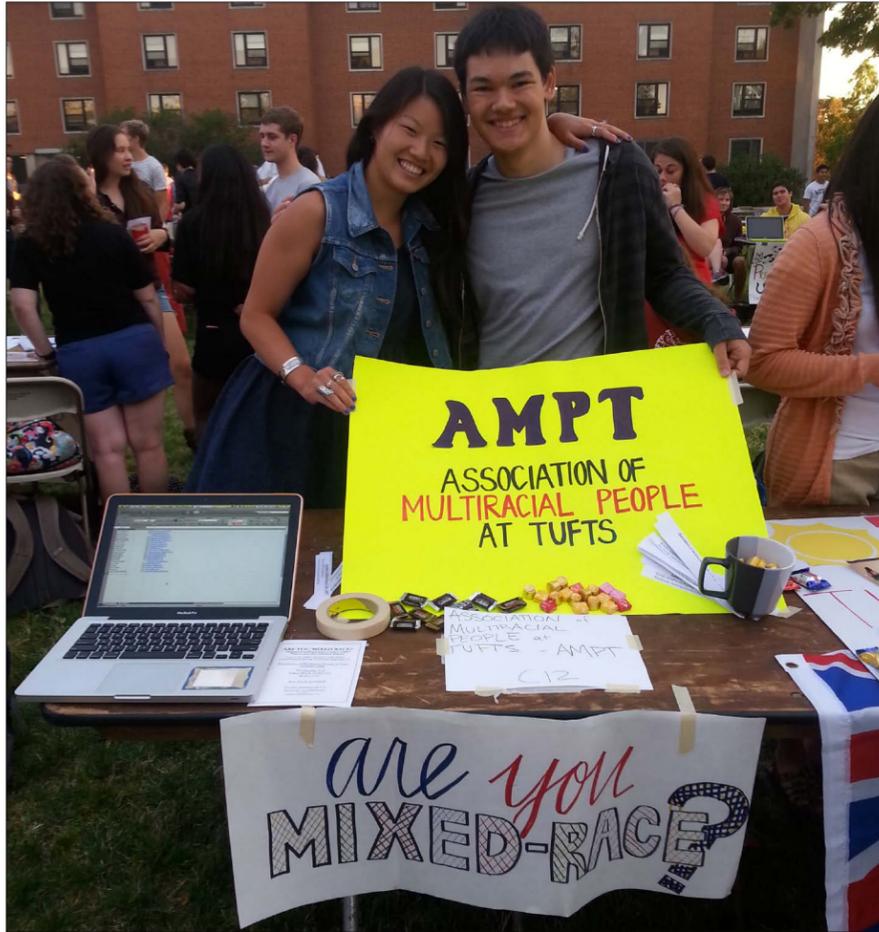
According to Uvin, more new upper-classmen than freshmen showed up at their first potluck event, which Uvin attributes to the club’s wider and more approachable demographic scope.

“On top of getting great feedback from members, what made me feel great was seeing a Tufts Confession posting a link to the AMPT page saying, ‘Hey you might want to check this out,’” Uvin said. “I really think this is becoming a [club] where you can read the name and it makes much more sense who we are and what we’re about, so it’s much more approachable.”

The ultimate aim of AMPT, according to Uvin, is to participate in the campus culture of ethnic and cultural groups, clubs and societies, and to foster awareness of multiracial culture on campus.

“Our goal is to create a space for multiracial students and faculty,” Uvin said. “The founding members noticed how there were no cultural groups that catered just to the multiracial experience, and we wanted to create a space just for that.”

AMPT plans a variety of activities in order to create a welcome environment for multiracial students, including potlucks with informal discussions on multiraciality, academic lectures and joint events with mixed-race groups from other Boston schools. According to Uvin, these are all organized by the club’s executive board,



COURTESY ZOE UVIN

The Association of Multiracial People at Tufts gathers at the student activities fair this fall.

which meets once a week to plan events for the semester.

“The potlucks are just to eat food and realize there are so many multiracials on campus of so many mixes, of so many backgrounds, but that we all have something in common, that our multiracial experience has changed the way we have gone through life and the way we’ve interacted at Tufts,” Uvin said. “We can connect over something other people might not understand.”

The group puts a particular emphasis on the potlucks, where students can discuss identity, talk about issues concerning multiraciality and share their stories, Uvin said.

“The discussions [at potlucks] made me think of multiracial [matters] that I never really thought of before, but [which] pertained to me,” sophomore Andrew Narahara said. “I’m half-Asian, half-white, but I’ve always considered myself Asian, and [the discussions] opened my eyes to the multiracial side of me.”

One distinctive feature of AMPT is its heterogeneous nature. Along with members of racial mixes, the group includes members who aren’t mixed themselves, and instead joined out of interest in their multiracial family or home situations.

“Personally, I’m not a multiracial person, but I come from a multiracial family, and I found a really great community in AMPT because I can identify with the experiences of multiracial

people,” Steindler said. “I’m adopted [and Asian] and my mother is white, so when we talk about family dynamics, I can identify with [other members’] racial identity development in terms of having someone of a different race as a parent.”

In tandem with its new name, AMPT has set some new goals. According to Uvin, when the club was originally founded Joseph Wat (LA ’13) hosted potlucks at his house. Now the club hopes to host events on a consistent bi-monthly basis, instead of simply whenever possible.

AMPT has also been actively recruiting for its executive board to allow the group to continue after its founding members graduate. With a board already comprised of four sophomores, and with multiple freshmen interested in applying, the club hopes to continue spreading awareness about multiracial identity throughout the Tufts community, according to Uvin.

“Our recruiting method is so active because we really want [the executive board members] to feel personally invested in the club, so that when we leave they will still have a personal connection with the group,” she said.

Recruiting new members is also intended to support existing members of the multiracial community.

“We hope to offer something to them that makes their time at Tufts better or more manageable, and hopefully they will want to give that to the future generation and continue this tradition,” Uvin said.

STINA STANNIK | A JUMBO IN GHANA

Race in Ghana



I will tell you up front that this column will not offer enough space to present even a beginning picture of the complexity of race in Ghana. I’ll weave observations throughout all of my columns, but consider this a broad introduction.

For starters, you should know that I am white and female. I chose to come to Ghana, in part, because I wanted to experience what it feels like to be in the racial minority. Of course, my experience here cannot compare to that of minorities in the United States; for one, I am still privileged here. There is nowhere in the world that I can go where my white skin will not privilege me. I know I say this with the ease of white skin, but the degree to which whiteness is prized in Ghana is actually depressing. Some Ghanaian men and women use skin-lightening cream to become paler. Even billboards use white models, although the main consumer base is African. In some ways the standards of beauty are different here, but choosing to not use native Ghanaian models denies that blackness can also be beautiful, desirable and elegant.

White women — or anyone who could be mistaken for white — are practically idolized in Ghana. It is not uncommon for us to receive marriage proposals from strangers, and when walking through markets I have experienced men reaching out to touch my arms and neck. Existing on this cultural pedestal makes any sort of friendship or relationship with men challenging. I constantly question whether they are interested only, or at least primarily, because I am white. Can they see me as a person, or do they let my skin speak for me?

No matter how long I stay here in Ghana, I could never pass for native. I am marked as a foreigner, and so I feel as if I receive opportunities and favors that I should not be given. I wish I could cast off those distinctions and be here on my own merits, but that is, of course, impossible. I am also conscious that there will be no way to properly convey the complexity of my experiences here when I transition back into my life in the States. If I wear my specially tailored, African-print dress around Tufts, it may be viewed as cultural appropriation. Can I ever earn it? Do I need to? Does bargaining in Twi, building a relationship with a seamstress or riding a packed trotro at rush hour make it any more acceptable? I am wearing this dress not because I seek to make myself out to be African, nor to Westernize something African, but rather out of recognition and love for a culture that I am embracing.

In addition to standing out as I do, my non-white peers deal with their own specific challenges. All Asian-Americans are called Chinese; Latina women are considered white. For black Americans this is no “return to the homeland,” as they come to a place still fixated on whiteness. As much as coming to Ghana has been an opportunity to discover a new culture, it also reflects back onto our own and has spurred me to open important conversations about race. Does being here, as a black individual who has lived in a country that essentially criminalizes blackness, offer any sort of release? Is ethnic diversity desirable in a country like Ghana, where foreign influence usually means dilution of the culture in favor of Westernization? How can I build relationships with Ghanaians without the barrier of my skin color? I don’t expect easy answers to these questions, but I hope my time in Ghana may begin to offer clarity.

Stina Stannik is a junior majoring in peace and justice studies. She can be reached at Stina.Stannik@tufts.edu.



CAROLINE GEILING / TUFTS DAILY ARCHIVES

Tufts Hapa, now AMPT, hosted its first annual Loving Day Rally, which featured student speakers, in April 2013.

Tufts Programs Abroad 2015-16

Upcoming Informational Pizza Parties

Tufts in Oxford:

Tuesday, October 14th at 6:00pm
Dowling Hall, Room 745B

Tufts in London:

Wednesday, October 15th at 6:00pm
Dowling Hall, Room 745A

Tufts in Madrid/Alcalá:

Tuesday, October 28th at 6:00pm
Dowling Hall, Room 745A

Other Upcoming Tufts Programs Pizza Parties:

Tufts in Tübingen: Thurs., 11/6 @ 6pm in Dowling 745A

Tufts in China: Wed., 11/12 @ 6pm in Dowling 745A

Tufts in Ghana: Thurs., 11/13 @ 6pm in Africana Center (Capen House)

Tufts in Paris: Tues., 11/18 @ 6pm in Dowling 745A

Applications due Feb. 2 (Oxford: Dec. 1)

<http://uss.tufts.edu/studyabroad>



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Monday, October 20, 2014
Tuesday, October 21, 2014
Wednesday, October 22, 2014
Thursday, October 23, 2014
Friday, October 24, 2014
12:00 p.m. – 6:00 p.m.

Tufts University Carmichael Hall - Lounge

To schedule an appointment please visit www.tuftslife.com

THE 2014 TUFTS DINING ANNUAL

STATION HOUSE CHILI FEST

WEDNESDAY, OCTOBER 15 | 11AM-2PM | CARMICHAEL DINING CENTER



★ MENU ★

FIRE HOUSE STYLE CHILIS

Cincinnati Chili ★ Turkey Chili ★ Seafood Chili,
Tofu Chili ★ Adobo Braised Pork

Vegan Black Bean Chili ★ Carmichael Firehouse Chili
Served with White Rice, Spaghetti, Potato Skins, & Corn Bread

STATION HOUSE ASSORTED PIZZAS

Jalapeno ★ Pepper ★ Pepperoni ★ Ham ★ Sausage
Bacon ★ Black Olive ★ Veggie & Cheese

BURGERS

Fire Marshall Burger

Smith and Wesson Cheese Burger

Served with assorted toppings: Bacon, Pickles, Pico De Gallo, Sautéed
Mushrooms, Caramelized Onions, Roasted Red Peppers, & Guacamole

BOURBON GLAZED CHICKEN THIGHS

CHICKEN PAD THAI

BUFFALO SHRIMP

VM ZITI PASTA W/ TOMATO, BROCCOLI, GARLIC, & BASIL

CHICKEN MEATBALLS & MARINARA SAUCE

VG MEDITERRANEAN QUINOA BURGER

VG SWEET POTATO SHEPHERD'S PIE

SPICY FRIES

BLUE LIGHT SANDWICH BAR

A lineup of our "MOST WANTED" deli items

CUPCAKES & DECORATED CHOCOLATE CAKE



TUFTS
DINING

ALBUM REVIEW

New Macy Gray album showcases experimentation, skill

BY VERONICA LITTLE
Daily Editorial Board

Macy Gray is a one-hit wonder. Don't believe it? Just try naming one song of hers besides, "I Try" (1999). (And no, the theme

The Way



Macy Gray
Kobalt Music

song for the TV show "As Told By Ginger" (2000 - 2006) does not count). However, though Gray has only produced one chart-topper, her style and tone have been supremely influential to today's music landscape. After weathering a sordid career and little publicity, Gray has pushed through to release her eighth studio album, "The Way," on Oct. 7. This album, littered with interesting production and overflowing with Gray's unapologetic gravelly tones, is a triumph for the artist whose fame seemed to wane year after year. Though by no means pop pleasers, the tracks on "The Way" are interesting enough to draw listeners and breezy enough to calm even the most stressed college students.

Gaining fame in 1999, earlier in her career Gray was surrounded by countless pop



STEVEN HOWARD VIA FLICKR CREATIVE COMMONS

Macy Gray, after bursting onto the music scene over a decade ago, is now making a bold return with her newest studio album "The Way."

tracks, songs that were characteristically formulaic and predictable in their production. "Genie in a Bottle" by Christina Aguilera and "(You Drive Me) Crazy" by Britney Spears, both released in 1999, represent the

sonic scene into which Gray was catapulted. Enter: "I Try," a somber track exploding with tremendous heart and shockingly

see GRAY, page 6

GALLERY REVIEW



AARON IGLER / GREENHOUSE MEDIA

Sheila Hicks' work immediately draws the eye, visually dominating the space.

ICA's exhibition takes a look at unexplored medium

BY NOLAN JIMBO
Contributing Writer

In museum exhibitions of contemporary art, a complex conceptual thesis can often take precedence over more basic viewing concerns, like the aesthetic arrangement of works or the overall accessibility of the show to the viewing public. This fall, the Institute of Contemporary Art/Boston (ICA) defies this convention with a new exhibition. Simply put, the ICA's "Fiber: Sculpture 1960-Present," is beautiful. Tightly curated and tastefully displayed, the show features approximately 50 fiber-based creations made by 34 artists who have stretched the bounds of the medium over the last half-century. In terms of purpose, the exhibition's agenda is clear and simple: to bring attention to an often overlooked legacy of art-making and to advocate for fiber art's status as a "fine art" akin to painting and sculpture.

The exhibition begins with works from the early 1960s, a time when the art community debated the legitimacy of fiber sculpture as a medium — was suited exclusively for decorative purposes, or could it

be considered fine art? As in answer to these questions, fiber sculptors began to experiment. They manipulated the material into forms that defied gravity and existed in three-dimensional space, trends which have progressed with the art form through decades of development.

In the first gallery, two works by American artist Lenore Tawney — "Dark River," a black linen and wool weaving from 1961, and "Black Woven Form (Fountain)," a linen and metal weaving from 1966 — hang vertically from the ceiling, representing a radical innovation in fiber art's orientation in space. Across from Tawney's looming black forms is Kay Sekimachi's "Kunoyuki," a 1968 hanging composed of white, nearly translucent nylon monofilament that has been delicately manipulated into a rounded, jellyfish-like form using a traditional twelve-harness loom. Sekimachi's ethereal, fragile creation subtly counterbalances Tawney's more rugged installations, though both artists' works initiate an enduring theme of the exhibition: the expansion of the artistic possibilities of fibrous material.

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TV REVIEW

'American Horror Story' premieres bold new season

BY MERILLA MICHAEL
Contributing Writer

For those unfamiliar with "American Horror Story" (2011 – present), often simply referred to as "AHS," each sea-

American Horror Story



Starring **Kathy Bates, Jessica Lange, Evan Peters, Sarah Paulson**
Airs Wednesdays at 10 p.m. on FX

son features a new, unrelated story line that incorporates many of the same actors and actresses playing different characters. This unique approach, along with "AHS's" talented cast, sets the show apart.

"Freak Show," the fourth and newest season of "AHS," premiered on Oct. 8 and is set in the town of Juniper, Fla. in 1952. Here's the new idea: Elsa Mars, played by the fantastic Jessica Lange, owns a traveling freak show, which has been on the decline for several months. It is in financial trouble, and risks being kicked off the property due to its low income. The town has ostracized her show, some from fear of its members and others from disgust. Meanwhile, a murderous clown rampages through a nearby town, traveling closer and closer to the show, though none of the performers are aware of this development. Very little is known about the killer, but he resembles Bloody Face from season two of "AHS," "Asylum."

When Elsa hears of Siamese twins, Bette and Dot Tattler (both played by Sarah Paulson) who have been discovered after their mother is murdered, she is convinced they will be the act that brings fame and success back to her show. So, naturally, she seeks them out hoping to recruit them. The twins are stark opposites: Bette is kind to the point of naivete, while Dot is cold and cynical, especially skeptical

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VINCENT CARBONE | MEDIA & ME

On pretty lights



I like to consider myself a pretty adventurous person. I've climbed to the peak of a Swiss Alp. I've bathed in the Mediterranean Sea under the light of a full moon. I've eaten tripe without first asking what it was ... it's stomach. I've put belly in my belly. What I'm saying is, I'm not one to turn away from trying something new. So I've always kinda wanted to do a whole lot of drugs. Like, way too many drugs. Not the kind of drugs that you got lectured about in elementary school, either. I'm talking full-on, mind-expanding, I-am-having-a-conversation-with-a-floating-humpback-whale-grade stuff.

I'd never do it, of course. I'm not that stupid. I've got a promising future, good grades and a loving family. I'm not gonna throw all that away for the opportunity to feel funny for a few hours. But I've always wondered what it would be like.

Fortunately, I think I've found a pretty effective substitute. Here's the recipe:

1. Stay up for, like, three days straight studying for midterms. You want no more than three hours of sleep for a 72 hour period, maximum.

2. Ingest a healthy dose of coffee and Chipotle — I mix my coffee into a burrito bowl at a ratio of two parts coffee per each part burrito. You should really adjust the dosage based on your body weight and level of experience eating imitation Mexican cuisine.

3. Purchase a ticket to the "Laser Floyd: Dark Side of the Moon" show at the Museum of Science, Boston.

For those of you who aren't familiar with the show, the concept is fairly simple. You sit in a reclined chair and stare up at a huge mirrored dome listening to the entirety of Pink Floyd's 1973 album "Dark Side of the Moon" over the sound system — and yes, that's the same one that syncs up with "The Wizard of Oz" (1939), but that's a story for another time. While the album is playing, lasers are used to project several surreal and abstract images onto the domed roof in sync with the music. I had the pleasure of viewing the original version of the show (though instead of using the traditional black background, this version projected the lasers against images of space and the planets).

I'm rather stunned that the Boston Police Department didn't have a cop car posted outside the exit door to that theater, because honestly, I feel like I should be arrested for use of illegal psychedelics. For those who haven't heard the album, it has a very otherworldly sound. At times the music can be slow and mechanical, only to suddenly shift into fast, electronic beats. Coupled with the images being projected above you, the show has a profound effect on your mind.

I can recall one particular moment very vividly. It was a red and blue spiral, stretching as far as I could see. It never ended, just reached out infinitely. In some crazy way it made me see shapes even in the places I knew no lasers were being projected. It was like I was looking at nothing, and I could see it.

Then I fell into a deep hole, and there was a smiley face falling with me, and then he got angry and started laughing at me and my face started to hurt.

I swear to God I was sober for this entire experience.

I want everyone to see this show. This, ladies and gentlemen, is what art is all about. It's about sitting people down and making them feel something. It's about showing them things that they could never see without it. It's about giving them all the pieces they need to create a wonderful experience and letting them put everything together on their own.

Vincent Carbone is a senior majoring in biology. He can be reached at vincent.carbone@tufts.edu.



VIA FOX FLASH

Unlike last seasons, "Freak Show" promises to stay true to "AHS's" terrifying roots.

'Freak Show' cast mixes old favorites, new stars

HORROR

continued from page 5

of Elsa's intentions. "AHS" does a fabulous job of alternating between the twins' separate thoughts and their interactions, often somewhat hostile, with each other. Paulson captures each character's essence very well, despite both characters being nothing like those she has played in previous seasons.

The twins, realizing that they are prime suspects in their mother's murder, decide it is in their best interest to travel with someone who, at the very least, doesn't think of them as monsters: Elsa Mars. Elsa has brought those shunned by the rest of the

world to her small family of "freaks," and Bette and Dot will soon become a part of it. Though Elsa's real hopes for this freak show are unclear (does she want a community of her own, or cold, hard cash?), she does create a safe space for people who have been rejected by the rest of society.

Season four brings back many fan favorites, as well as introducing some brand new cast members. Evan Peters is back as Jimmy Darling, a man with ectrodactyly, a condition that enlarges and webs his fingers. Kathy Bates plays Ethel, his mother, the bearded lady. Arguably the most interesting aspect of "Freak Show" is that this season's premise has allowed "AHS" to

incorporate actors who have unique abilities in real life, including Jyoti Amge, Mat Fraser and Rose Siggins

The last season of "AHS," "Coven," straddled the line between supernatural, campy horror and teen drama. Although it was enjoyable, many fans agreed that it felt too light compared to previous seasons. It is refreshing to see that "Freak Show" has gone back to the show's roots with a sufficient dose of horror.

And as viewers await the subsequent episodes of the season, they can expect to be delighted by the versatility of the core cast. Last season, Kathy Bates played a racist and violent socialite from New

Orleans who was undoubtedly hated by fans of the show. This season she plays a kind mother, who — despite her son's frustrations at being treated as a freak — remains faithful to Elsa. Likewise, while Lange has developed a reputation for playing conniving characters on "AHS," she still manages to bring her own spin to each character and surprise fans with her convincing performances.

The beginning of "Freak Show" leaves many possible storylines open to exploration, but makes it clear, even from the first episode, that this season will impress and terrify fans — especially those who fear clowns.

R&B, soul artist Macy Gray innovates in style

GRAY

continued from page 5

honest lyricism, two qualities she had severely lacked. Gray's voice, distinctive and strangely soothing, was a stark reminder that songs require more than a great hook and expert instrumentation; they need a soul. Bringing R&B squarely back into the hearts of minds of many listeners, Gray received a lot of well-deserved attention for "I Try."

After this initial burst of fame, however, Gray seemed to fade into the background. Despite releasing studio albums and touring, she became little more than

a memory of what music used to be like at the start of the 2000s. Yet the echoes of her style made waves in the wider pop community. It's impossible to hear artists like Joss Stone, Corinne Bailey Rae and even Amy Winehouse without sensing the ghost of Gray's signature vocal and musical style. Regardless of what Gray's legacy is or ought to be, her latest album "The Way" shows another side to this one-hit wonder, and will give any attentive listener pause to think, "Macy Gray is actually (still) really good."

Notably, "The Way" is full of adventurous chord progressions

and a sampling of diverse musical styles that the singer/songwriter fronts boldly. For such a seasoned veteran, this dedication to experimentation is rare and, what's more, Gray's apparent mastery of these different styles is nothing short of impressive. What's really appealing about the album as a whole, however, is Gray's ability to tell a story.

Opening with lighthearted tracks, the album then details the rise and fall of a relationship, ultimately ending with a frank and intense look at what it means to be alive. "The Way" has something else that many albums these days seem to lack: intention. Gray is saying something substantive with her music, and it's a message worth taking the time to hear.

Noteworthy tracks include the album's opener, "Stoned," which introduces a cool, easy vibe and tongue-and-cheek subject matter, opening up a simple and lovable doorway into "The Way."

Meanwhile, "I Miss the Sex" — the fourth track on the album — seamlessly incorporates both old-timey brass and modern synth. The production and style of this later track are highly reminiscent of the production on Solange's 2013 EP "True." Although Gray may be taking a leaf from Solange's book, however, her signature style still shines through.

Potentially the most interesting song is the album's title track, "The Way." Unabashedly strange and touting some truly unconventional percussion, "The Way" is compelling and attractive, much like the album as a whole.

All in all, "The Way" combines all the best parts of Gray's golden years while still including some exciting new innovations from the artist. It's well worth a serious listen. It won't make you choke or stumble. You've got to give it a ... "Try."



DANIEL MITSUO VIA FLICKR CREATIVE COMMONS

"The Way" shows Macy Gray at her best — experimenting sonically while preserving her trademark gravelly tones.

'Fiber' provides insight into different type of sculpture

FIBER

continued from page 5

The second gallery of the exhibition is brimming with color, exploring the ways in which fiber artists use their medium to realize hues in three dimensions. The eye is immediately attracted to Swiss artist Elsi Giauque's 1979 work, "Élément spatial (Spatial Element)," an installation of brightly tinted transparent weavings suspended from the ceiling and arranged in identical square forms that create dynamic optical effects. As viewers circulate around the work, colors fuse and shapes coalesce. While Giauque's piece may draw the most initial attention, Naomi Kobayashi's poetic cotton construction from 1980, "Ito wa Ito," leaves a lasting impact with its quiet, formalist beauty. Known for creating sculptural "songs" with three-dimensional forms and color, Kobayashi combined several strands of bright red cotton thread to create a thick, undulating relief in the shape of a line, which balances formal contrasts — horizontal and vertical, soft and solid, straight and curved and, above all, yin and yang.

The exhibition also includes a gallery dedicated to the theme of "Fiber and Gravity," which elaborates upon the sculptural possibilities of fiber introduced in the first room. While every sculpture in this section is visually loud and attention-grabbing, Sheila Hicks' "Pillar of Inquiry/Supple Column," completed earlier this year, manages to dominate the space. Floor-to-ceiling in height, Hicks' work is monumental in scale and composed of colorful acrylic, linen, cotton and bamboo that seem to gush out of the ceiling in a rainbow of Silly String. When comparing Hicks' colossal piece to the more

delicate work of fiber artists from the 1960s, it is clear how far the medium has progressed in terms of scale over the last 50 years.

The final portion of the exhibition carries the theme of feminism, showcasing the various ways in which artists imbued their fibrous medium, traditionally associated with femininity and domesticity, with claims for gender equality. The highlight of this section is undoubtedly Faith Wilding's "Crocheted Environment" from 1972, an installation that fills the entirety of a room with a web of acrylic yarn and sisal rope, simultaneously representing the comfort of a home and the danger of a spider web. It is in this section, however, that the show's visual cohesiveness begins to falter for the first time; the space feels visually overcrowded, and the exhibition becomes increasingly radical both aesthetically and conceptually. Taken together, these elements begin to overwhelm visitors.

Luckily the exhibition ends here, and the drop in quality in the final portion does not overshadow the overall success of the show. "Fiber: Sculpture 1960-Present" does exactly what it sets out to do: bring attention to a lesser known legacy of contemporary art-making and legitimize its equal status to painting and sculpture. The show embodies yet another crucial message, however, and one that is even more fundamental to today's art world; in merging a clear conceptual argument with visually stunning works of art, "Fiber" shows that contemporary art exhibitions can be intellectually rigorous yet still maintain an aesthetic beauty and, most importantly, be accessible and satisfying to the viewing public.

"Fiber" will be open for visitors until Jan. 4, 2015.



Captured: **HONK!**



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EDITORIAL

Reframing the Ebola outbreak

Boston joined the Ebola panic this week, as a man checked into Harvard Vanguard Medical Associates on Sunday with symptoms of Ebola. The man had recently returned from Liberia and complained of head and muscle aches, but after being transferred to Beth Israel Hospital in Boston he was determined not to have the disease.

News surrounding the potential Ebola exposures in the Boston area should not incite panic. Thomas R. Frieden, director of the Center for Disease Control (CDC), believes that there is very little chance of contracting Ebola in the United States because Ebola is not contagious during its incubation period of eight to 10 days, although it sometimes lasts up to 21 days. Contracting Ebola also requires direct contact — specifically having fluids from an infected person splashed or sprayed into one's eyes, mouth, nose or cuts in the skin.

It is still important to treat potential cases of Ebola with caution,

however. Hospitals need to enforce strict policies on handling potential Ebola cases. In the case of Liberian Thomas Eric Duncan, Texas Health Presbyterian Hospital released him after confirming he had a 103-degree fever. Two days later, he returned to the hospital, and doctors diagnosed him with Ebola. When anyone who has traveled in countries plagued by Ebola comes to a hospital with concerns, hospital staff should monitor patients closely during the appropriate incubation period.

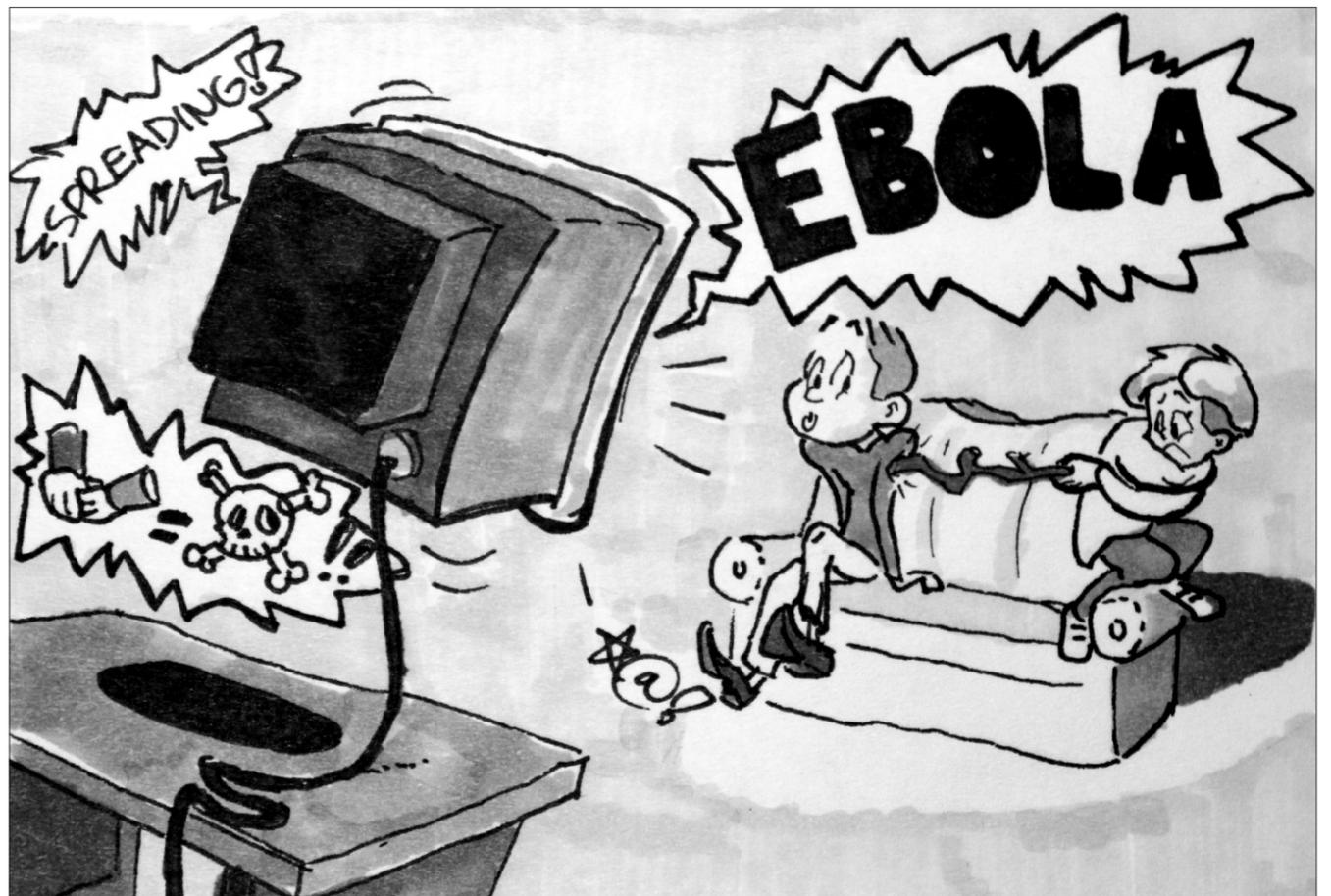
To some, these instances of Ebola in the United States indicate a need to forbid people who have traveled through Ebola-stricken countries to pass through immigration and possibly increase chances of exposure. The federal government should maintain air traffic to West Africa, however because countries in this region are in desperate need of supplies and medical personnel.

The National Institutes of Health

(NIH) maintains that they would have already developed a vaccine if the federal government had not skimped on budgeting in the last 10 years. Nonetheless, Canadian Minister of Health Rona Ambrose recently announced the beginning of human clinical trials to test the efficacy and safety of a potential vaccine for Ebola.

Three days ago, NPR reported that 4,024 people have died from Ebola in Africa. In contrast, only one person has died from Ebola in the United States. There are other major viruses affecting Americans, like the recently deadly D6B strain of enterovirus that has infected hundreds nationally in just two months. Ebola, for now, is not a major threat to most Americans, and we should avoid getting swept up in an extreme media-led hysteria. However, we cannot trivialize its devastating impacts on people. Ebola, as one of the world's many life-threatening contagious diseases, should be discussed rationally and ended quickly.

TY ENOS



OFF THE HILL | WAKE FOREST UNIVERSITY

Phones are ruining our social aptitude

BY CHRIS CASWELL
Old Gold and Black

For many people, cell phones are an extension of the self. It's not surprising considering the range of things a smartphone can do.

Smartphones allow users to check their email, Facebook and Twitter in seconds. Phones connect the world and bring people together, but it is also important that users do not allow electronics to dominate their lives.

Cell phones can do more and more with every new version, but there are times that they should remain turned off and stowed. One of my biggest pet peeves is when a friend is glued to his or her phone constantly.

Even at a meal in the Pit, it is annoying and rude to constantly check Facebook, Twitter or Yik Yak. Not only is it bad manners to pay more attention to your phone than whomever you are eating with, but also it's difficult to talk to someone whose attention has been captured by a tiny screen.

It's not just using a cell phone in the presence of someone else that interferes with daily life. At times, even when a phone is not physically used, it can still capture our attention.

Recently, I was spending time with friends when I realized how much I really thought of things like what would make a good Snapchat.

I'm sure that I am not the only one who thinks of how shareable a moment is rather than simply enjoying it. Technology makes sharing and connecting with people so easy, but there are some moments that should just be enjoyed.

I know it's really cliché, but living unplugged in the moment can help relax and unwind.

Another reason that cell phone use should be limited at times is that phones often appear in awkward social situations, such as when someone doesn't know what to say or is sitting by oneself. Many, including myself, turn to a smartphone during these types of situations, but it really isn't necessary.

A common place to see such use of a phone is in the Pit, particularly at quiet times. There are often people eating alone who seek refuge in their phones. Phones readily appear during social events without steady conversation.

When someone doesn't know what to say, he or she takes out his or her phone to text or to check various social media outlets.

Awkward silences are only awkward if you make them awkward, but cell phones just create a group of people standing alone in silence. Pretending to use your phone just offers a distraction, not a remedy to your perceived loneliness.

Sometimes it's to avoid awkward social situations, sometimes it's to check Yik Yak or sometimes it's to play that popular new game, but old-fashioned face-to-face communication is often better.

Memories of Yik Yak and Snapchat will fade over time, so there is no reason why the apps should take up all of our time.

OFF THE HILL | UNIVERSITY OF TEXAS AT AUSTIN

Student protests in Hong Kong could determine future of democracy

BY JEREMI SURI
The Daily Texan

The future of democracy might rest on the shoulders of courageous student protesters in Hong Kong. Thousands of young men and women on the island have taken to the streets to stall Chinese efforts at rigging local elections. Hong Kong enjoys greater political freedoms than any other part of China, and Beijing now wants to end that. If the Chinese leadership succeeds, this will have a chilling effect far beyond the mainland of Asia. Democratic activists and their government repressors in Myanmar, Vietnam, Thailand and even Russia are watching.

The British Empire wrested Hong Kong from the Chinese Emperor in 1842 as a forced indemnity following the First Opium War. The British coerced the Chinese into importing opium, and they seized a key trading post off the southern coast of the mainland. During the next 155 years Hong Kong became a center for British trade, a magnet for wealth and a creative space for free thinkers who merged British and Chinese language and culture. Hong Kong was part of London's imperial system, but it also emerged as a thriving island of capitalism.

The Chinese government regained control over Hong Kong in 1997, as part of a treaty negotiated with Britain to rescind the imperialist imposition from the prior century. Beijing promised to protect the unique culture of Hong Kong, including its free market system and its freedom of speech. Citizens of Hong Kong embraced a future with China, but they expected the right to elect local leaders who would guard their autonomy from the suffocating dominance of the Chinese Communist Party.

Many observers questioned whether this agreement could ever work. How long would Beijing allow an island of freedom to operate within a larger political system that restricted speech and political choice? Would Chinese leaders feel compelled to change Hong Kong, fearful that otherwise it might change the mainland?

Optimists, myself included, hoped that Hong Kong would become a beachhead for democratic change, spreading throughout China. In 1989, student protests for greater freedom in Beijing's Tiananmen Square



天下文章一大抄 VIA WIKIMEDIA COMMONS

and other urban areas brought this hope close to reality. Democracy activists may have been close to convincing Chinese Communist Party leaders to undertake the kinds of democratic reforms they have never allowed. Frightened by what this would mean for their power, China's most elite figures chose military repression in place of reform, ordering what became a bloody massacre of students. The crackdown carried to Hong Kong, but Beijing's leaders were careful not to alienate foreign countries, including the United States.

In the last few months, China has stepped beyond these limits. Beijing will now require that any candidate for chief executive of Hong Kong have prior approval on the mainland. This restriction of political choice for island residents — a clear violation of local democratic institutions — is part of a broader campaign to give the Chinese Communist Party a stronger hold over communications, trade and all forms of political opinion. Chinese leader Xi Jinping wants to stamp out any pressure for reforming his autocratic government. He hopes to make Hong Kong's "special administrative region" into another cowering province under the dominance of the Communist Party.

This is more than just a political struggle. It is a conflict that will determine the possibilities for democracy throughout Asia, in the shadow of a stronger and wealthier China. The students who are protesting want to be loyal to China and to their hopes for democracy. They are unwilling to give up their freedoms and their choice of

leaders. They want to determine their own future, without the uncompromising dominance over professional opportunities and political authority that the Communist Party wields on the mainland.

The United States and Europe have been much too silent about events in Hong Kong. We are watching with sympathy, but doing little else. Our passivity reflects fatigue with failed democratic movements, especially the Arab Spring, and preoccupation with crises in Syria, Iraq, Ukraine and other dangerous parts of the world. The democratic struggle in Hong Kong seems distant from our daily concerns.

The future of democracy in Hong Kong and other parts of Asia will, however, affect our lives more than almost anything else. If the most populous continent gives up on democracy, it is unlikely to survive in other parts of the globe. If the Chinese government succeeds in extending its authoritarian control over the entire region, then the trade and access that Americans take for granted will become much less assured. Most importantly, the denial of democracy in Hong Kong will be yet another defeat for the free hopes of young entrepreneurs against the repressive actions of old dictators.

Americans, especially those on college campuses, must speak up in support of the Hong Kong students. We are part of their struggle for a more democratic, just and peaceful world. We can help them by raising our voices and inspiring others to do the same. We can help them by showing that we care.

HENRY JANI | REPLY ALL

Check it out



Dear library-goers, I know your struggle. Hours in depressing little cubicles; debating the risk of leaving your laptop to pee due to that third cup of coffee; possibly being squished to death in the moving bookshelves. Everyone can relate. But there are some habits I've noticed in the library to be a bit more quirky. Not even the advertised Tufts quirk (I can study chemistry while pursuing interpretive dance and then watch a Disney movie marathon in the basement of a frat house on the weekends!), but just odd behavior. Let me share a few anecdotes to expound on these unique library dwellers.

One thing I've noticed is that some people seem to forget that the library is a public space. I can empathize with this, though, as putting your music on and going to town on an essay can create the illusion of isolated solitude. But it's not, friends. As I write this in the library, there's a fellow nearby picking at his nose like there's no tomorrow. No bats allowed in that cave. And last week, I am almost certain there was someone watching an adult video across the room. But worst of all are the barefooters. If your feet are socked and odorless, go crazy with the naturalist approach. But if the area around you starts to smell faintly of fetid Brie and causes sporadic dry heaving, put those Uggs back on, please.

Another commonplace situation is the awkward eye contact. Now, there are two very distinct types of gazing. The first is the innocent, accidental locking of eyes. Both parties are faultless. Gazes meet, you shudder silently in horror and eyes fly away. But a complete 180 degrees over are the deliberate stares. Even after the initial accidental gaze, this person remains consistent. You start to question if there is something wrong with you. Perhaps your pants flew off in some sort of extreme studying con- niption or your nips are showing through your shirt again. Once you confirm that you are not, in fact, reading in just your skivvies, the creepiness sets in. Unless the person is admiring your beauty. Still kind of creepy though. So no to prolonged staring, but sneak a peek in if you need to.

The oddly vocal and noisy people in the designated quiet areas of the library are also habitual violators of studying etiquette. Please do not Skype grammy or call up your friend for an hour and a half in between your studying breaks. And music levels. Obviously, many people enjoy working along with music, which is a great and often essential tool for increasing productivity. But make sure that it's only you who can hear the music through your earbuds, not everyone in your periphery. I listened to an entire Black Eyed Peas album the other day involuntarily through my library neighbor. I tried not to judge, but I lost it when "I Gotta Feeling" (2009) came on for the second time.

But perhaps the worst type of library attendee is the hogger, responsible for personally victimizing nearly everyone. It's finals week, and every table is jam-packed. You roam around the library in a nomadic fashion, hoping for a place to set up camp. And then the infamous hogger appears. Planted at a table intended for four people, it's been claimed entirely for himself, with books and papers galore spread across the table. Trying to sit down means losing a limb, as hoggars are extremely territorial with their space. You'll just have to give an award-winning stank eye instead, and hope the message is received: sharing means caring, you selfish mofo.

So just consider these rules when you're in the library. If you want to go wild, your room may be a better choice. Underwear studying is acceptable there.

Best,
Henry

Henry Jani is a freshman who has not yet declared a major. He can be reached at henry.jani@tufts.edu.

OFF THE HILL | UNIVERSITY OF HOUSTON

Cutting back on caffeine increases productivity

BY RAMA YOUSEF
The Daily Cougar

Whether heading to work or school, using the coffeemaker in the kitchen or making a Starbucks run, coffee has become a part of many people's daily routines.

Fulfilling your caffeine fix is made easy at UH with several coffee places on campus. It's not an uncommon sight to see long lines at each of the three Starbucks locations early in the morning and even throughout the day.

According to NPR, coffee amounts to approximately 80 percent of the caffeine that people consume, and the average coffee intake for someone in the U.S. is about two cups a day.

"I usually drink a cup of coffee every morning before I head to my student teaching," broadcast communication senior Greg Starks said. "It's literally the first thing I do when I wake up."

Starks is not alone. Although many believe that starting the day with coffee makes one more alert, Forbes reports that the morning is actually not the best time for caffeine intake.

Ph.D. candidate Steven Miller from the Uniformed Services University of the Health Sciences in Bethesda conducted research that revealed how coffee affects one's circadian clock. The circadian clock is a 24-hour hormonal cycle responsible for the release of the hormone cortisol, which makes us feel alert and awake.

One of the peak cortisol production periods is between 8 a.m. and 9 a.m., when people are usually drinking their morning coffee. Drinking coffee during this time leads to added stimulation, which reduces the effectiveness of the body's own cortisol.

Using Miller's research, blogger Ryoko Iwata created a visual representation to illustrate the best times to take coffee breaks, when cortisol levels are low and the caffeine boost can be effective. Iwata said the best times to drink coffee are between 9:30 a.m. and 11:30 a.m. and 1:30 p.m. to 5 p.m., though this can vary from person to person.

Though coffee is part of his daily routine, Starks also said the caffeine may not help his productivity.

"If I have to do something very task-oriented, I won't drink coffee. I'd rather feel subdued. Every time I study or have a paper to write, I drink a beer," Starks said. "I would imagine people who are reliant on coffee are less productive. I feel like people that rely on coffee use it as a crutch. They're more focused on the coffee than the task."

While many studies suggest that caffeine improves one's performance in the short-term, these studies usually fail to include participants' caffeine habits. A study conducted by Johns Hopkins University suggests that the boost in energy one gets from drinking coffee is a result of reversing caffeine withdrawal symptoms.

Caffeine is a drug, and like other drugs, those who drink caffeine frequently are more susceptible to feeling tired without having coffee in their systems. When going through caffeine withdrawal, drinking coffee does not increase alertness or productivity, but simply restores the drinker's normal state.

It's possible that the idea that caffeine boosts energy and productivity is more of a perception than a reality.

Because caffeine can affect different individuals in different ways, the effects of caffeine can vary. NPR reports that studies indicate low doses of caffeine — between 100 and 200 mg — are effective for people who are already tired. However, drinking large amounts of coffee — 600 mg or more — can bring about negative cognitive effects.

Business Insider suggests that coffee can be a healthy part of one's routine, but only if one chooses to drink it about once a week.

Coffee also keeps those who drink it from having a proper sleep cycle because it takes about 24 hours for coffee to leave the body and any remaining caffeine, even small amounts, can disrupt sleep.

Taking into consideration one's own coffee habits can help determine how much caffeine one should consume. For avid coffee drinkers it would be wise to cut back on caffeine, since caffeine withdrawal can be much worse than the positive effects.

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Hoppenot and Santos break out of goal-scoring slump

MEN'S SOCCER

continued from back

Greenwood earned his fifth shutout of the season.

"I thought we came out right out of the gate, and kept [Trinity] in their end," Brown said. "We kept the keeper under pressure."

The previous day, Tufts didn't wait until the second half to grab the lead, as the team scored all three of its goals in the first half against Conn. College. The Camels put up a fight in the first half though, and were the first on the board with a goal from senior forward Kevin O'Brien only six minutes into the game.

Tufts was not in a hole for long, though, as Santos and senior defender Peter Lee-Kramer scored goals in the sixth and eighth minutes, respectively. Santos took a long cross from Brown and deposited it past sophomore keeper Austin DaCunha. Only two minutes later, Lee-Kramer found the ball at his feet off a rebound and quickly capitalized to put his team on top for good.

"Against Conn., we did a great job in terms of our response to giving up an early goal," junior midfielder Jason Kayne told the Daily in an email. "No one gave up, and we trusted each other to get out of the hole we dug."

At the end of the half, Kayne set up Brown for his team-leading fifth goal of the year to push the lead to two. The

combination of Brown and Kayne has been a revelation for the Jumbos this year, as the pair has combined for a whopping 24 points this season. With Brown and Kayne playing like all-stars this year, and Hoppenot and Santos rounding into form, the already formidable Tufts attack has the potential to become lethal.

"This weekend a lot of different guys were looking dangerous," Brown said. "We have a lot of different threats on our team, and anybody can kind of step up to that task and put in a key goal."

Moving forward, the biggest takeaway from this weekend will be the six points that Tufts earned on the road, but the team also was able to simply enjoy seeing its games end with wins instead of ties.

"It was nice to finally see three points instead of one," Brown said. "It was great for everybody to come together, win some games and play well ... I think all year long we've had this capability, and everything just kind of clicked this weekend offensively."

The Jumbos won't have long to bask in their glory though, as the Williams Ephs will come to Kraft Field this Saturday in a showdown between the second and third-place teams in the NESCAC.

"As a team, I think we have already cleared our minds of the success we had this past weekend, and our focus is completely on our game against Williams next weekend," Kayne said.

Jumbos look to remain undefeated at home

FOOTBALL

continued from back

Iregbulum had four carries, tallying 27 yards, and his second touchdown made the score 14-7.

Tufts senior quarterback Jack Doll went 4-6 with 29 yards on the team's ensuing possession, but on 4th and 2 at the Bantams' 28, the signal caller was sacked for an eight-yard loss.

Iregbulum's two massive runs on the next drive would help put Trinity up by 14. The senior busted by the Tufts defense on 2nd and 10 at the Bantams' 36-yard line, and he was not taken down until he was well-inside Jumbos territory. After this 28-yard run, the home team's offense began to sputter — until 4th down. On 4th and 1 at Tufts' 27-yard line, Iregbulum blew by the visiting team's defense for the long touchdown.

An interception from Doll on the next drive would keep the score at 21-7 at the half.

The Jumbos' first drive of the 3rd quarter was a disappointing three-and-out. After a two-yard Trause run on 1st down, Doll was sacked on each of the next two plays, which led to a punt.

The Bantams started their next drive in favorable field position on the Jumbos' 45-yard line, and on 1st down, Foye found Dugger for a 23-yard completion. Consecutive Iregbulum carries brought Trinity down to the Tufts 8, where freshman quarterback Spencer

Aukamp squeezed by the Tufts defense for the score.

The score remained 28-7 until Iregbulum scored his fourth touchdown of the day, just as the 4th quarter began. While Brady ran for a score on the very next Jumbos drive, the lead was already insurmountable, and Tufts left Hartford with a 35-14 defeat. The team will return home next week, where it is still an undefeated 2-0 on the year.

One of the Jumbos' biggest issues on offense was the fact that the team went 2-13 on 3rd down conversions. Defensively, one of the team's biggest problems is its run defense which allowed over 200 rushing yards for the second week in a row.

"The Trinity defense was tough, but we have to overcome that," coach Jay Civetti said. "When we were down, we continued forcing plays. [In terms of run defense,] it will definitely be a point of emphasis in practice this week. Defensively, we need to really work on tackling in the open field."

"There is no question that we can [still] compete with any team in this conference," Doll said. "We still have a lot of confidence in our ability as a team. We have a great home field with tremendous student support, but all of our individual jobs [need to] remain the same whether we play at home or on the road."

The Jumbos will face the 1-3 Williams Ephs at home on Saturday.



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our hours
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11 AM to 10 PM
thurs – sat:
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12 PM to 8 PM

Tufts faces one final meet before NESCAC Championships

WOMEN'S XC

continued from back

Hill. Fahey eventually took over and was the second finisher for the Jumbos, running 18:46.16 for 73rd overall. Beltrani was not too far behind, as she kicked hard to take 84th overall in 18:50.51.

Sophomore Alice Wasserman also had a very good day on the course, as she was only six seconds behind Beltrani, riding a strong last mile to a sub-19-minute performance at 18:56.58 for 101st overall. Junior Michelle de Mars rounded out the scoring for the Jumbos, as she took 119th overall in 19:04.91.

"I think the conditions had little effect on the race, but they definitely kept me more focused because I knew that the weather was working against me," Wasserman said.

The squad hopes that the solid finish will help it gain momentum as it steps into the postseason.

"Placing well at this meet is really going to motivate us through the post-season," Wasserman said. "We're getting fired up as NESCACs approaches, and we really want to go for it. These past few meets have been very encouraging."

The Jumbos were also able to display their depth in the junior varsity race, in which they finished eighth overall. The freshmen led the way for the Jumbos in this one, as the first three runners to finish were all first-years. Freshman Margot Rashba led the way for the squad, running 19:24.70 for 40th overall. Freshman Prudence Sax was a few seconds behind with 19:30.11 for 44th overall, and classmate Sara Stokesbury worked off her teammate and finished in 53rd overall in 19:35.01. Senior Meghan Gillis (55th, 19:35.51), junior Lily Corcoran (56th, 19:35.73) and senior Catherine Madden (57th, 19:36.18) worked together to make passes throughout

the race, and ended up finishing consecutively to round out the scoring for the Jumbos.

"Our strategy was to try and stay with people we had been working out with and to challenge ourselves," Madden said. "We wanted to be uncomfortable in the middle of the race; we didn't want to settle in."

Bear Cage Hill, which can sometimes exhaust runners to the point of walking, seemed to have little effect on the Jumbos.

"Lily [Corcoran] and myself attacked the hill together, and gave each other words of encouragement before going up," Madden said. "We tried to catch up to Margot [Rashba], whom we saw in front of us, and that motivated us to get over the hill even faster. The workout we did at Franklin Park last week allowed us to see where the hill started and ended, so that helped us in our race strategy."

Madden believes the performances by both squads were definitely impressive, given the course conditions.

"Both teams did very well," Madden said. "There were incredible performances by many girls. They outran all expectations, especially in the conditions we were in. In the varsity race, it was awesome to see Audrey [Gould] place in the top 15 and Alice [Wasserman] have an incredible race."

The Jumbos will conclude the regular season next weekend at Conn. College for the annual Conn. College Invitational. The flat course has been historically fast, a fact that the Jumbos will hope to take advantage of to set some fast times before the NESCAC Championships at Middlebury on Nov. 1.

"To upset Middlebury at NESCACs will take a lot," Wasserman said. "The girls that run there are really strong all around, but I think if we push each other and try to stay with our own front-runners, we have a good shot."

FOOTBALL

Tufts drops second straight game

BY WIL GLAVIN
Daily Editorial Board

Tufts played its second straight road game on Saturday, and despite having the lead at the end of the first quarter,

FOOTBALL
(2-2 Overall, 2-2 NESCAC)
at Hartford, Conn., Saturday

Tufts	7	0	0	7	—	14
Trinity	0	21	7	7	—	35

the team returned home with a loss. The Trinity Bantams extended their home winning streak to 53 games in a 35-14 win over the visiting Jumbos.

The game started slowly, with both teams trading punts, but eventually the momentum swung in Tufts favor. Senior running back Zack Trause received Trinity's third punt of the quarter at his own 18-yard line. The star returner initially eluded all of the Bantams' defenders and nearly reached the end zone before being caught at the Trinity 5-yard line.

Following Trause's 77-yard return, sophomore running back Chance Brady barreled into the end zone on 2nd and goal from the 4. Tufts led 7-0, but the lead did not last long. Junior wide receiver Ian Dugger returned the subsequent kickoff for the Bantams to the Jumbos' 39-yard line.

Waiting for the Jumbos' defense was the NESCAC's leader in total touchdowns, senior running back Chudi Ireghulum. He carried the



MATT SCHREIBER / THE TUFTS DAILY

Tufts hopes to stay above .500 against Williams this Saturday.

Trinity offense throughout the game, rushing for 184 yards on 28 carries and reaching the end zone four times.

After Dugger's return, Ireghulum pounded the ball to just outside the Jumbos' red zone, where junior quarterback Henry Foye then found Dugger for a 17-yard completion on 3rd and 14 at the visiting team's 26. On 2nd and

goal, Ireghulum scored his first touchdown of the game on a five-yard run.

The Jumbos' subsequent drive consisted of three straight incomplete passes, followed by a punt. Trinity's next drive was a quick 67-yard one that only took two minutes and 40 seconds.

see FOOTBALL, page 11

MEN'S SOCCER

Jumbos earn two wins against conference opponents

BY JAKE INDURSKY
Daily Editorial Board

Every successful season has its defining moments, and for the men's soccer team this weekend was one of those moments. After ties in its past three games, Tufts broke out in a big way, beat-

MEN'S SOCCER
(7-1-3 Overall, 5-0-2 NESCAC)
at Hartford, Conn., Sunday

Tufts	0	2	—	2
Trinity	0	0	—	0

at New London, Conn., Saturday

Tufts	3	0	—	3
Conn. College	1	0	—	1

ing Conn. College 3-1 on Saturday before besting Trinity 2-0 on Sunday. The wins gave the Jumbos six critical points in the standings, and moved them into second place in the NESCAC with an unbeaten 5-0-2 conference record.

In Sunday's game at Trinity, the Jumbos saw goals from a familiar combination, as senior co-captain forward Maxime Hoppenot and senior forward Gus Santos both scored goals within 10 minutes of each other in the second half. For the past three years either Hoppenot or Santos has led the Jumbos in goals, but both have found it harder to find the back of the net than usual this year. The goals were Hoppenot and Santos' second and third of the year, respectively.

"[Max] has been playing so well [this year] — he's one of the top players in the NESCAC, and he finally saw the ball go in

the back of the net, which was awesome," junior forward Connor Brown said. "Gus had a couple goals, he's [also] looking super dangerous."

Santos' goal was the first strike on a penalty kick that was given after a Trinity handball in the box in the 49th minute.

Only 10 minutes later, it was Hoppenot's turn. Off a goal kick from sophomore keeper Scott Greenwood, sophomore forward Nathan Majumder caught the ball at midfield and hit Hoppenot with a lob ball on a run up the middle of the field. Hoppenot took a clean touch with two Trinity defenders on his back, and was able to outrace them to the box where he fired a shot past senior keeper Jason Katz.

Tufts was able to keep Trinity off the board for the rest of the game, as

see MEN'S SOCCER, page 11

WOMEN'S CROSS COUNTRY

Jumbos finish in 16th place at Open New Englands

BY CHRIS WARREN
Daily Editorial Board

On Saturday, the women's cross country team traveled a few miles down the road to Boston's historic Franklin Park for the annual New England Intercollegiate Amateur Athletic Association (NEICAAA) Championships, also known as Open New Englands. The Jumbos put themselves to the test against New England's best at the Div. I, II and III levels. Overall, Tufts had a successful day, as its varsity squad placed 16th overall and junior varsity squad placed eighth overall. Additionally, the Jumbos were able to take second overall in the NESCAC and third over-

all in Div. III in both the varsity race and the sub-varsity race.

Conditions were less than ideal at Franklin Park, with temperatures dipping below 50 degrees and heavy rain tearing up the course, but the races were quick nonetheless.

Franklin Park's five-kilometer course is mostly flat for the entire three-and-one-tenth miles of its length, but it does include a 200-meter-long hill, dubbed "Bear Cage Hill" due to the abandoned bear cages from decades past at the hill's peak. The first mile loops around "White Stadium," while the second mile takes the race up the difficult hill. The third mile takes runners into a wooded area before concluding on the field where the race started.

Junior co-captain Audrey Gould led the Jumbos in the varsity race, running a time of 18:03.06 for 15th overall. Gould was the third fastest Div. III runner to cross the line, surpassed only by Middlebury senior Alison Maxwell and MIT sophomore Maryann Gong. She also avenged her loss to MIT sophomore Sarah Quinn, who beat Gould two weeks ago at Williams' Purple Valley Classic but was only 28th overall on Saturday.

Sophomore Kelly Fahey and junior Olivia Beltrani, both of whom scored for the Jumbos, worked in tandem the entire race, passing many runners, especially down the famed Bear Cage

see WOMEN'S XC, page 11

SAM GOLD | THE GOLD STANDARD



What's in a name?

Christopher Columbus discovered America, my elementary school told me — succinctly, so that it was digestible for even the youngest students. My middle school told me that Columbus was not, in fact, America's discoverer. Rather another man, an Italian relegated to the obscurest annals of history named Amerigo Vespucci, actually discovered America, which suddenly made far more sense as a namesake. In high school, Howard Zinn, the iconoclast who lent his authoritative voice to history's losers, its colonized and oppressed, demolished the profoundly ahistorical narrative peddled not just in my hometown school district, but throughout our public education system, too. Luckily, I was not to be a shill for whitewashing.

Those of you who have read my column in the past know that I am a rabid, if critical, football fan, though not a supporter of the Washington Redskins (go Giants!). Although I pay them little mind, I cannot help but bristle at the name, which is indisputably rooted in pejoration, my discomfort most acute when I listen to Native Americans themselves voice their opposition. Still, except for the provenance of the term "Redskin", this hot-button issue remains without an easy answer.

The anti-Redskins camp sees itself at the forefront of liberal progressivism. It rightly calls the name an epithet, by virtue of which it should be replaced. The opponents of this camp, who consider themselves a bulwark against insidious political correctness, see things differently: a legion of crazed reformers hell-bent on imposing their ideology on the rest of us, while flouting the First Amendment to boot.

The pro-Redskins camp will point to an Annenberg Public Policy Center poll from 2004, in addition to several others before and after, which demonstrated that the majority of Native Americans either were indifferent to or favored keeping the name. They will accuse Senate Majority Leader Harry Reid, governmental gadfly of the Redskins organization, of pandering to his Native American base.

In my gut, I'm inclined to side unequivocally with the former group, with whose views my own tend to dovetail almost always. "Redskins", despite probably having lost its racist quality to most fans — and to Americans generally — is enshrined in a mammoth national institution, which of late has begun to export its brand globally. It stigmatizes and caricatures indigenous peoples, whom we conquered and still conquer. It is the nature of language, however, to go through more than a single iteration.

Take the word "lame," for example. It had not been reclaimed by its victims, but through widespread usage, it has come no longer to apply solely to those who are physically impaired. We are all guilty of saying it, but we aren't; it has lost its original meaning to such an extent that we would scarcely find ourselves reprimanded, let alone subjected to the sort of opprobrium suffered by the Redskins organization, for saying it.

"Redskins" refers to a specific segment of the population, and indeed discriminates on the basis of ethnicity or race, whereas "lame" does not. Dan Snyder, the white, male owner of the Redskins, should not have ultimate jurisdiction over the name, for that would be analogous to his dictating if and when to cease saying any other racial epithet. This is a power that, on its face, would be absurd to confer a man whose predecessors invented it and polluted with it.

If a moniker formerly used to oppress evolves so that it severs ties with its erstwhile self, should it be left alone? Furthermore, is it acceptable to disregard the grievances of a minority — in this case that of the Native Americans — who wish to do away with the name? Questions such as these are worthwhile questions. They will compel introspection and deep thinking, both of which are integral to progress. Asking them is the only way forward.

Sam Gold is a senior majoring in religion. He can be reached at samuel_l.gold@tufts.edu. He is also a Sports Editor at the Tufts Daily.