

Barnard

Bulletin

[10.21.98: Issue 6]

The Breast Cancer Issue



Increased Funding Needed to Shrink Statistics

Panel Notes Diet, Exercise can be Life-Saving

letter from the editor

CONTRIBUTORS

A little known fact about the Well-Woman question-and-answer columns that appear in the Bulletin each week: they are not made up. Despite many suspicions to the contrary, the questions are the honest concerns of the Barnard community. The peer educators at Health Services are not inventing questions and disseminating safe-sex propaganda. They are providing information that we need to know

Last week, a student wrote to Well-Woman, wondering if sexually transmitted diseases like syphilis and gonorrhea were legitimate concerns for a Barnard student. While this student probably felt that her question was harmless and inconsequential, her query reflected an attitude all too common among young adults and college students: things like that don't happen to people like me. Many of us imagine that we are not putting ourselves at risk, simply because of our environment. We are too intelligent to get syphilis. Our partners are too intelligent to have it.

It is easy to take our own self-awareness for granted, and assume that everyone else at Barnard and Columbia is equally knowledgeable. Many of us have been bombarded with information about our bodies and our health for years, to the point that we have stopped listening. We know about pregnancy, and STDs, and anorexia, and smoking, and why we should not put ourselves at risk. The question is, why do so many of us put ourselves at risk anyway?

Many of us have never been seriously ill, have

never lost a close friend or family member, have never thought about how much of the "real world" filters through the Barnard gates. We are not immune to sexually transmitted diseases simply because we have more formal education than most people in the world. We are privileged, but privilege does not imply safety.

October is National Breast Cancer Awareness Month, and we are at risk. The National Breast Cancer Awareness Month Organization estimates that there will be 13,400 new breast cancer cases in New York State in 1998, and 3,300 deaths. Statistically speaking, one among every eight of our female classmates will contract breast cancer. According to the same statistics, one among every eight of our mothers, sisters or other family members will, or already has.

Our knowledge and education do not make us immune. Someone we know will contract breast cancer, and someone will probably die from it. We are students at one of the country's top universities, but we are not too smart for cancer, or syphilis, or AIDS. The belief that it cannot happen to us makes the risk factor even higher.

In honor of National Breast Cancer Awareness Month, the *Bulletin* has provided an events calendar and some information about awareness resources. The "one in eight" statistic means that we cannot afford to neglect this issue.



Sara Keane is a junior transfer student. She has written for the News and Commentary sections of the Bulletin, and

SARA KEANE

recently covered the FBI and Peace Corps recruitment sessions. For this issue, Keane covered National Coming Out Day celebrations on the Barnard and Columbia campuses.

Samantha Reeb-Wilson is a Barnard sophomore and Bulletin staff writer. She has written for the

Bulletin since her first year at Barnard, and is a frequent contributor to the music section. Reeb-Wilson reviewed the new album by the Goo Goo Dolls

Mita Mallick is a Barnard junior and an Anthropology major. Her weekly column, "Mita's Musings,"

explores social issues that affect the Barnard community. Mallick is also a University Senator, and the director of "Nightline." She also does research for Columbia Presbyterian's pediatric oncology division.

Barnard Bulletin

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letters to the editor and other submissions are subject to editing for clarity and length and are printed at the discretion of the editorial board. submissions, information requests, and subscription queries may be addressed to the *barnard bulletin*, 3009 broadway, new york, new york 10027 or sent via e-mail to bulletin@barnard.columbia.edu

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cover photo by jame hardy

Barnard Events Calendar .. October 14-21

FRIDAY, OCTOBER 20

Graduate School Fair
11am-3pm, Aitschul Alumni

Parent's Open House

SUNDAY, OCTOBER 22

6pm, The Quad

MONDAY, OCTOBER 23

McAC Coffee House
9pm, Quad Café

TUESDAY, OCTOBER 24

Mixed Drinks/Mixed Signals
Date Rape Prevention
7-8:30pm, Aitschul Alumni

WEDNESDAY, OCTOBER 25

African American Women
and Christian Activism
6:30-8:30pm, Sulzberger Parlor

To the Editor:

I am writing to you in response to the article, "This Old School: Is the College Falling Apart?" appearing in the October 14, 1998 edition of the Barnard Bulletin.

While Barnard College may be in need of sprucing up here and there, the College believes that many improvements have been made over the past 18 months and many renovations are in the process of being completed. Had the writer called me for an interview, I would have been happy to address any of her concerns.

The writer fails to mention quite a few details: the new Arthur Ross Greenhouse atop Milbank Hall, a state-of-the-art facility that is being used for instruction and research, the two new elevators at 616 West 116 Street, the two floors at Plimpton and 616 West 116

Street which received new kitchens; the new bathrooms in Sulzberger and Hewitt; the brand new windows in Barnard Hall, and the renovated and newly painted classrooms and seminar rooms in Milbank and Lehman, including a new multimedia classroom. Additionally, the 119 gate was set to open by the Summer and opened a few months late, because of construction delays outside of our control.

Barnard's Career Development office recently implemented "Career Office" which enables students to view internships, find BEST program information with ease, register their career interests and soon to locate part-time jobs. Full-time jobs have been available through the Jobtrak internet site for many months and the Office of Career Development's home page itself provides informational fact sheets and other basic

briefs news briefs news briefs news

Kerber Speaks on Women's Citizenship Obligations

Historian Linda Kerber launched the Barbara Aronstein Black Lectures on Women and Law on Tuesday, October 15. Kerber, author of *No Constitutional Right to be Ladies: Women and the Obligations of Citizenship*,

obligations these rights entail.

In front of a mixed crowd of graduate students, professors, and members of the professional law community, Kerber pointed out that

PHOTO BY JAMIE HARDY

"rights and obligations are not always, in fact and in practice, reciprocal." She reminded the audience that although in this country's history there was a time when women were not given the right to vote, they were obligated to pay their taxes.



Kerber inaugurates the Aronstein lecture series

Kerber also addressed the issues of

civil service and the right to bear arms, guaranteed by the Second

addressed the issues of civil service and the right to bear arms, guaranteed by the Second

► page 6

REQUIRED FIRST-YEAR PROGRAM PLANNING MEETINGS: All first-year students must attend a Program Planning Meeting with Dean Kreger on Tuesday, October 27, from 4-5pm, Friday, October 30, from 12-1pm, or Wednesday, November 4, from 5-6pm in the James Room, 4th floor Barnard Hall.

REQUIRED SOPHOMORE PROGRAM PLANNING MEETINGS: All sophomores must attend a Program Planning Meeting with Dean Taylor on Thursday, October 29, from 12-1pm, Lehman Auditorium, Altschul Hall, or Wednesday, November 4, from 5-6pm in Altschul Atrium, Altschul Hall.

DEPARTMENTAL MEETINGS: Dates and locations of fall semester meetings for majors and prospective majors will be listed in this column and posted on the bulletin boards at the Dean of Studies Office and the Registrar's Office.

TUTORING: Because of great demand for tutors (and the much smaller supply), we are not able to accommodate requests as quickly as we would like. In addition, there are some courses for which we may not be able to find tutors. We are trying, however, and as of October 14, we had made 53 matches. If you believe that you would be a suitable tutor, please complete the appropriate form in the Dean of Studies Office. (Rates of pay are \$9.50 per hour.)

GRADUATE SCHOOL PANEL: TODAY,

Wednesday, October 21, from 5:30-7pm in the Deanery. Professors Beck (Political Science), Hamilton (English), and Rojas (Chemistry) will offer personal insights into the graduate school experience. This unique opportunity to learn from faculty members will help to inform your decisions about future pursuits.

THE 8TH ANNUAL GRADUATE SCHOOL FAIR will take place this Friday, October 23, in the Altschul Atrium between 11:30am-2pm. Over 40 graduate school programs have signed up to participate. The fair is an opportunity to learn about types of graduate programs, as well as specific programs.

A PANEL ON FINANCING GRADUATE SCHOOL EDUCATION will take place this Friday, October 23, from 12-1 in the Sulzberger Parlor. This panel will discuss possibilities of which you might not be aware.

HISTORY MAJORS: Applications and seminar lists for Spring 1999 History seminars are available on the bulletin board across from the History Office and are due by this Friday, October 23. Preference is given to history majors and seniors.

BEREAVEMENT GROUPS THIS SEMESTER: A group for students who have lost someone close to them meets every Friday at 11am. Students who would like to belong to this support group should contact Giselle Harrington, staff therapist, at x42091, for more information.

bear essentials



The Bulletin has e-mail!

Would you like to respond to an article?
Interested in writing but can't attend our meetings?
Want to inform us of your club's event?
bulletin@barnard.columbia.edu

CORRECTIONS

In issue 2, photos accompanying "Posman's Relocates Before Leaving Barnard" were taken by Elana Levites.

In issue 5, the news brief "Alumnae Return for Networking Reception" was written by Julia Cosgrove.

Barnard Women of Color Past and Present Share Experiences

PHOTO BY JAME HARDY



Women of color share their experiences

PHOTO BY JAME HARDY



Students and alumnae enjoy the reception

by *Tonette Williams*

The Alumnae of Color Subcommittee held its first dinner meeting, "Different Voices Experiences of Women of Color at Barnard", Thursday, October 7. Four alumnae, Adio Akil BC '79, Diana Thompson BC '79, Julie Torres BC '93, and Mikila Jordan BC '98, led an informal discussion about their experiences as women of color at Barnard.

Francesca Cuevas-Cruz, Director of the Higher Education Opportunity Program (HEOP), coordinated the event. Cuevas-Cruz said she wanted the dinner, as well as future events, to be "a forum to talk about how students feel and how alumnae felt. Some alumnae had good experiences and some had bad experiences. Coming back they have a different perspective." Cuevas-Cruz and other alumnae feel this perspective could be invaluable to students.

One alumna shared her reasons for being involved in the program. "The reason I decided to come back was because I did appreciate my experience here, and I want more people to have the opportunity to have it."

Adio Akil BC '79 encouraged students "to

take advantage of the numerous resources here." The Alumnae of Color Subcommittee is supposed to "act as a support system," Cuevas-Cruz said. Its purpose is to "bring alumnae of color back to Barnard to educate the community of the impact we have had at Barnard."

HEOP is also sponsoring the Alumnae of Color Mentoring Program which is a part of the Sister to Sister Program at Barnard. "There are over 200 alums in different professions," said Associate Director/HEOP Santa Arocho.

Students are matched with a mentor in their fields of interest, said Arocho, who went on to explain the importance of the mentoring program. "[Students] need to know that there are other people who have gone through the same things they have. They need to know other [women of color] have made it, have survived it, and are successful working in the real world," said Arocho.

The first Mentoring Program event will be a dinner meeting on November 30. The event is entitled "Experiences of Women of Color."

Tonette Williams is a Barnard sophomore.

← *FRBER* from page 4 Amendment Kerber points out that although a woman is expected to show allegiance to her country, she is expected to "keep the home fires burning" rather than fight for her country.

Kerber addressed the Equal Rights Amendment of the late 1970s and the controversial issue of women registering for the draft. She pointed out some of the biggest contradictions in some of our country's past and present policies on women in the military and women's rights in general.

Kerber elaborates on these issues in her

book and hopes that its publication will spread a general awareness of women's rights policies.

In her speech, Kerber explored the many roles of women in society, and how those roles have changed and will continue to change. She concluded by saying that "the work of maintaining principles of gender equality will have no end."

Kerber graduated from Barnard in 1960 and earned a Ph.D. from Columbia Law School. She is now a professor at the University of Iowa. —Christy Thornton

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University's Queer Groups Celebrate National Coming Out Day

By Sara Keane

On Friday, October 9, the homosexual and bisexual groups on both Barnard and Columbia's campuses celebrated Coming Out Day, a holiday created by the Human Rights Campaign in Washington, D.C. and traditionally observed on October 11. Members of the Columbia University queer community held festivities on October 9 because, according to one organizer, "It's hard to get people to man tables on a Sunday"

In honor of National Coming Out Day, the Columbia Queer Alliance (CQA) set up tables on Columbia's Low Plaza to promote various gay and lesbian causes. CQA members handed out stickers, informational pamphlets, and Hershey's kisses attached to pieces of paper that read, "You've been kissed by a queer!"

CQA is a Columbia based group that welcomes men and women, both homosexual and bisexual. "We're a social organization for people to meet each other because it's hard to tell who is queer on campus," said CQA board member and Barnard sophomore Rachel Bloom. "But our purpose is also political. We want to raise awareness." Bloom said that CQA sponsors sushi nights, movie nights, parties, trips to dance clubs, and supports a coming out discussion group.

In addition to the tabling on Friday, CQA had planned to commemorate National Coming Out Day by chalking Low Plaza. The chalking was supposed to take place on Thursday, October 8, but was cancelled due to rain. The weather was not the only deterrent. "It's Parent's Weekend and the University didn't want us to chalk," said Bloom. "They said if we did it, they'd erase it."

Another board member of CQA, Jesse Costello-Good, said that the University was going to charge a \$350 clean-up fee. "It's real-

ly a fee to postpone the cleaning," said Costello-Good. "They clean the steps regularly and we want the chalk to stay all day... So they have to wait to clean. The \$350 fee posed a major problem since the CQA's entire budget is only \$985," said Bloom.

Even with the fee and the University's threat to erase the chalk, the group planned to go ahead with the chalking. "If it hadn't been raining, we would have done it," said Bloom. "We would have to be here at six in the morning to physically block them from cleaning."

National Coming Out Day has significant meaning for members of the queer community. "A lot of people make assumptions about others' sexuality. This gives people a chance to say what they are without others assuming first," said Lauren Porsch, a Barnard sophomore and CQA member. "I came out to my friend last year on Coming Out Day. It's a good excuse to bring it up."

Stacy Lozner, a Columbia sophomore, agreed that National Coming Out Day is important. "[The holiday] provides support because you know so many others are coming out, too," she said.

On Barnard's campus, National Coming Out Day festivities were organized by the College Activities Office (CAO). A movie called *The Incredibly True Adventure of Two Girls in Love* was shown, and there was a reception in Sutzberger Parlor which aired the "Coming Out" episode of the sitcom *Ellen*.

None of the recognized lesbian/bisexual clubs on Barnard's campus had planned activities for the holiday, so CAO took on the responsibility. "We saw a need," said Associate Director Cherie Sheridan. "In order to make sure we represent all groups on campus, we organized this."

CAO has never before spearheaded a National Coming Out Day celebration. Sheri-

dan said that she felt it was appropriate for CAO to start paying homage to the queer community as it does for other minority groups. "Our office recognizes cultural heritage months and different populations on campus," said Sheridan. "We didn't do a lot of work with the queer population."

BIONIC is one group among those active in the queer community that did not overtly celebrate the holiday. The organization is a discussion group that meets once a week to talk about problems facing lesbians and bisexuals. "We talk about issues like what the place of oral sex in society is," said BIONIC member Anastasiya Lebedev. She explained that many liken bisexuality to sitting on the fence between heterosexuality and homosexuality.

BIONIC includes men and women from both Barnard and Columbia. "We don't exclude anyone," said Lebedev. "But most of the people who come are bisexuals."

Another group on campus that provides a meeting place for lesbians and bisexuals is LABIA (Lesbians and Bisexuals in Action). LABIA was unavailable for comment, but at a meeting earlier this semester, the group said their purpose has a lot to do with consciousness raising. "It's about visibility on campus," said the group spokesperson. "It's also about having fun."

In honor of National Coming Out Day, LABIA posted flyers that called attention to anti-gay crime. A sign on Barnard Hall's front doors quoted the U.S. Department of Justice Report: "Homosexuals are probably the most frequent victims of hate crime in the United States." At the bottom was printed: "DON'T BE PART OF THE PROBLEM"

Even though there are queer clubs on Barnard's campus, some Barnard women choose to participate only in Columbia's queer organizations. "I didn't feel wel- ➤ page 8

Barnard's Website Revamped

By Elnaz Menhaji

Several changes have been made to Barnard's website in an effort to make it more user-friendly. The ongoing reorganization of the website will make navigating the site "as simple as possible," according to Vice President for Planning and Research Lew Wyman.

The changes being made to the website this year are part of an effort to "fine tune" last year's improved design of what had been a rudimentary system, said Wyman.

Director of Institutional Information Michele Curry said that the changes "deal with a lot of last year's frustrations." Direct routes have been set up so that users do not have to go through many links to reach the desired destination. Curry also mentioned that full use was made of the students on staff to target trouble spots and obtain good ideas.

The homepage now features clear headings such as "Admissions" and "Student Services" that provide direct links to the relevant pages. Announcements concerning upcoming programs, such as dances and lectures, are posted to flag the attention of viewers.

A new section entitled "Of Note" showcases changes to the website of which students and faculty should take note. Among them are new homepages for the Office of Career Development, Office of the Registrar, Dean's Office and Student Health Services that include mission statements and procedural information. Student Health Services, for instance, answers common questions such as whom to call in case of an emergency.

Various departments such as French, Psychology, and Political Science departments also have their own pages now. Information about faculty, current projects, and course offerings are all included on these sites.

The once non-functioning Barnard search engine can now be used to access the directory of students and faculty, as well as search for other subject headings.

The Barnard Electronic Archive and Teaching Laboratory (BEATL) also has an interactive history of King's College which includes a timeline, narratives, biographies, and various documents which visitors can browse.

Another new feature is the Registrar's website that will allow students to access exam schedules, account records, grades, and transcripts through a program called "Student Services Online." Students will be able to access grades within one day of when the Registrar's office receives them. Holds on registration can also be investigated. These are all ways that "planning ahead will cut down time," said Registrar Constance Brown.

There is, however, a concern about security and confidentiality of any important information being disclosed over the computer. Wyman said that they hope to prevent any problems by requiring students to use assigned PIN numbers to attain information.

According to Wyman, the administration wanted to reorganize Barnard's website and make it "less static and more interactive.... We want it to reflect the energy that is here, in Barnard and New York City." Wyman said he wants the website to serve as a public relations tool as well as a valuable resource for Barnard's students and faculty.

Elnaz Menhaji is a Barnard first year.

◀ *LETTER from page 4* career planning information. We always try to provide the most up-to-date information—perhaps the writer was looking at our alumnae contact files, which are only updated when the alumna provides us with more recent contact information.

Barnard has recently announced that grades and account information will be available on our website. We expect to implement this service to students by the end of next week. Perhaps all the College's renovations and capital projects are not completed as fast as we'd all like, but we're making progress.

Dean Dorothy Denburg has been working and continues to work with students and staff

on residence halls and computing issues and concerns. In an effort to be fair to the college, please call upon us at any time and include our responses in your articles.

Sincerely,

Barry Kaufman

Vice President for Finance and Administration

Letters to the editor are subject to editing for clarity and length and are printed at the discretion of the editorial board. Letters may be addressed to the *Barnard Bulletin*, 3009 Broadway, New York, New York 10027 or sent via e-mail to bulletin@barnard.columbia.edu

◀ *COMING OUT DAY from page 7* comed by Barnard groups [such as LABIA] because they seem to have an attitude that they only want a certain kind of woman in their group," said one COA member.

Another COA lesbian agreed, saying that she felt alienated from LABIA. "I feel like more of a Columbia student than a Barnard student because I have to come here to find a queer community that accepts me," she said. "I have to come across the street to wear skirts and have long hair."

Sara Keane is a Barnard junior and a Bulletin staff writer.

Panel Promotes Breast Cancer Awareness

By Kiryn E.J. Haslinger

The month of October is nationally dedicated to breast cancer awareness. Women in Medicine, one of the recently established Barnard affinity groups, recognized Breast Cancer Awareness Month by holding a reception and panel discussion on Thursday, October 15 in the James Room, entitled "New Frontiers in Breast Cancer: Responses from a Medical Community."

After a brief reception, five women in the field of women's health discussed modern views in prevention and treatment of breast cancer. Barnard Provost Elizabeth S. Boylan moderated the discussion and posed questions to the panelists.

The first issue concerned the importance of diet, exercise, alcohol consumption, and smoking as causes and preventatives of breast cancer.

Chief of the Division of Breast Cancer Surgery at St. Luke's-Roosevelt Hospital Center and Director of The Comprehensive Breast Center Dr. Alison Estabrook, BC '74, explained that while heredity is a major determination of susceptibility to breast cancer, "only 30 percent of women who develop breast cancer have a family history."

Estabrook stressed that high fat foods, especially meat, create estrogens which cause breast cancer. This is especially important for post-menopausal women. She advised women to "keep [their] weight down after menopause."

Estabrook also said that one to three hours of exercise per week considerably decreases the chances of developing breast cancer.

She warned women against indulging in too much alcohol, noting that continuous daily

drinking of alcohol "has recently been shown to increase the risk of breast cancer."

Dr. Nancy Tennenbaum Sklarin BC '77, Associate Attending and Assistant Medical Director at the Memorial Sloan-Kettering Cancer Center's Evelyn H. Breast Center, agreed that dietary factors are primary in the prevention of breast cancer.

She also discussed preventative and curative drugs such as Tamoxifen and Raloxifene.

"This is a field that is actually developing as we speak," said Sklarin, adding that these drugs are still experimental and are generally recommended "mainly [for] people who have increased risk."

Dr. Judith Schwartz BC '79, Obstetrician/Gynecologist at the East Side Women's Ob-Gyn Association, spoke about the controversial issue of hormone replacement therapy (HRT), which is used as a curative method for menopause symptoms, cardiovascular disease, and osteoporosis in older women.

Dr. Lila A. Wallis BC '47, an audience member and former president of both the American Medical Association and the American Medical Women's Association, argued that "estrogen [replacement] is not for everyone." HRT can increase the risk of breast cancer, said Wallis.

Schwartz answered with, "estrogen has not been shown to actually cause breast cancer directly."

Mary Kay Dabney, Genetic Counselor and Coordinator of the Cancer Genetics Program at Beth Israel Medical Center and St. Luke's-Roosevelt Hospital Center, reviewed some of the fundamental points of human genetics by talking about genetic testing for breast cancer. Dabney spoke about genetic predispositions on individuals' chromosomes.

While genetic testing can be valuable, Dabney said, "most cancers are due to acquired mutations," such as environment, diet, lifestyle, age, and chance. Research has shown that only five percent of cancers are due to predispositions.

Dr. Sarah Auchincloss, Consultant in Psychiatry at Memorial Sloan-Kettering Cancer Center and Assistant Attending Psychiatrist at the New York Presbyterian Hospital, discussed how women tend to handle breast cancer in all its stages. "I think the point of diagnosis is the introduction to a cancer universe," said Auchincloss.

Emotional treatment can be obtained by "[taking] good care of yourself" through eating and sleeping well, as well as talking about your illness, said Auchincloss. "Women endure understanding things through talking."

A number of points were made during the open discussion between the panelists and the audience, which comprised mostly Barnard alumnae and students. One such point was the need for women to have annual mammograms once they reach 40. Earlier testing was suggested if there is a history of breast cancer in the family.

Barnard will continue to participate in Breast Cancer Awareness Month throughout October. On Sunday, October 18, Well Woman sponsored a group of Barnard students to take part in Making Strides Against Breast Cancer, the American Cancer Society's walk-a-thon in Central Park.

Barnard also sponsored the screening of an independent film documentary by Porter Gale entitled *2 Chicks, 2 Bikes, 1 Cause* on Tuesday, October 20.

Kiryn E.J. Haslinger is a Barnard first-year.

Keeping the Faith in Honor of Breast Cancer

by Sarah D'Ambruoso

Breast cancer: Almost everyone knows someone who has it, has had it, or has lost a relative to it. Breast cancer does not discriminate between rich and poor, black and white, Muslim and Christian. Over 5,000 women in New York City will be diagnosed this year—over 1,500 will die.

One of the biggest concerns for breast cancer activist groups is procuring the funding that will allow breast cancer to become more of a manageable disease and less of a killer. However, few bills have made it through the legislation machines. The Breast Cancer Patient Protection Act (H.R. 135), an essential piece of legislature that would prevent HMOs and private insurance initiatives from forcing women to have "drive-through" mastectomies, has been put on hold for over eight months. The Reconstructive Breast Surgery Benefits Act (H.R. 164), which would strong arm insurance companies into providing coverage for reconstructive breast surgery, is also at a standstill. The future for these bills does not look good. Heather Dominique, a Policy Staff Assistant in the Government Relations Office at the American Cancer Society (ACS), says that the chances of these proposed laws being passed by 1999 is "slim to none." Dominique says she "[hasn't] heard anything" about these bills being moved along in committees. Instead of focussing on a "woman's concern," says Dominique, "Congress is much more preoccupied with the Presidential impeachment inquiries."

"The appropriation bills for next year's

budget are also taking precedent," says Dominique.

The good news is that petitioning your

Congress for the moment, both political parties seem in favor of allocating more funds

toward breast cancer research. Dominique


says that the National Institute of Health (NIH) is planning to double its budget by 15% over the next 5 years, and has appealed to Congress for the funds to do so. The ACS seems optimistic that this expansion of the NIH will provide more grant opportunities for breast and other cancer researchers.


Phyllis Greenberger, Executive Director of the Society for the Advancement of Women's Health Research, testified before the House Appropriations Subcommittee on Labor, Health, Human Resources, and Education, on January 29, 1998. As part of her testimony, Greenberger recommended an "overall increase of 15% for the women's health budget at the NIH and the NIH as a whole," in light of the recent discoveries of gender-based differences in health at the cellular and molecular level.


More funds would enable researchers to discover new drugs and treatment for breast cancer. According to the Komen Foundation (www.komen.org), a recent study showed that the drug Tamoxifen "is beneficial for women of all ages whose tumors respond to estrogen." Capecitabine and Trastuzumab are two recently discovered drug therapies also at the forefront of the advancements being made in breast cancer pharmacology. Capecitabine (Xeloda)

was recently approved for the treatment of metastatic breast cancer. Metastatic breast cancer, which originates in the breasts and then spreads to other parts of the body, is aggressive and usually fatal. Trastuzumab is

1-800-I'M AWARE
(1-800-462-9273)
KOMEN NATIONAL TOLL-FREE BREAST CARE HELPLINE







CHECK YOUR BREASTS USING THESE STEPS:

LYING DOWN
Place a pillow under your right shoulder. Put your right hand under your head. Check your entire breast area with the finger pads of your left hand. Use small circles and follow an up and down pattern. Use light, medium and firm pressure over each area of your breast. Gently squeeze the nipple for any discharge. Repeat these steps on your left breast.

BEFORE A MIRROR
Check for any changes in the shape or look of your breasts. Note any skin or nipple changes such as dimpling or nipple discharge. Inspect your breasts in four steps: arms at side, arms overhead, hands on hips pressing firmly to flex chest muscles, and bending forward.

IN THE SHOWER
Raise your right arm. With soapy hands and fingers flat, check your right breast. Use the method described in the "Lying Down" step. Repeat on your left breast.

Ford Motor Company and Ford Credit care about you and your loved ones. Together, we can help conquer this disease.

congresspeople has become easier. Over 10,000 people electronically "signed" petitions for both of the abovementioned proposed legislature.

However dormant these issues are in

Awareness Month

currently still being tested in experimental studies and is under review by the FDA. This drug, popularly known by its brand name Herceptin, "targets breast cancers that overproduce a cancer-causing protein, Her2/Neu," which are "particularly aggressive" tumors.

As with all drugs, though, many problems lie in attempting to provide equal accessibility of these drugs to women of all socioeconomic classes. Many grassroots organizations are formed around the argument that financial circumstances should not determine the quality of treatment one receives.

SHARE, a New York City-based organization is one such example. SHARE (www.noah.cuny.edu/providers/share.html) provides breast cancer support, referrals and information, particularly to traditionally underrepresented minorities and women of low socioeconomic status, particularly elderly women with meager or no health insurance. SHARE also provides the framework and institutional stability for smaller affiliates to form, such as "Latina SHARE" or "Medicaid SHARE." Groups such as these provide referrals, outreach programs, support networks, and fundraising opportunities for targeted populations of women that mainstream organizations might have overlooked in the past.

One issue all organizations agree on is the paramount importance of preventive health. According to the National Alliance of Breast Cancer Organizations (www.nabco.org), a 20 year old woman's probability of developing breast cancer in the next ten years is one in 2,500. For 30 year old women, the risk is raised to one in 233. For those whose female relatives have

had breast cancer and are thus at a higher risk for the disease, several women's health pages on the web advocate starting mammograms around age 35, having genetic testing done, and faithfully performing monthly self-examinations. Even more at risk are women under 35 whose mothers or sisters had pre-menopausal breast cancer. Mammograms for this group of women should start even earlier, around 25 years of age.

One problem with genetic testing, however, is that the results may prove discriminatory. Prime candidates for the testing, which determines whether a person's genetic makeup predisposes her to breast cancer, are the daughters of women who have had the disease. If one of these daughters is found to have a predisposition, she can take extra precautionary steps to protect herself, but this information will also make it incredibly costly to purchase life insurance.

Preventive health measures are important for all women. According to the website leadingladies.com, women in their 20s and 30s should follow three steps to breast cancer prevention: have a yearly gynecological exam, perform monthly self-exams, and lead a healthy lifestyle—"eat a low-fat diet, maintain a healthy body weight, exercise regularly, don't smoke, and drink alcohol only in moderation."

To save women's lives, there must be more funding available for research and Congress must begin to make breast cancer a priority when considering health legislation. Breast cancer must be made a manageable, curable illness.

Sarah D'Ambruoso is a Barnard junior and a Bulletin Features Editor.

8

A YEAR OF RUNNING/WALKING IN NYC FOR BREAST CANCER

Race for the Cure

Location: Central Park

The Susan G. Komen Foundation's annual race is traditionally held on the second Saturday of September.

For information: 212-293-CURE

Share-A-Walk

Location: Central Park

SHARE (Self-Help for Women with Breast or Ovarian Cancer) usually holds its annual fundraiser on the first Sunday in October.

For information in English call 212-382-2111, in Spanish call 212-719-4454, or for information on ovarian cancer please call 212-719-1204.

First Saturday in October

Facilitated by its sponsor of the same name, the First Saturday in October's annual breast cancer outreach, referral, and information session for New York's Latina population and other underserved communities is held at participating New York City health centers and hospitals. For information: 718-590-3527.

Making Strides Against Breast Cancer

Location: Central Park, Staten Island, and Queens

The American Cancer Society-sponsored walkathon is held in mid-October. A group of Barnard women was sponsored by Well-Women this year for \$200.

For information: 888-ACS-8899

Revlon Run/Walk for Women

Location: Times Square to Central Park

Date: Saturday, May 1, 1999 at 9 AM

Unlike the other walks this fall, it is not too late to participate in the Revlon-sponsored race.

For information: 212-218-3330

For information on New York City Breast Cancer Services, see www.ci.nyc.ny.us/women.

—Candice Long

THE SUSAN G. KOMEN BREAST CANCER FOUNDATION

by Jacqui Stewart

by Stacy Cowley

In 1980, one in 14 women developed breast cancer during her lifetime. Today, one out of every eight women will develop the disease. With little attention from politicians and the media, breast cancer has become the leading cause of cancer death for women under 55 years of age. This year, 178,000 new cases will be diagnosed—one every three minutes. By the end of the century, two million women will have been diagnosed with the disease. Half a million of them will be dead.

The statistics are even more troubling in light of how little attention has been paid to breast cancer relative to other, more fashionable afflictions. In a world of limited research dollars, too many are being tied up fighting diseases that affect far fewer people. Last year alone, more women died of breast cancer than have ever died of AIDS—yet federal breast cancer research receives less than a quarter of the funding federal AIDS research does. According to the National Institute of Health, the government spent \$2,143 per person living with AIDS in 1997 on disease research. Government spending per person on breast cancer research was only \$200.

More funding for research will not save every victim of breast cancer, but even the slightest difference in the statistics will reflect a profound difference in the lives of those the numbers represent. NIH's fiscal year 1999 budget request notes that "significant scientific opportunities exist which are not currently being funded." I've seen a variation on that line in countless reports, requests, articles, and editorials.

The words haunt me: which of these unfunded "significant scientific opportunities" might have saved my mother? Diagnosed with the disease five years ago, she became one of 1995's statistics—another woman in her forties who never got to see her daughters graduate from high school.

No one understands what triggers breast cancer, and no one really understands how it spreads. All we have are the numbers. Throughout the 1980s, diagnoses of the disease increased four percent a year and have only recently leveled off—with no sign of decreases in the foreseeable future. Without sufficient research funding, my mother's story will remain all too common.

The Susan G. Komen Breast Cancer Foundation is Nancy Goodman Brinker's response to the question "Could one person really make a difference?" Brinker's desire to make a difference stemmed from a promise made to her sister, Susan Goodman Komen, in the final months of her struggle with breast cancer. Brinker was by her side as Komen waged a battle against breast cancer for three years, during which Komen underwent nine operations and countless chemotherapy and radiation treatments. She finally lost the war in 1980 at age 36.

In 1982 Brinker translated her promise to "eradicate breast cancer as a life-threatening disease by advancing research, education, screening, and treatment" into the mission statement of the newly established Komen Foundation. Sixteen years later her initial investment of a few hundred dollars has flourished into a national organization with a network of volunteers operating through local chapters.

The Foundation is best known and contributes much of its success to its annual series of 5K runs called "Race for the Cure." This run/walk event was started by Brinker in 1983 as one local race in Dallas and has evolved into the nation's largest series of 5K runs. This year Race for the Cure will be held in 86 cities across the country with an anticipated 500,000 participants. Over 23,000 men and women turned out for the Eighth Annual New York City Race for the Cure, which was held last month on September 13 in Central Park. The New York chapter also hosted its second annual "Three Miles of Men," a cheering squad of male relatives and friends lining the length of the course, offering the all-female participants inspiration and support. A minimum of 25% of the races' proceeds is donated to national breast cancer research and project grants.

Most of the funds collected, however, support local community programs which provide cancer education, outreach, screening, and treatment. Since its inception, the Komen Foundation and its affiliates have raised more than \$90 million to become the largest private funder of research dedicated solely to breast cancer.

Born out of a sister's promise, the Komen Foundation remains dedicated to "promoting positive awareness, education, and early detection of breast cancer among women of all ages," and proves that through commitment and determination, one woman can make a difference.

Stacy Cowley is a Barnard junior and a Bulletin columnist.

Jacqui Stewart is a Barnard junior.

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ARTS CALENDAR

for the week of October 21

GALLERIES

Peter Wegner
Mary Boone Gallery
745 Fifth Avenue
752-2929
Art with paint clips

Laurie Anderson: Whirlwind
Artists Space
38 Greene Street
226-3970
A Barnard grads art exhibit

Nayland Blake
Matthew Marks
522 W 22 Street
246-0200
Works on racial and sexual identity

Joel Shapiro
Pace Wildenstein
32 E 57 Street
142 Greene Street
421-3292
Bronze and painted wood sculpture

Ansel Adams
Alan Klotz/ Photocollect
22 East 72 Street
327-2211
Vintage prints by the famed landscape photographer

MUSEUMS

Frick Collection
1 E 70 Street
288-0700
*"Victorian Fairy Painting"
Pre-Freudian fascination with dreams
and hallucinations*

Denny Partridge Discusses Her Theater Family

By Lisa Dean-Kluger

Barnard's Theatre Department is growing rapidly. This makes the department chair, Denny Partridge, very happy "An increasing number of people come to Barnard and Columbia to study theatre," she says. In recent years, the department has increased programming, particularly in the areas of production and world theatre. As the department continues to grow, the opportunities for students of the program multiply.

Each year, the Theatre Department sponsors three full-length plays. These plays, in addition to student-run performances, are directed by faculty or by visiting guest artists. At least one of the visiting artists is always an international guest. This gives the students a broader knowledge of world theatre. Some examples of past performances include *The Tempest*, *Joy Bangla*, a work about life in Bangladesh, and *Uber, the King*, which Partridge describes as a "wildly experimental production."

The Department also sponsors many student-directed scenes. The most complex example is the Senior Thesis Festival. The festival takes place each February when four and eight students direct full length plays. The festival lasts for two weeks. Each play is a full production with complete set designing and lighting.

The strength of the faculty is also essential for the success of the Department. According to Partridge, every member of the Theatre Department's faculty is active in the professional theatre outside of Barnard. Partridge describes the program as an "opportunity beyond the norm." In addition to the program on campus, many students have the opportunity

to travel, working on projects with faculty members in places such as Mexico.

Partridge's current project is *Dara Fo* and Franca Rame's work entitled *Female Parts*. The piece is composed of two plays entitled "Same Old Story" and "An Ordinary Day." The plays "walk a fine line between tragedy and farce, but are ultimately comic." The project involves 40 students, including Ben Bush's technical production class. The students come from all the university's schools including Barnard, Columbia, General Studies, the law school and the business school. Bush, the assistant designer for the Broadway musical *Rent*, works with his class and other students on the show's behind the scenes intricacies.

In "An Ordinary Day," a woman attempting suicide videotapes the scenario for her husband. Partridge won't reveal the ending, but she does mention a "wrinkle" in the plot. The woman's telephone number has been confused with a famous psychiatrist in a psychiatry magazine. As a result, her attempt is continuously interrupted by a ringing telephone.

At first glance, the set appears very plain. Entirely student built, the living room setting is simple, yet impressive. Closets, cabinets, and a wood-paneled floor decorate the Minor Latham Playhouse. However, underneath the set lies an electrical Oz that controls the show. Brand new computer drafting equipment adorns the backstage area. A few electrical teasers include a walking and talking robot, speakers embedded into the furniture, and computerized sound mixers. The robot was built, not by SEAS students, but by Barnard College first-year and sophomore students.

The show opens with two performances on Saturday October 24. It will also show on Thursday October 29, Friday October 30, and

MTV Goes to Print

By Lisa Dean-Kluger

As if MTV did not monopolize television.. America's favorite music television network is launching its second writing competition, "The Write Stuff Short Story Competition" Eduardo Braniff, the Publishing Director of MTV/VH1 Books, provided insight into the intention and purpose behind the contest. The contest, open to writers aged 16 to 28, is intended to support young writers. The network is currently establishing publishing houses throughout New York. While MTV and VH1 have been publishing books for the past four years, the early books related solely to on-air programming. Examples include books about "The Real World" and "Beavis and Butthead." While this is still the case for VH1, MTV has branched to fiction.

In 1996, MTV held its first fiction contest with a novel. The ages ranged from 12 to 24 as writers submitted their works to the popular corporation. Braniff remarks, "MTV Books began its support of young authors with the launch of our fiction contest, and we are excited to continue the search for new writers with our short story fiction contest." The winner of the 1996 contest, Robin Troy, is a 24 year-old Harvard graduate. She began her novel as a short story in her teenage years and the work

blossomed into *FLOATING*, the title of her winning piece. The piece tells the story of four people coming to terms with their lives. Their struggles touched the hearts of judges such as REM's Mike Mills, MTV News anchor Serena Altschul, and author Dale Peck.

The new contest is designed to "keep the freshness of the contest," seeking writers with a different type of writing. The pieces are judged on both quality and strength of writing. Braniff and his team search for "whatever is going to hit a chord and resonate with viewers and readers." The contest runs until December 1 and the winning pieces will be collected in a book of short stories to be published next September. MTV Networks publishes through Pocket Books, a division of Simon and Schuster.

The launching of MTV's second fiction contest is the start of the music masters invading other forms of media. However, this contest does give young authors the chance to submit their work to a panel of contemporaries. In the competitive world of writing, such an opportunity is a welcome change. For more information on how to enter, please contact the Barnard Bulletin.

Lisa Dean-Kluger is a Barnard sophomore and the Bulletin Arts Editor.

Saturday October 31.

The show, performed in Minor Latham Playhouse in Milbank Hall, is both entertaining and thought provoking. Partridge speaks enthusiastically about the Department. She reminds the Barnard community that "we're very open to people who aren't majors." She describes the department as "non-cliquish" and takes pride in the variety of students and

their different backgrounds. Barnard's growing theater department is making great strides in technical progress. As a woman's college, this is important. Defying gender stereotypes, Partridge and her team strive to make Barnard's theater program strong.

Lisa Dean-Kluger is a Barnard sophomore and the Bulletin Arts Editor.

ARTS CALENDAR

for the week of October 21

FILM

Outer and Inner Space
Whitney Museum
Madison Avenue at 75 Street
570-3600

A previously unreleased art film by Andy Warhol

Beloved
Toni Morrison's book adapted to film.
Stars Oprah Winfrey

La Sentinelle
Quad
13 Street at 6 Avenue
255-8800

A French film about a paleontologist's obsession with his specimen

THEATER

Footloose
Richard Rodgers Theater
226 W 46 Street
307-4100
Stage adaptation of the eighties film

Tales of an Adolescent Fruit Fly
JCT Theatre
134 W 26 Street
501-2710
A 13 year-old girl grows up

Birds
Angel Orensanz Cultural Center
172 Norfolk Street
307-4100
A play about violence in Ireland

MUSIC CALENDAR

for the week of October 21

ROCK

Wednesday 10/21

Esthero @ Original Levi's Store (3 E. 57th St.)

Seal @ Radio City Music Hall
Sepultura/ Vision of Disorder @ Roseland

Mother/ Candy Ass @ Life
Mickey Hart/ Planet Drum @ Hammerstein Ballroom

Thursday 10/22

Urban Tap @ Original Levi's Store (3 E. 57th St.)

Luna @ Maxwell's
Legendary Pink Dots @ Wetlands
Kilgore @ Coney Island High

Friday 10/23

Luna @ Maxwell's
Juliana Hatfield @ Bowery Ballroom
Mudhoney @ Tramps
Dismemberment Plan @ Knitting Factory

Saturday 10/24

Voodoo Glow Skulls @ Coney Island High
The Eels @ Maxwell's
Kristin Hersh @ St. Ann's
Iron Butterfly @ Inter-Media Art Center
Strangefolk @ Bowery Ballroom
Lotion @ Brownies
Come @ Knitting Factory

Sunday 10/25

Suicide Machines/ Avail @ Tramps
Shellac/ Chavez @ S.O.B.'s
The Eels @ Mercury Lounge

COMING UP:

10/29: Depeche Mode @ Madison Square Garden

10/30: Motley Crue @ Beacon Theatre

10/31: Cypress Hill @ Roseland

11/10: Violent Femmes @ Irving Plaza

Gaga for the Goo Goo Dolls

By Samantha Reeb-Wilson

It is not very often that a single band maintains two distinct personalities. The Goo Goo Dolls have such a combination. The dramatic balance between thrashing rock and melodious ballads is something that the Goo Goo Dolls have marketed as their own.

The wide range of sound that this decade-old group produces is both marketable and off the beaten track. The Goo's have been

through it all. After ten years of low budget touring, they are finally launching into full-blown stardom.

The group, originally formed in Buffalo, New York in 1987, were known for their drunken reverie and penetrating songcraft. Shortly after forming in 1987, they released a self-titled debut album followed by *Jed* in 1989. Since the founding of the group, the Goo Goo Dolls have put out a total of six albums, with *Dizzy Up the Girl* being the latest. With the



release of their fifth album, *A Boy Named Goo*, came the mainstream hit "Name," and the Goo Goo Dolls were catapulted into the Top Forty.

Hand in hand with impressive radio play come shows that draw crowds of thousands instead of hundreds. Teetering on the brink of stardom, the Goo Goo Dolls were faced with massive touring. For two solid years the band toured promoting *A Boy Named Goo*, building upon their already cultish fan base. The more they toured, the more they began to captivate a larger audience, which increased the

***Dizzy Up the Girl* combines songs for every mood. Crazy, sad, nostalgic—they're all in there somewhere, with a message for everyone.**

demand for a new album. It was at this moment that the band decided that they needed to take a vacation after two years of hard work.

Returning from their well-deserved break the band was rejuvenated and alive with energy and ready to record what would be *Dizzy Up the Girl*. This renewed vigor is what will sell the album, on which you can hear the shining excitement of the band members.

The album has a smooth sound to it, all the tracks flow together. It is not a question of enjoying a few of the songs on the album—it is all or nothing. All of the songs have a message, a little something for those who crave music without thumping bass. The working-class angst of "Broadway" displays an insight on reality that teeny boppers just can't pull off. The lyrics "The lights are a little bit darker than they used to be" verify the words of guitarist and lead singer, John Rzeznick, who has said that *Dizzy Up the Girl* was a serious growing process for the group. The twangy guitar riffs, coupled with the driving drums give "Broadway" an almost whimsical feel, as Rzeznick

tells of yearning for childhood, resisting the destiny of growing old.

The latest single off of the new album is "Slide," which is the Goo Goo Dolls way of saying that they aren't trying to create a sappy top 40 "Titanic-esque" hit song like "Iris" (which appears on the *City of Angels Soundtrack*). While "Slide" is a song that speaks of begging for a lost love, Rzeznick's voice has a tougher edge to it, making the driving guitar feel at home. Rzeznick sings about what really happens in some relationships, and the Goo Goo Dolls don't pretend to paint a pretty picture. "The priest is on the phone/ Your father hit the wall/ Your Ma disowned you." This is the stuff of real life, not some lovey-dovey Celine Dion song.

As all Goo Goo Doll fans know, there are two singers of this band. The second is Robby Takac, who tends to go unnoticed. Part of this may be because Takac's role in the Goo Goo Dolls is to bring the band a little edge. The first song that he sings on this album is "January Friend," which begins with jarring guitar and drum beats that automatically induce dancing. Takac's voice is much harsher and far less melodic than Rzeznick's.

It seems that Takac gets the 'fun' songs, while Rzeznick gets to perform the top 40 hits. One problem to which this duality of vocalists can lead is the confusion over the sound of the Goo Goo Dolls.

Dizzy Up the Girl combines songs for every mood. Crazy, sad, nostalgic—they're all in there somewhere. The album has a message for everyone. This trio has put together an amazing musical masterpiece.

Samantha Reeb-Wilson is a Barnard sophomore and a Bulletin Staff Writer.

MUSIC CALENDAR

for the week of October 21

11/14 John Cale @ Knitting Factory
11/15 Tricky @ Roxy

JAZZ/ CLASSICAL/ WORLD

Wednesday 10/21

B.B. King @ Irving Plaza
Bonnie Barnett @ Roulette
Brian Lynch Quintet @ Sweet Basil
Dave Holland @ Birdland

Thursday 10/22

Mari Okuba @ Roulette
Brian Lynch Quintet @ Sweet Basil
Lou Donaldson Quartet @ Village Vanguard
Dave Holland @ Birdland

Friday 10/23

Aboriginal Music w/ White Cockatoo @
Symphony Space
David Simons/ Lisa Karrer @ Roulette
Brian Lynch Quintet @ Sweet Basil
Dave Holland @ Birdland

Saturday 10/24

Radio Tarifa @ Symphony Space
Horacio Leguna/ Marcia Taborda @
Carnegie Hall
Noah Howard Trio @ Roulette

Sunday 10/25

Ewa Podles @ Carnegie Hall

Monday 10/26

Tito Puente @ S.O.B.'s
Charlie Parker Gala & Concert w/ Max
Roach and more @ Roseland
Vanguard Jazz Orchestra @ Village
Vanguard

Tuesday 10/27

Bruno Destrez @ Sweet Basil
Cyrus Chestnut Trio @ Village
Vanguard

MASSIVE ATTACK: Eclecticism At Its Best

by Cody Watson

To offer a curious reader a musical point of comparison for *Mezzanine*, the third major release from **Massive Attack**, would be a difficult task indeed. Although labeled as "trip-hop," the variance of style and sound contained in the record make it impossible to classify in just one genre. *Mezzanine* takes touches of jazz, soul, techno, and R&B and combines them to create an enchanting and darkly atmospheric listening experience.

The first track, "Angel," starts out dark and sensuous, with a throbbing bass backdrop. The distinctive tenor of Jamaican singer **Horace Andy** adds to the mysterious atmosphere that enshrouds all of *Mezzanine*. The slowly progressing bass, interwoven with softly crooned lyrics, pulls the listener into an intoxicating embrace which continues and intensifies as the record proceeds.

One of the highest peaks of the record is track three, "Teardrop," which features **Liz Fraser** of **The Cocteau Twins**. Her angelic voice floats in and out of the hypnotic structure of a static bass line, creating a timeless and ethereal effect. Laced with beautifully provocative lyrics, "Teardrop" hints at a sadness that threads through the entire record.

"Inertia Creeps" speeds up and gets a bit funkier than "Teardrop," yet still retains the sexy, luxuriant feel that gives *Mezzanine* its unique ambience. "Exchange" is a jazzy instrumental that serves as a quirky interlude before the powerfully beautiful "Dissolved Girl."

Arguably the most engaging track on the

record, "Dissolved Girl" is a song to which anyone who has been in a co-dependent relationship can relate. **Sarah Jay** imbues lines like "Say my name/ I need a little love to ease the pain" with enough emotion to bring a tear to your eye while the complex, absorbing music keeps your foot tapping. This song wraps you up in its sad, sensual warmth and offers a flawless introduction into "Man Next Door," where Horace again graces the listener with his profoundly expressive tenor. "I need to get away from here/ This is not a place for me to stay/ I need to take my family/ And find a quiet place." Although singing about tension in his native Jamaica, these are sentiments that everyone can relate to now and then.

The title track, "Mezzanine," is simple, yet absorbing. **Massive Attack's** main members, **3D Del Najo**, **Daddy G**, and **Mushroom** whisper and rap somewhat menacingly over minimal beats and melodic overtones. Finishing the record out is a remix of "Exchange," this time with lyrics. Simple and deliberate, it is a perfect way to come down from the complex trip that the record induces.

Mezzanine truly has something for everyone. It is the perfect choice for background music or chilling with friends because it creates a laid back atmosphere. It's also perfect for the broken-hearted in search of a record to listen to while laying in bed crying. Yet just about anyone looking for beautiful, unique music will love this record. Haunting, sensual, engaging, and unforgettable, *Mezzanine* is more than worth adding to any collection

Cody Watson is a Barnard sophomore.

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THE HOME OF THE HOMELESS featuring: THE OTHER JOHN STEWART

PART TWO OF TWO

By Nahid Seyedsayamdost

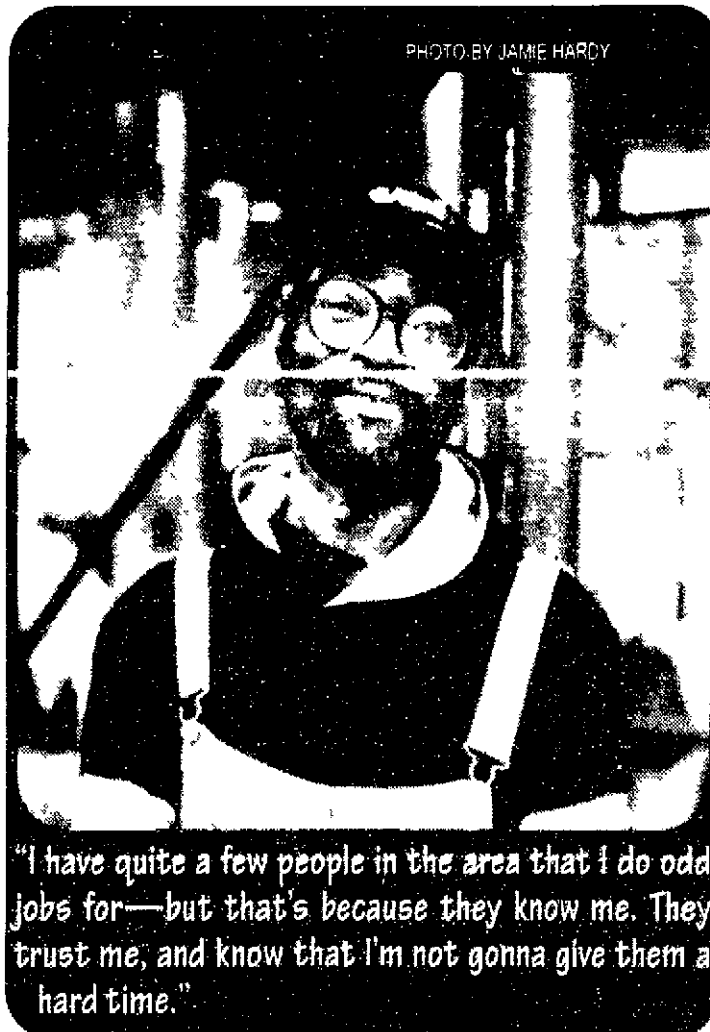
John Stewart has been around this area for about ten years now. He has seen more students come and go than a lot of other establishments around Morningside Heights. He is the man you see standing next to the news stand in front of Ollie's, at 116 Street and Broadway.

How Stewart got to be in the position he is in, is a long story. "My whole life was kind of weird. My father was a preacher, and I was born into a church that was segregated from the rest of society. We were not allowed to socialize or participate in sports, music, dancing, no parties, nothing like that, so when I was about eighteen years old, I totally rebelled. I stopped going to church, and I immediately went to jail. Between the age of eighteen and forty-five years I spent fifteen years behind bars, during which time I went to college, I studied law. My main curriculum was Community Services combined with Substance Abuse Treatment. I myself was a drug-addict for twenty-one years, injecting heroine and cocaine for twenty-one years! That was during the time that I went back and forth to jail for armed robberies to support my drug habit."

While Stewart served his many sentences in jail, he built up a legal program with New York law schools. The law program enabled law students to go to the jail and observe the many legal cases of the individual prisoners. John received many donations in support of the program, including a library donated by a judge in Union County, New Jersey. Other institutions subsidized him for office equipment and phone costs.

Besides establishing this program, John tried to entertain himself, too. "While I was in prison I recorded an album with a group. I'm a musician, I play five instruments, I read and write music. I got totally ripped off, never got a dime for my music, and I'm on the album cover

The record is on CD now, you can get it at Tower Records. The group's name is Escorts, and the title of the album is "All We Need is Another Chance" produced in 1973. The album cover has a group of prisoners on it, reaching through rotunda bars and shaking the hand of the producer. And I'm the first one standing there with a guitar in my hand. My name is nowhere on the record, I never got credit for my music, and I never got a dime."



Stewart is doing something about that. He does not feel he has been treated fairly, nor, in fact, legally. "Right now I'm in a process, working with a journalist, doing a documentary drama for TV, a movie of my life story. And I'm planning on using the record as a sound track, hoping that they will try to sue me so I can get the issue into the open, and get them to pay me because they owe me thousands and thousands and thousands of dollars."

Financially or emotionally, Stewart's parents were never of much help to him. "Let me give you insight into another thing that really turned me out. My father being a preacher—and there was eight children in my house—I was the second. In 1967 when my father died I was in jail. I came home and he died fifteen minutes before I got to the hospital. He was at I went back to jail, I was released thirty days later. My sister was pregnant, she was fourteen years old. I thought some boyfriend was the father and was gonna take a shot-gun to him. Found out there was no boyfriend, and found out that my father had abused my sister sexually from the age of five. And one of my brothers who knew, blackmailed her to have sex with him, so she became pregnant by my brother. My brother was in Vietnam at the time. Otherwise, I would have killed him. And what happened was, I started using drugs. That's when I started using heroin for the first time in my life—when I found out that my sister was pregnant by my brother. I assisted my sister until she had

her baby, they put the child up for adoption, and she went back to school. And, eventually, I went back to jail. My sister's life has been destroyed since then, she's been on drugs, she's been a prostitute."

Stewart hasn't seen his sister, nor most of his family, for five years. He has difficulties dealing with the situation and so stays away from his family, "My oldest brother became the pastor of the church when my father died. He knew all along what was happening. My other brother, who was the father of her child, got twenty percent of my mother's \$57,000 estate, and she only gave my sister \$500. I haven't seen my family since I picked up my inheritance—\$500, too—I hate them! My mother knew every thing all along, too, but she blacked it out. I don't understand why she gave my sister only \$500. She only had one daughter! And my sister is still paying today."

In 1988, Stewart finished up a 28-year sentence. Since then, for the last ten years, Stewart has been a New York homeless. He has stayed loyal to exactly the same spot—116 Street and Broadway—ever since he finished his sentence. He lives in the woods of Riverside Park. Stewart prefers living in the park, as he says, "with the rats, and the scarv features of the park in the dark," because to him that's more peaceful than jail. Stewart suffered from insomnia most of the time he spent in prison.

John Stewart knows exactly why he has stayed in the same neighborhood, too. It was a matter of choice. "I love it! A lot of educated people! I have quite a few friends who are faculty and staff, and students. I don't know if I should mention names. Alright, Professor Walter Pitman from the Earth and Environmental Science Department, he is a very close friend, he helps me a lot. Hmm, and a couple of other peo-

ple. I have quite a few friends at the Jewish Theological Seminary I do a little philosophy with some graduate students now and then, getting into Socrates, Aristotle, and Descartes, you know. You see, a lot of people stereotype us. I mean there are a lot of uneducated homeless, people who cannot even have a civil conversation with anybody. But, you know, I read a lot, and I'm not stupid, I'm very educated. But I mostly educated myself."

"So, I'm a philosophy student of life. That's me! And, I'm also an artist. I do portraits—pastel is my medium. And I write. I have been published, and I plan on writing my life story as soon as I finish the film. And hopefully, I will be no longer on the streets—maybe another year, you know. I'm trying to get out. But I'm doing it on my own, I'm not going through programs, I'm not on public assistance, I don't get nothing from nobody except people who help me."

And Stewart helps himself. He sells merchandise—mostly books—on Broadway. He has also furnished several apartments around the area. "I got a guy who takes trips with his family during the week-ends and every time he comes back he gets me and I help him carry his packages upstairs. I have quite a few people in the area that I do odd jobs for—but that's because they know me. They trust me, and know I'm not gonna give them a hard time. I walk a dog for this lady every day, she pays me by the day. So, I'm OK. And, you know, after having spent so much time in jail, living in the park is not a hardship for me. You know, I mean, I'm free."

Nahid Seyedsayamdost is a Barnard junior and a Bulletin NYC Living Editor.

Well Woman: Adjusting to Anemia

Q I am anemic. What should I eat?

A Anemia is constituted by a shortage in red blood cells and is diagnosed through a blood test. Symptoms include fatigue, light-headedness, frequent headaches, and dizziness. Spots before the eyes, ringing of the ears, and paleness of the skin under the fingernails are often also experienced. Most cases of anemia (especially in young men-

struating women) are caused by iron deficiency.

Women with poor diets and/or exceptionally heavy periods run a higher risk of iron-deficiency anemia. Other triggers include the use of an intrauterine device (IUD) or oral contraceptives (which may create a folic acid deficiency).

Good dietary sources of iron are eggs, red meats, liver, and dried fruits. Folic acid and iron are found mainly in green leafy vegetables such as lettuce, spinach, cabbage, broc-

coli, watercress, parsley, escarole, and kelp (seaweed). Numerous herbal supplements will also provide you with iron. Among them—red raspberry leaf (*Rubus idaeus*), strawberry leaf (*Fragaria vesca*), comfrey leaf (*Symphytum officinale*), and yellow dock roots (*Rumex crispus*) can all be found at your nearest health food store.

Anemia is an easily treated disorder. The key to remaining healthy is to detect any nutrient deficiencies in your body and to maintain a well-balanced and nutritious diet.

"Well Woman" is a weekly feature in the Bulletin. The responses, written by the Well-Women Peer Educators, answer questions from members of the Harvard community. Questions may be submitted to the Well-Woman Office, 135 Hewitt.

Demanding Respect from Fellow Students

By Mita Mallick

The other day someone exclaimed to me, "Well, everyone knows that the *Bulletin* is a piece of crap!" Perhaps this person had forgotten that she was speaking to a *Bulletin* columnist. I doubt she realized the impact of her statement. And maybe if she had stopped to think about the words that were about to come out of her mouth, she might have phrased her opinion differently. Then again, maybe not.

I am sure that many people on this campus share that woman's view of the *Bulletin*. In fact, I know they do. I have been working on this paper since my first year. I have heard every joke and snide remark that exists in reference to the *Bulletin*. One can take it all in stride as I have for the last two years. As long as I enjoy writing for the *Bulletin*, as long as I get personal satisfaction out of it, I have tried to convince myself that it should not matter. Yet when I see mounds of *Bulletins* piled in the dumpster in McIntosh, it makes a profound statement about the impact, or maybe even the lack of impact, the *Bulletin* has at Barnard.

Admittedly, I tend to be a sensitive person, but comments like "the *Bulletin* is a piece of crap" frustrate me. What is it that you don't like about the *Bulletin*? What can we change? How can we better serve the community? What can this paper do for you?

A college newspaper should definitely serve students, and be written by and for students. It should be something that students look forward to reading, not something they consider junk mail and toss at first sight. Students should be able to turn to it for Music, Commentary, Features, News—whatever best suits your needs. It should be a resource you use weekly, something you actually enjoy reading.

It is students' heartless, rude comments that are not backed up by constructive criticism that plague this campus. The *Bulletin* is not the only student organization that is a victim. Hall Council, Residential Life, and Barnard SGA are constantly attacked. The other day in Plimpton, I saw an RA stopping from door to door, personally trying to get people to sign up for an event she was sponsoring. She worked so hard on it, sent so many phonemail messages out, yet the

response was absolute apathy. I think the event ended up being canceled. She was trying to build community, making an effort to reach out to her residents, but nobody made the time to care. Yet how much time do we all take to criticize how lame and useless our RAs are? Why is it that we have the time to criticize, but not to participate?

It has been said before that Barnard students are apathetic, that we just don't care. I simply do not buy it. I have so many friends, so many classmates who are very involved in campus life. We all have our niche—we are artists, musicians, writers, dancers, or active participants in some organization, and we are all contributing in our own way, enriching life at Barnard. I do not believe Barnard produced and still produces so many strong women who are apathetic. There is no correlation between apathy and success. You cannot be apathetic and become successful.

It takes a coward to say, "Student Government at Barnard sucks." It takes a far braver person to say that they feel that SGA does not serve students, and have the courage to express what they want to see changed. People have plenty of time when it comes to complaining. No one says, "I don't have time to talk about how lame Hall Council is." I suppose it is easier to complain than to initiate change. If you can take the time to moan and groan about how much the *Bulletin* sucks, take the time to help change it. I do not mean become editor of the paper, but e-mail the *Bulletin* or stop by the office or come to a meeting and contribute your thoughts. Tell us how we should be serving you. You cannot expect any organization to always know what you want.

People might not make such flippant remarks if they knew how

I do not believe Barnard produced and still produces so many strong women who are apathetic. There is no correlation between apathy and success. You cannot be apathetic and become successful.

hard the *Bulletin*, or any other campus organization, works. I have spent countless hours working on articles, awake until the early hours of the morning. I am not the only woman who puts so much time into something she is

passionate about. You do not have to like what I write, you do not have to agree with it, but I ask that you respect it. The word "respect" seems to be an important word that is lacking in the vocabulary of many students.

Mita Mallick is a Barnard junior and a *Bulletin* columnist.

HUNTING FOR EASTER EGGS

Y2K+

by Stacy Cowley

I found my first easter egg two years ago, totally by accident. I was working on a paper and wanted to see if I had enough memory left to open Netscape, so I clicked on the Apple logo in the left hand corner of the screen and started to choose 'About This Macintosh.'

Except the corner of my book had landed on the keyboard and was pressing down the option key, and instead of saying 'About This Macintosh,' the menu item read 'About The Finder.'

Curious, I clicked on it and up came a black-and-white drawing of some mountains at sunset. A few seconds later, names began scrolling across the bottom of the screen. Huh?

An hour and a dozen Alta Vista searches later, I had my answer: I had stumbled on the famous Mac Finder easter egg. The key combo I accidentally typed brings up a picture some programmers drew of Silicon Valley, and the names of the bottom are the names of the team that programmed the Finder.

So what, exactly, is an easter egg? It's an undocumented, reproducible, non-destructive and usually silly feature built into a piece of software by the programmers.

Some, like the Mac Finder egg, are easy to stumble on, but most require elaborate key combos (and sometimes even startup file tweaks) to locate. And just about every program ever created has a few.

They range from the relatively simple to the insanely complex. Microsoft Excel 95 has one of the all-time best eggs: the Hall of Tortured Souls.

To get there, open Excel with a blank worksheet. Scroll down to the 95th row, and select the whole row. Tab over to column B. Leave that box selected while you go up to the "Help" menu. Hold down control-alt-shift and click on the tech support button.

Welcome to the Hall. But wait-there's more. If you can make it to the end of the hall without falling off the ledge, do a 180° turn and type excelkfa, then walk through the wall and check out the pretty pictures.

Excel 97 users have it a bit easier to find their egg: open a new worksheet, hit F5, then type X97:L97. Hit Tab once, so your cursor is in the row's second box, then hold down Control-Shift and click on the Chart Wizard icon.

You'll find yourself hovering over a surreal valley. Using your mouse to steer, you can navigate around-fly in the right direction and you'll come across the programming team credits.

That's what most eggs are built around: credits. Writers get bylines and actors get screen credits, so why should programmers

Right-click on the folder and rename it "we proudly present for your viewing pleasure." Rename it one more time to "The Microsoft Windows 95 Product Team!" and open the folder. Have fun checking out the video.

The funniest eggs, though, are the unauthorized ones-the eggs the programmers hide in software and sneak through dozens of quality-assurance tests and code checks. In Microsoft Word, type zzzz and spell check it. Looks like some programmers are downright anti-social.

Eggs have a long history: the very first one showed up in Adventure, a text-only computer game created in the '70s that spawned the popular interactive fiction genre in the '80s. In Adventure, the player wanders through a network of caves collecting treasures and thwarting monsters. Typing "xyzyzy" makes you invincible. In homage, xyzyzy eggs have been showing up in games ever since.

In the old days, the only way to find eggs was by hacking source code or trying hundreds of key combos. Thanks to the Web, there are now dozens of sites dedicated to tracking them in even the most obscure programs (bet you've been just dying to check out the eggs lurking in your copy of TurboPascal).

One of the best resources is The Easter Egg Archive at www.eeggs.com. So fire up your browser (and hey, if you're using Netscape, try typing "about:mozilla"), head on over, and prepare to dazzle your friends with your knowledge of nifty software tricks.

Stacy Cowley is a Barnard junior and a Bulletin columnist.

A service of the Susan G. Komen Breast Cancer Foundation, www.breastcancerinfo.com provides comprehensive information on breast cancer, including statistics, upcoming events, grants, new drugs, and survivors. It also includes an informational interactive health quiz.

labor anonymously?

Sometimes those credits get quite elaborate. In Windows 95, try right-clicking on the desktop to create a new folder. Name the folder "and now, the moment you've all been waiting for."

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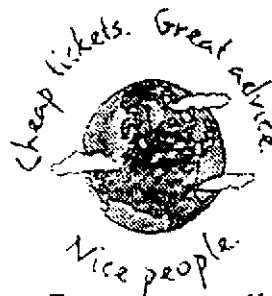
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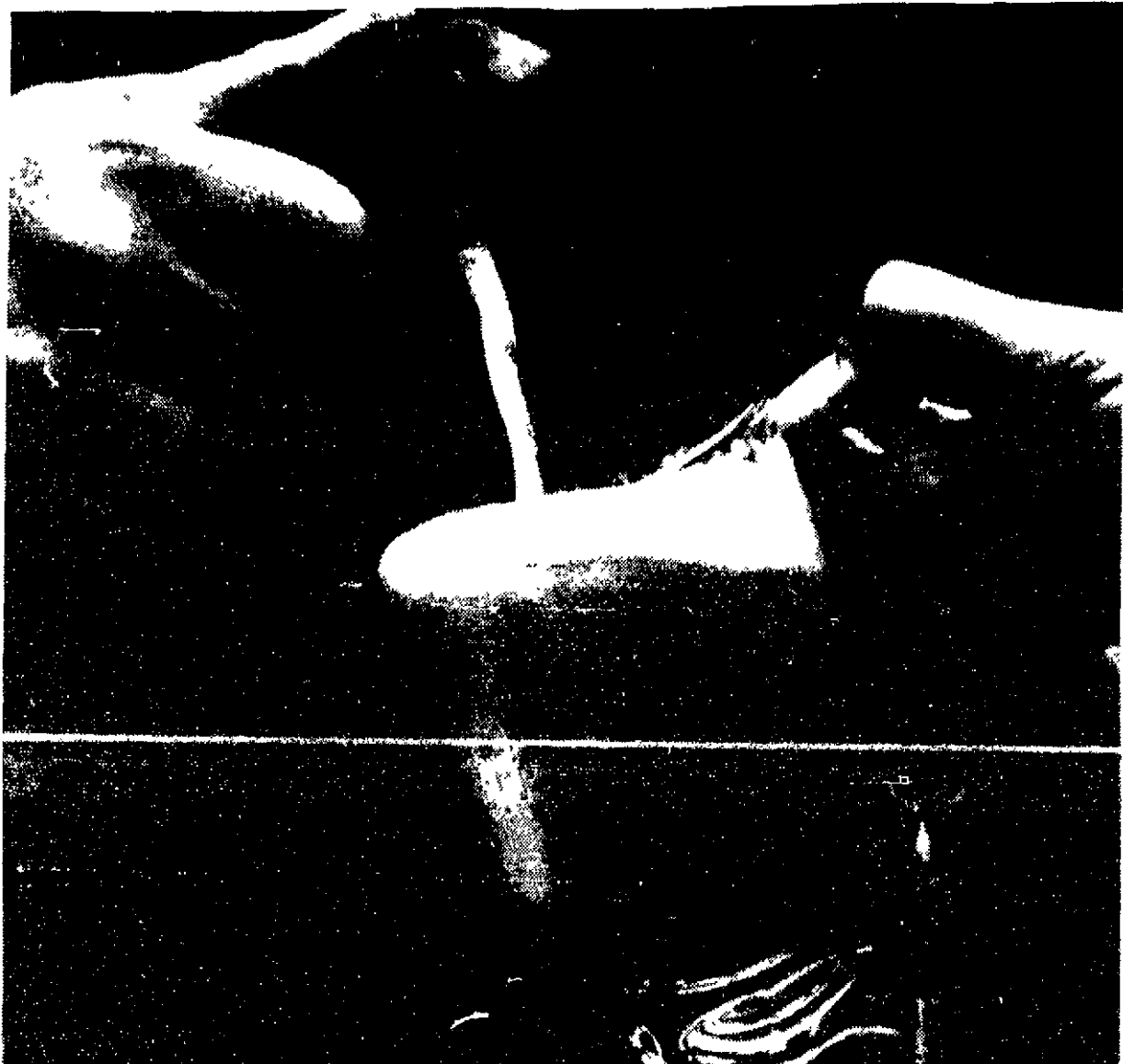
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