

# No more tofu cubes and salad bars!!!! Vegetarian Restaurants Offer Cheap

by Lara Crock and Patty Virasin

Think being vegetarian is all salad and bagels? Going veggie doesn't mean denying your tastebuds a real treat. A vegan and a vegetarian search the city for the best cruelty-free eats that would make even the most meat-loving carnivore salivate.

Being a student means being on a budget, but some-

times you just need a break from Hewitt or cooking in your cramped suite kitchen. It's a good thing

**Mamoun's** exists. Not only does Mamoun's have the best falafel sandwiches in town, but it has them for

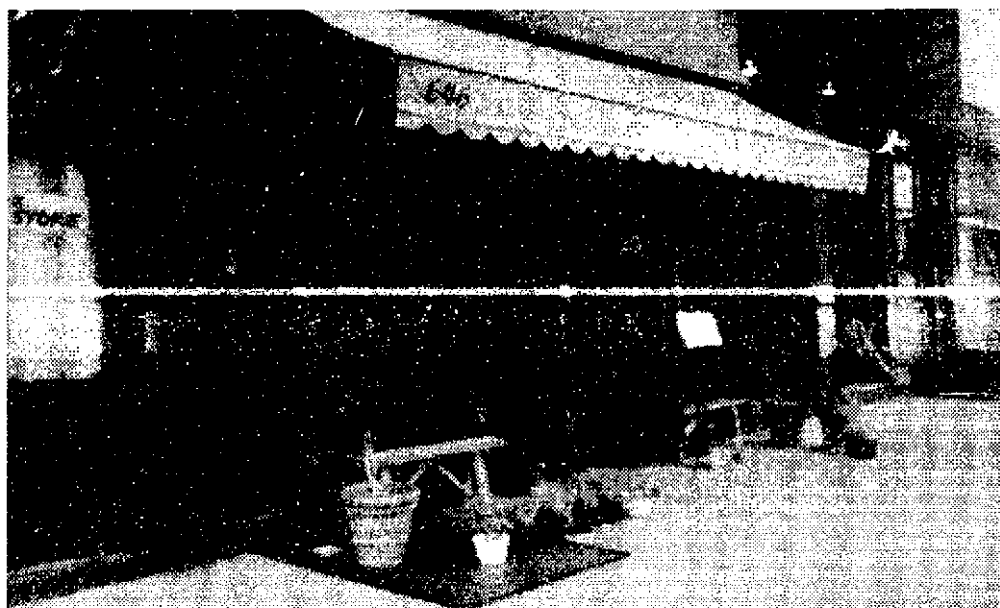
cheap. For \$3, you can get a falafel sandwich and a can of soda—a quick meal that's big enough for those on the go. No wonder people wait in lines that extend far beyond the tiny restaurant to get a taste. (Mamoun's (674-9246) is located at 119 MacDougal Street.)

There are lots of great vegetarian restaurants downtown, and although they are not as inexpensive as Mamoun's, they are definitely worth the price. One of our favorite places to go is **Kate's Joint**. Do you miss fried chicken, burgers, or any other all-American favorite? Kate's Joint specializes in the best cruelty-free junk food—comfort foods like Mom used to make (well, if she was vegan).

Notable goodies include the unturkey club—better than the real thing, and the buffalo wings served with a side of vegan ranch dressing. The weekend specials tend to be excellent, and if you happen to see the barbecue seitan special, there's no question that you should order it. But one caveat: the angel-hair pasta is greasy. The atmosphere is casual, young, and hip. You may even find

der and flavorful, but the best part of the entree was the side of velvety mashed potatoes topped with a mushroom gravy. These mashed potatoes are freshly made with each order, which means that this dish takes longer to prepare than most. The "rib" dinner was chock full of broccoli, and although the "meat" was a little hard, it had a very distinct and delicious Indian spice flavor. The lunch a

Patty Virasin



la carte prices are student friendly (\$4-6) and we can't wait to try out their weekend brunch menu. They have a fresh juice bar as well, and if you have a sore throat or cough, definitely order The Sanctuary's own remedy—a warm pineapple-ginger mix—it's more delicious than it sounds. (The Sanctuary (780-9786) is located at 25 First Ave.)

*Veg restaurants offer a cheap and delicious alternative to meat.*

You may think that it's impossible to make good

your favorite Lunachick dining in the corner. (Kate's Joint (777-7059) is located at 58 Avenue B.)

A restaurant we just recently discovered is **The Sanctuary**, a bright and peaceful escape in the city. The walls are decorated with symbols of the world's religions, promoting harmony between all belief systems and cultures. This is a restaurant with a statement: "We believe in and honor the sanctity of all living forms and do not condone violence."

All menu items are vegetarian and about 80% are vegan. We can recommend the two dishes we ordered: the unturkey dinner and the broccoli with "ribs." The unturkey was ten-

vegan desserts—especially vegan ice cream—but we found at least two. **Michael and Zoe's** specializes in all kinds of vegan and vegetarian desserts, but best of all is their softserve tofutti including a wide array of mix-in toppings. (Michael and Zoe's (254-5004) is located at 101 Second Ave.)

**Vegetarian's Paradise 2** (VP2 for short) has a very extensive vegetarian menu, but what we like best is the vegan ice cream—and it looks, feels, and tastes like ice cream. Flavors include mint chocolate chip, caramel praline, and cherry vanilla. Better yet, order the pumpkin pie a la mode (chocolate ice cream tastes best) to finish off a good meal. Don't let the moody (and sometimes slow)

## Alternative

waitstaff get you in a huff. (VP2 (260-7130) is located at 140 West 4.)

If going all the way downtown is too much trouble, there are a few uptown restaurants just a hop, skip, and a jump on the 1/9. Zen Palate is a little pricey, but the atmosphere and menu have a nouveau asian flair that's worth checking out. Try the sweet and sour sensation or the rose petals. All the dishes are kosher. (Zen Palate (501-7768) is located at 2170 Broadway.)

To get the ultimate in great vegan food you must go to Mana, so close at 96 and Amsterdam that you can walk; in fact, walking is probably a good idea because you'll need the \$3 saved to eat at Mana. It's slightly expensive (dishes are \$10-15) but it's a great place to chill out when your stress levels are reaching dangerous heights. Mana is not strictly vegetarian—they serve fish—but it's very clearly health conscious. All the foods are organic, cooked with filtered water, macrobiotic, and the deserts are sugar-free. The decor is simple and very clean. The food is lovingly prepared and the portions are big, but even though the entrees fill you up, you leave Mana feeling light and healthy. Everything we tried was good. This includes a seitan teriyaki dish, a burrito type dish called "Goodbye Amigos," and a vegan pancake brunch. The ravioli melts in your mouth. But remember to turn off your cell-phones before coming in—it's a house rule and one man who received a call on his cell-phone got some major dirty looks. (Mana (787-1110) is located at 646 Amsterdam Ave.)

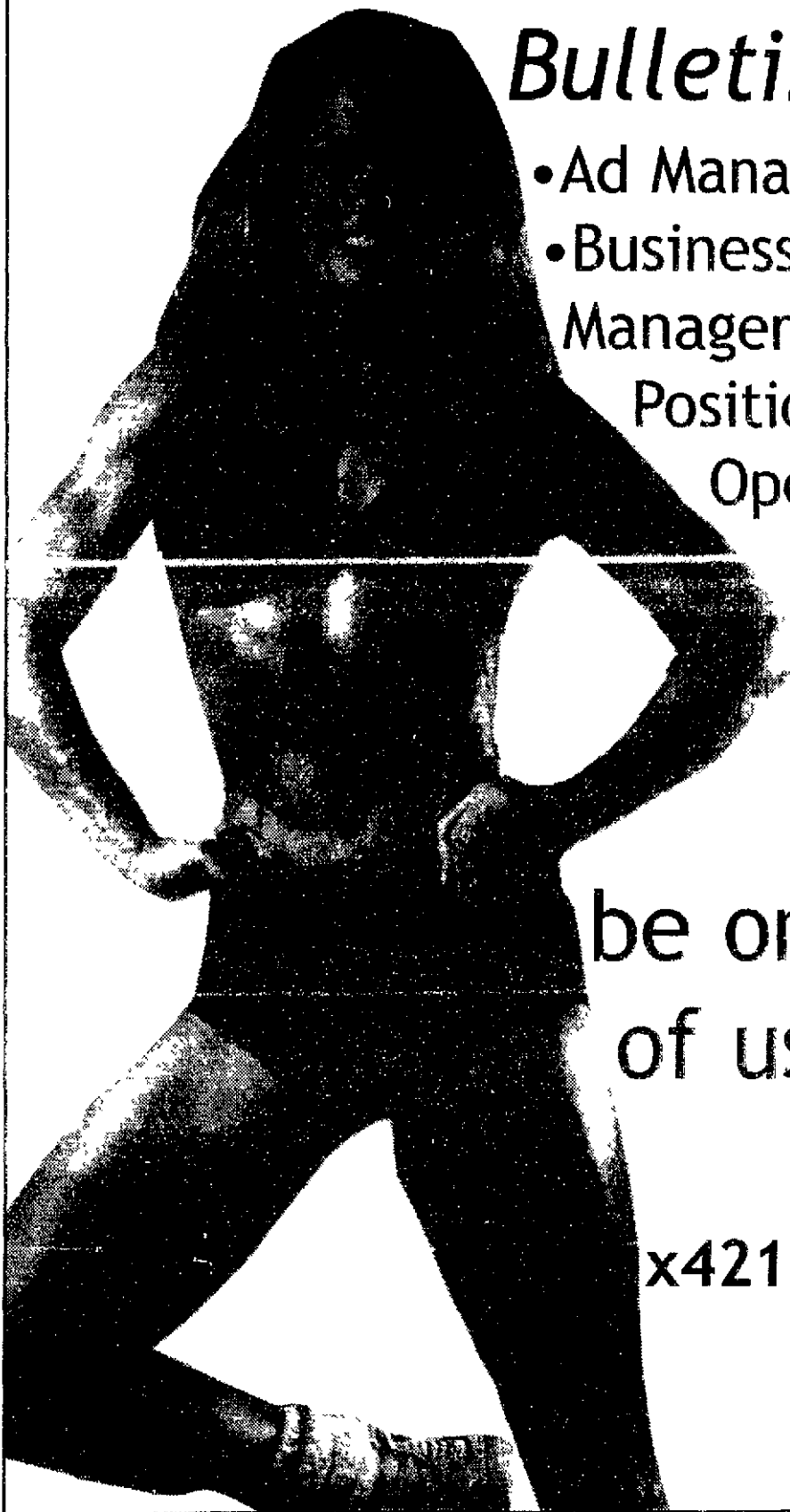
*Lara Crook and Patty Virasin are Barnard juniors, and Lara is a Bulletin staff photographer.*

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**BULLETIN**

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# A few vitamins a day

With the strain of college life and the excitement of the city in which we all live, too often our health falls to the wayside. To pay attention to our bodies, and to take good care of them, is one of the most important things that we can do. All of the information you need to stay healthy through college and beyond is out there, and we would like to put some of it at your fingertips. To help all of us stay healthy and informed, the Barnard Bulletin has added the health section.

This section is here to promote awareness about basic health, the issues that affect all of us, the resources that are available, and an insight into your health and well-being. We hope to take advantage of the wonderful medical community at Columbia University and in New York City.

Medical research, alternative medicine, the rapidly expanding technology in medicine, and maintaining personal health are all issues that the Bulletin hopes to address. This issue, we feature an article about vitamin supplements. If there is anything that you are concerned about, find interesting, or wish to learn more about, don't hesitate to e-mail the Bulletin at [bulletin@barnard.edu](mailto:bulletin@barnard.edu) with suggestions.

by Stacey McMath

I have been taking my daily multi-vitamin for years, and before that I was a big fan of the cartoon multi-vitamins that came in red, blue, and orange and were chewable. It has become habit, really, to take them, and my mother always pesters me to make sure that I am getting the recommended daily allowance of all of the important vitamins and minerals. After a while, I began to wonder just what vitamins actually were and what they did for me on a daily basis. After all, I don't feel an effect if I skip a day or two, and I eat a pretty balanced diet.

The first thing that I did in my search for knowledge was to head down



*Though nutrients should come from food, Multivitamins can provide added nutrition.*

Broadway from 116 Street to see what the neighborhood stores would tell me. Between Barnard and 110 Street, there are two pharmacies, a health food store, a nutritional store, and a store that specializes in vitamins. With shelves upon shelves of bottles, I expected the employees at these establishments to try to sell me everything under the roof. I was surprised to find that they all recommended the same thing (with a few variations): a daily multi-vitamin.

Joey, who was working in Tamarind Seed (the health food store at 113 Street

and Broadway) recommended to me the Solgar Earth Source Multi-Nutrient. It has all the major vitamins and minerals that I could think of on the spot, as well as ingredients popular with the health-food store crowd: bee pollen, dry wheat grass juice, apple pectin, and oat bran. Joey said that, living in a large city, the anti-oxidant vitamin C is very important, and for women, so are sufficient amounts of iron and calcium. A

multi-vitamin should contain these things, and they can also be purchased as supplements. At \$8 for thirty tablets (to be taken three times daily) the price for their recommended brand comes out to eighty cents per day.

Next, I was on to the GNC store at 112 Street. I was sure that they

would try to sell me something to give me huge, vitamin-filled muscles in three days or less; but to my surprise, an employee named Asma led me to the GNC Ultra-Mega Dietary supplement, which contains many of the same things as the previous supplement. This one contains no sugar, artificial colors, preservatives, sodium, wheat gluten, soy, dairy, or yeast. There is no reason not to take this vitamin. It is taken twice a day, and at \$21.99 for 90 tablets, it comes out to 48 cents per day.

The fellow working in The Vitamin Shoppe, at 111 Street, offered me the

# Keep the DOCTOR AWAY

Especially For Women Nutritional Supplement, which was like the others, but contained more calcium and iron. It also contains PABA and Choline, alternative sources of the B vitamin, as well as supplements like Dong Quai and Royal Jelly, for energy. The tablets there, also to be taken twice a day, come to 38 cents per day.

Finally I made it to Rite-Aid, where I found a multi-vitamin (the Rite-Aid brand) that is to be taken once a day and comes out to eight cents per day.

So then I came home, satisfied with my results, and decided to do a little bit of homework about the different vitamins and what they do. According to the Austin Nutritional Research Guide's (ANRG) online vitamin guide, ([www.realltime.net/anr/vitamins](http://www.realltime.net/anr/vitamins)) a vitamin is defined as "organic food substances found only in living things," which are "essential to the normal functioning of our bodies."

Vitamins, which can not be assimilated without ingesting food (this guide recommends that you take your vitamins with a meal) help regulate metabolism, convert food into energy, and help in the formation of bones and tissue.

So there you have it. While it is better to get your vitamins from food, the reality of a college lifestyle often prevents us from eating all of the foods that contain these important nutrients. If you are not already taking a multi-vitamin, I would suggest that you do so. After all, this is the only body you will ever have—the least you can do is help it work. You get all this—and for just eight cents a day!

Stacey McMath is a Barnard junior and Bulletin health editor.

*Here is a quick run-down of the most essential vitamins and minerals, all of which are found in a good multi-vitamin:*

**Vitamin A:** otherwise known as beta carotene, it is necessary for the growth and repair of many of the body's tissues, including skin, the mucous membranes, the lungs, bones and teeth. According to the ANRG, it can also reduce the risk of lung cancer and certain oral cancers.

**Vitamin B-1:** aids in the metabolism of food and helps the nervous system, muscles and heart to function.

**Vitamin B-2:** necessary for the metabolism of food, and maintains good vision, skin, hair and nails. Also (this may be of particular interest to college students) alleviates eye fatigue.

**Vitamin B-6:** synthesizes amino acids, maintains the central nervous system, helps reduce premenstrual bloating, and alleviates cramps, spasms, and stiffness.

**Vitamin B-12:** helps to prevent anemia, increases energy and is needed for calcium absorption.

**Niacin (Vitamin B-3):** improves circulation, reduces cholesterol in the blood, increases energy.

**Folic Acid:** Necessary for DNA synthesis, which is essential to the growth and repair of all the body's cells.

**Choline:** controls fat and cholesterol buildup in the body, especially the liver, and regulates the kidneys, liver and bladder.

**Vitamin C:** the ultimate anti-oxidant. Builds resistance to infection, prevents the conversion of nitrates (from things like processed meats, smog and tobacco smoke) into cancer-causing substances. In fact, according to Dr. Lines Pauling, an authority on Vitamin C, regular use can decrease the risk of certain cancers by 75%. Drink that orange juice!

**Vitamin D:** helps the body to absorb calcium and phosphorus, maintains normal action of the heart.

**Vitamin E:** a major anti-oxidant, it protects red blood cells and capillary walls from toxins and facilitates the supply of oxygen to the blood. There are two types of Vitamin E available. Natural D-alpha tocopherol, which is 100% natural, is four times more potent than its synthetic counterpart, d1-Alpha Tocopherol, a synthetic petroleum by-product.

<< page 12 >> "New Test Leper" and "Electrolite". Audience members were also delighted to hear a sampling of their work from Automatic For the People, from which the band performed such ballads as "Nightswimming", as well as crowd-pleaser "Man On the Moon". Other material from the band's earlier days met more than enthusiastic approval as they performed the 1991 hit single "Losing My Religion", as well as archival R.E.M. hits, "The One I Love" and "Fall On Me". After closing their 18 song set, Stipe and company returned for an unforgettable encore beginning with a Michael Stipe/ Mike Mills acoustic collaboration on "Hope". Shortly thereafter, Stipe introduced longtime friend and mentor Patti Smith to the stage for "E-Bow the Letter," a song featuring Smith's back-up vocals on the Hi-Fi album. The show ended with the faster than fast-paced tongue twister or a song, "It's the End of the World As We Know It", an old favorite which was quick to become something of a sing-along (at least with those audience members able to keep up). The high-

energy number was the perfect way to close such an intense show. In fact, the overall pace of the concert was noticeably rapid; each song had an urgency and drive sometimes lacking on studio recordings- particularly those songs from "Up", which border on sleepy at times.

Fitting with the musical eccentricity sometimes exhibited by R.E.M. was the quirky nature of the amphitheater's decor. Neon representations of seemingly random objects, (ie. a banana, a martini, a monkey on a branch) surrounded the band, flashing on an off at various intervals and basically contributing to a rather "trippy" atmosphere. The backdrop, which was too tacky to be whimsical but not so much as to be bizarre, was a welcome departure from the somewhat, er, shall we say racy light show some might recall from the band's Monster tour. Michael Stipe was considerably calmer, especially in comparison to his demeanor during the Monster tour, an experience that was notoriously hellish for the band— Stipe and Bill Berry both landed in the hospital during different stages of it. Thankful-

ly, for a performer with as much energy and charisma as Michael Stipe, this has proven to be an opportunity for him to communicate with his audience more freely, even if sometimes speaking in ambiguous terms. Throughout the show he asked the crowd repeatedly, "Are you feeling beautiful tonight?" a question met with spirited cheers from audience members eager to hear the band's popular ballad, "At My Most Beautiful." Naturally, they got their wish.

As well as an obvious crowd-pleaser, the concert as a whole seemed to many a reassurance that R.E.M. is not, as many had predicted not so long ago, on the verge of a break-up. The band seems to have little intention of humbly bowing out of the musical realm they have helped define for so long. While they remain a group that constantly explores new paths, as Stipe told the audience, "This is past, this is behind us" it appears the only other direction for R.E.M., besides "up", is forward.

*Liliana Segura is a Barnard sophomore.*

## Yeast Infections & How to Become a Well Woman

**Q** How do I know if I have a yeast infection?

**A** A yeast infection (Candidiasis or Monilia) is an overgrowth of a fungus, normally present in small amounts in the mouth, digestive tract and vagina. Under some conditions, the natural flora of the vagina gets out of balance leading to symptoms from an overgrowth of yeast. Common precipitating circumstances include: the hormonal changes associated with menstruation and birth control pills, or the use of anti-biotics. Some symptoms include vaginal discharge which may be thick, white, and curd-like; vaginal dryness;

vaginal itching, irritation, swelling and redness. Intercourse may produce a raw and painful feeling

Treatments for yeast infections generally include suppositories and creams, which can be purchased over the counter. There is also a prescription pill called Diflucan which can be taken. But if you have never had a yeast infection before and think you may have one, it is important to see your health care provider to be sure. Your symptoms may be a sign of another problem. Once a diagnosis is confirmed by your health care provider, treatment is quick and effective. Call Health Services at 4-2091 to make an appointment if you think you may have a yeast infection but are not sure.

**Q** How do I become a Well-Woman?

**A** Good question! As many Barnard women know, Well-Woman is part of the Health Promotion Program of Health Services. The Well-Woman Peer Educators are undergraduate women who undergo 30 plus hours of training on women's health issues. They conduct workshops on women's health, write newsletters, organize campus events and lead gynecological education sessions on Tuesday evenings in Health Services.

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

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# Sucking Up For the Grade

by Mita Mallick

I've never been the type of person to pucker up the lips for the grade.

"Oh Professor, Thursday's lecture was so amazing that it inspired me to change my thesis topic."

Even though my friend had to periodically smack me to stop the snoring. "Oh Professor, what cool socks you wear." Even though the holes are visible from the fifth row. "Oh Professor, your latest book was so intense and stimulating." Even though I don't plan on reading it and would never spend the money to buy a copy of it. "Oh Professor, those pants really suit you well." Even though the coffee stains on them reveal the fact that you've been wearing them all week long.

Sucking up to professors is an art form, one which Barnard women have perfected. Some have trained themselves and for others it just comes naturally. There are several tactics which students use, all of which will lead one to the ultimate goals: a 4.0 GPA, letters of references, and the highly coveted recommendations for graduate schools.

There are several strategies students may use to maximize their sucking-up potential. One of my favorites is complimenting professors on their clothing apparel. There is many a person who would be arrested by the fashion police for their mismatching of colors and their incorrect coordination of shoes, tops, and excessively bulky jewelry. Blood red and grass green are colors which only belong on a Christmas wreath. Encouraging such fashion behavior is a public disservice.

Another popular strategy is asking additional, irrelevant questions and/or comments in a lecture setting. On the first day of classes a student repeatedly made unsolicited comments as the professor tried to proceed with the course introductory material in a limited amount of time. She kept raising her hand and giving specific examples of the professor's points. In my head I was foreshadowing a moment later in the semester when I would take off my shoe and hurl it at the back of her head.

The giving of baked goods, cheap mugs, and holiday cards are also a creative tactic. Baking or buying a cake for a professor's birthday is one of the true signs of a suck up. I remember in one class a student brought a cake for the professor, and the rest of us had no idea it was his birthday. We stuffed our faces with cake as she gloated in her sucking-up moment. To this day I regret participating in a sucking-up moment which

was lost forever. Now I know that the stomach is the way to melting an icy heart.

Office hours is another venue suck-ups use. I can recall many a time waiting patiently against the wall outside a professor's office while one student is in there, determined to suck-up the entire office hour time. Suck-ups will sit in the office unprepared with any specific questions, attempting to chat it up with the professors. They will quickly survey the room and use certificates and pictures and mementos hanging on the wall as topics of conversation. They will talk about themselves or attempt to draw the professor into abstract discussions which have nothing to do with the problem set that is due tomorrow. Suck-ups just want to be loved.

I always wonder if professors see through this. Should I too sacrifice my integrity and self-respect in an attempt to suck-up? Can I boost my grade that tenth of a point by puckering up? Perhaps the more conceited and arrogant professors love the constant flattery and complements. It is fuel for their egos. Those professors who are just too nice won't catch a student in the act of sucking-up and humiliate them. One student ran into my friend's seminar fifteen minutes late and hugged the professor from the back. She was taken aback, but didn't say anything. Later on, the professor called roll and did not even know the student's name.

I do think that there is a little of a suck-up in all of us. We all like to flatter people, engage in discussions which will interest others, and to compliment them on their achievements. But some students will suck-up to anyone, anywhere, anytime. True suck-ups have no shame. It is called non-discriminatory sucking-up. Any professor they take a class with is fair game. Others of us will talk to and be interested in professors who we really admire as scholars. Too many students have forgotten what it means to be genuine. To be genuinely interested in a professor's research. To genuinely have liked this week's reading. To genuinely be inspired by a course.

I remember the days when sucking up worked in elementary school. When our mothers participated by sending us along with fresh-home baked cookies for the holidays. A birthday cake for the class to share. Miraculously the next day you got to carry the magic wand for the day or wear the special crown, or had the privilege of taking the class gerbils home for the weekend. In the third grade cleaning the hamster cage was a honor bestowed upon two lucky students. My sucking up potential sucked even then. I'm still waiting for my turn to clean the hamster cage.

Mita Mallick is a Barnard senior and a Bulletin columnist.

# FIRST-YEAR JOINS THE BARNARD FAMILY

by Ana Liza L. Caballes

Dismay. No more of mom's home-cooked dinners. Anxiety. Making new friends and letting down guarded walls. Stress. Caffeine-driven, late night study sessions. Demoted. A freshman again.

Having never visited Barnard or New York City, the thrill of starting my first year of college 2,787 miles away from my home in Los Angeles metamorphosed into a feeling of apprehension. Orientation week literally meant orienting myself to unfamiliar people, strange surroundings, and a totally new lifestyle—all in one week.

With red eyes from an overnight flight, I arrived at 117th and Broadway and was promptly greeted by smiling upperclassmen. Was I at the right place? Were these people part of the hostile, bustling, unfriendly community I had just witnessed while riding in the rear seat of a speeding super shuttle? I glanced at gate's logo. Yup. This was Barnard College.

While most former first year students remember orientation week as a blur, I can recall daily activities with detail. The friendliness and consideration I encountered was, to say the least, refreshing. In fact, that same day of registration, I was shocked to see the support and spirit illuminating the campus. Though the candle lighting ceremony was comy, similar to a sorority induction, I value the tradition it symbolizes. I must admit, the chanting and cheering leading to college night in the Quad Lawn when such songs as "Uptown Girl" and "Ghetto Superstar" were edited to embody the essence of a Barnard woman was frightening. I felt as if I was transported in a bubble ready to burst with overly enthusiastic, peppy people.

The celebration continued night after night. Forums with diverse issues proved to be beneficial and informative. Had I been less tired from the activities of the previous night, sessions that

began at 9:00 AM would have been more helpful. Moreover, I would probably have remembered the names and faces of department coordinators given more rest. Regardless of my sleep deprivation, other forums, including Striking a Healthy Medium, Sleep Study, or Party, Barnard Bear Essentials, Security Forum, and Academic Life: Charting the Course, alleviated my college academic anxieties.

The plethora of intriguing events to attend encompassed several aspects of college life, that I found no time for reflection. There were so many things to do, places to go, people to meet, new experiences to have. CUnity, for instance, was the most outrageous, humiliating, affair of my life, searching for people with the same birthday, devising secret signs, roaring like a lion, going at imaginary fireworks, dancing back to back with a stranger, etc. Thinking about my outlandish behavior, it's a good thing it is not likely I will see any of those people again.

Remembering orientation week is like having a mental collage created. One vivid scenario is of my first traumatic experience in New York's infamous subway system. It was after the ferry boat tour. While heading home, I got separated from my group and followed a couple Columbia students who became confused about the subway entrance. Obviously, I got home, but wandering around Times Square at 1 AM, disconcerted did little to prolong my life expectancy.

As memorable as my dim sum dining was in Chinatown, my orientation week will be engraved with faces of the 2nd floor Sulzberger/Reid residents. A Night on the Town with Your R.A. was one of the best bonding experience of my life. Our R.A. decided to spend our night in South Street Seaport. Perhaps it was the free sample of bourbon chicken we ate, or the fresh, salty, sea air, but our entire group was a traveling entertainment ensemble.

Everywhere our group of 20 college girls strolled, we attracted attention. The spectacle began while eating dinner when we celebrated my roommate's 18th birthday. Needless to say, when we sang in festivity, the whole food court stared, half apathetic and half annoyed. Our merriment continued as we wandered shop to shop and abruptly halted ten feet from store, Purple-icious. We discovered an cerie obsession we all had in common: owning purple products. For all of us, it was a relief to finally admit to our manic idiosyncrasy of owning purple bags, towels, slippers, brushes, clips, pillows, sheets, clothes, shoes, everything!

The highlight of the evening was when we sited the life-size poster displayed in Abercrombie & Fitch's window. Unanimously, we decided to take a seat and critique the artistic qualities of the athletic, God-like, underwear models of A & F, noting their constipated facial expression. Someone coincidentally had a camera and we determined it would be of no harm to ask a stranger to capture that momentous, enlightening occasion. Just as we continued our analysis of the models, a clean-cut college-looking guy with his girlfriend unexpectedly plastered himself to the window same display, remarking, "I want this one. Oh, God! Can I just touch him?" As he casually walked away, as if nothing happened, our group roared in laughter. This was definitely a picture to frame.

From my first impressions of the orientation committee who offered to help me with my luggage, to the sincere greeting of my residence hall friends, 2,787 miles was a journey worth traveling. Barnard's orientation was by far, the best I could have hoped for. It was well thought-out, organized, inspiring, accommodating, and personal. I arrived at Barnard's gates a foreigner and am staying as family.

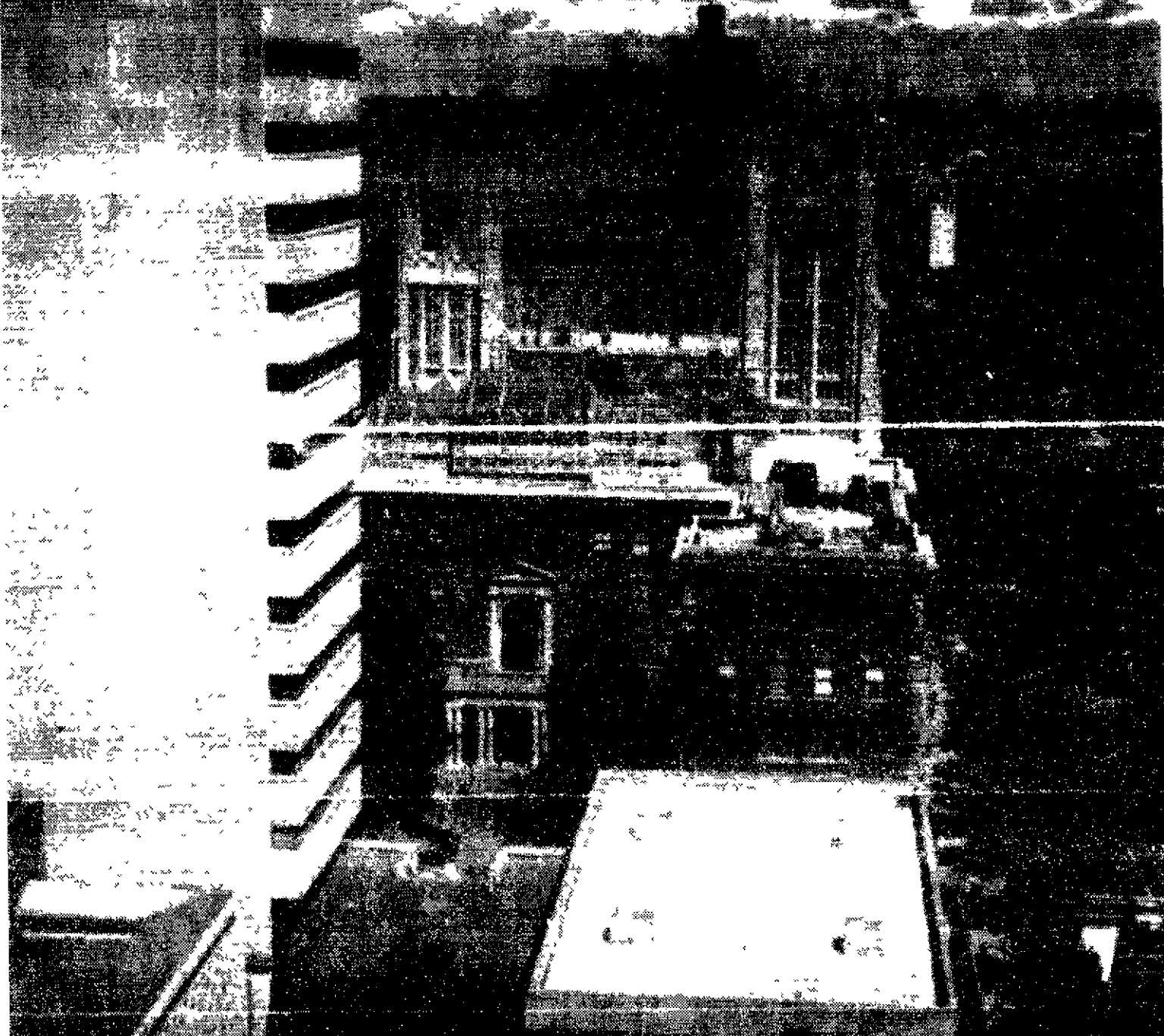
Ana Liza L. Caballes is a Barnard first-year.



Barnard

# BULLETIN

9.22.99 Issue 1



## Room with a View: Students living in converted lounges

...and show the rest of the school

# CONTRIBUTORS

And here it is, already the third week of school. Where does the time go? Already I'm behind in my readings (we'll see the next time I get a chance to pick up that novel I started in August) and my writings (all my distant friends are floating away since I have made no time for letters these days). School can really cut into one's personal life, can't it. But one happy thing it does is structure free time. At the end of the summer I had so much time on my hands, I didn't know what to do with myself—so I didn't actually end up doing anything at all. Now that school's back, I get all upset that my time is consumed by academia and then I make a point of going out and doing fun things. So... blessing in disguise?

But my summer was good, thanks for asking. I worked here on campus for the Pre College Program and we had a lot of fun. The pre-college students even produced their very own issue of the *Bulletin* to take home and show mom. Hey, I worked on the *Bulletin* as a pre college kid. Gotta get your start somewhere.

Another event which happened this summer was my encounter with the housing office. I had all these problems with moving into my fall housing early because they had to paint and there were summer people living in there and it was against the rules and blah blah blah. The problem was that I had to go home (which is very, very far away) and help my parents pack up our house to move. There was no way I could get around leaving early. I will admit, I was quite ticked off at how

little was being done to help me through my problem. But then one day when I was near the end of my rope of tolerance, I got a phone call from the housing office, and everything magically fell into place. Despite all my harassing and blubbing (or perhaps because of it), the housing office came through and got me exactly what I wanted. So just remember—and I have come full circle on this one—as much as an inconvenience our respective living situations may appear, there are people behind the scenes who really do try to help. Your job is just to know which buttons to push and which important people to talk to.

Anyhow, enough about me. Welcome to the Fall '99 semester of the *Bulletin*. We have some new faces around here, most notably our first-year additions, both of whom are profiled to the right of this paragraph. As well as all that fresh blood, we have an entirely new section called *health*, aptly enough. It deals with health issues of women today and also will try to broaden our horizons a little so far as the sciences are concerned. We have a lot of science nerds at this school who are totally unrepresented in the *Bulletin*. An untapped wealth of talent right here in Altschul. So, science nerds and English nerds and all the rest of us nerds, welcome back to school. Don't let it cut into your social life, by all means necessary. And of course, you already know the healthiest way to avoid that—by picking up your fav mag, the *Bulletin*.



Sophomore Beth Roddy is a member of the *Barnard Bulletin's* industrious and illustrious layout staff. She is originally from **BETH RODDY** the Boston area and plans to major in Art history. Her interests include opera music, Nicholas Cage, and her Introduction to the Theory of Film class that she is presently taking. After graduating from Barnard, Beth hopes to become a cowgirl in Montana.

Eliza Bang, a first-year from both Los Angeles and Minnesota, is currently unsure about her **ELIZA BANG** major, but is leaning towards something in the premed field. She is also extremely excited that her photo appeared on the cover of this issue of the *Bulletin*. Look for more of her work in the news section.

First-year Priscilla Caldwell, from Tennessee, has one goal: to survive Barnard. After **PRISCILLA CALDWELL** that, she may go into social work, or some other productive profession which affects other people's lives. She wrote this week's fabulous news article on the housing crisis. In the coming weeks, she wants to branch out and write for other sections—so stay tuned.

**Barnard Bulletin**

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cover photo by Eliza Bang

# Housing Shortage Necessitates New Solutions

By Priscilla Caldwell

The first week of any semester is always filled with a small amount of chaos. Registration takes forever, classes are already filled, and move-in day can really challenge one's physical strength and patience. This year, returning students were greeted with a bit more excitement, anticipation, and worry than usual. For the few of you out there who are not already aware, Barnard is currently experiencing a housing shortage



Eliza Bang semester.

seniors are temporarily being housed in the converted common rooms. Many students have already moved out of temporary housing, and more are expected to do so this

rooms, some have been plagued with minor problems. Many still lack Ethernet-connection jacks, and students have had trouble getting the locks on their doors to function properly.

In Sulzburger Hall, five lounges were converted into temporary student housing. Though the housing problem was not caused by the size of the first-year class, lounges in the quad were converted into student rooms specifically so that first-year students would be close to the rest of their class, instead of being housed on the very top floors or on floors

Alperstein refutes the claim that some of the lounges in Sulzburger cannot be locked as was reported in the Columbia Spectator earlier this month. "Just to clarify," she says, "that was something that was not accurate in the Spectator article. All those rooms had locks on the doors, but the keys were sticking because those locks had not been used in a while. Students who are still having problems with their keys should come down and see the Quad Area Manager." The only other significant complaint with the Sulzburger converted student rooms is that they were not equipped with smoke detectors, a problem which Alperstein confirmed was fixed on Friday, September 17

However, many first-year students have not been so lucky with their rooms. The controversy over the housing shortage at Barnard has caused many students to recognize the stark inequality of the housing. Sulzburger, for example, has air condition-

The Housing Office sent letters to students, parents, faculty, and administrators in August, informing them of the housing problems and their solutions. According to these letters, the shortage occurred because more returning students than expected have chosen to remain on campus during the fall semester. According to Janet Alperstein, Associate Director of Residential Life and Housing at Barnard, fewer students have dropped out, and fewer students have chosen to study abroad or accept internship positions.

In order to make room for all the students who are guaranteed on-campus housing, the Residential Life and Housing Office made the decision to convert lounges in some of the dorms into temporary student rooms. The dorms specifically affected are Sulzburger Hall and the 600s. Approximately fifteen first-years and seven sophomores, juniors, and

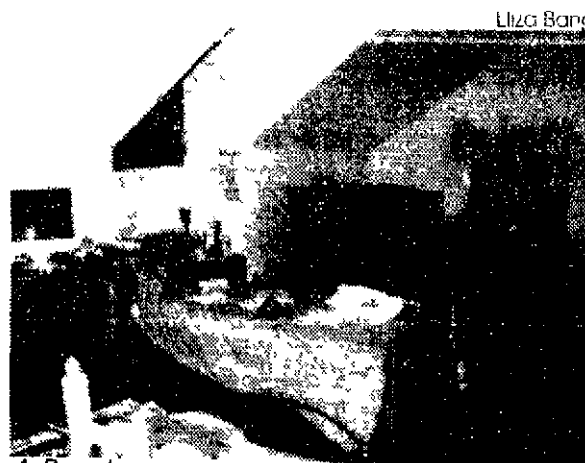
where the majority of the residents are upperclassmen

Surprisingly, the majority of the students in these converted lounges are very content. And why should they not be? These rooms are incredibly spacious, and offer more perks and conveniences than many of the typical dorm rooms. Kensie Kim '03 says, "When I got here I was pleasantly surprised.

Everything was new. The furniture was new. The paint was new. Everything smelled new. It was really clean and carpeted."

Despite the size and newness of these

ing, multiple electrical outlets, bulletin boards, multi-level bookcases, newly refurbished bathrooms, and window blinds. Brooks, however, offers none of these luxuries to its first-year residents. And while the converted lounges offer plenty of space as triples, students in other multi-student rooms have much less space.



Liza Bang

A Brooks room intended as a triple.

Throughout the year, this column, prepared by the Office of the Dean of Studies, will include announcements of importance for students. Please read it regularly to learn about opportunities and requirements.

**APPLYING FOR GRADUATE OR PROFESSIONAL SCHOOL OR FELLOWSHIPS?** Beginning on Friday, September 24, from 9:30 to 11am, Senior Class Dean Aaron Schneider will offer the first of a series of workshops intended to provide advice on how to strengthen your proposals for external fellowships and personal statements for graduate and professional school applications. Sign up in advance by calling x42024 in order to attend.

**SENIORS APPLYING TO LAW SCHOOL THIS YEAR** should attend a procedural meeting with Dean Tsu on Thursday, September 23, at noon, in the Ella Weed Room (second floor, Milbank).

**FIRST-YEAR STUDENTS WHO ARE ELIGIBLE TO RECEIVE AP CREDIT** must have an official report of their scores sent from the College Board to the Registrar's Office. Scores must be received and evaluated in order for you to receive credit for/or exemption from Barnard courses. All students whose official reports have been processed have received written notice of their credits in their Registration packets or mailboxes. If you believe your scores make you eligible for credit or exemption and you have not received notice from the Registrar's Office, please contact Leanne Habeeb in the Registrar's Office to verify that your report has been received or to inquire about how to have it sent.

**ALL FIRST-YEAR AND TRANSFER PRE-HEALTH PROFESSIONS STUDENTS** who were unable to attend the Orientation on September 1, should come to 105 Milbank and pick up materials from Ms. Abdo or Dean Bourmoutian. You should also make an appointment with Dean Bourmoutian to discuss your long-range goals and program.

**CALL FOR TUTORS:** Tutors are needed in many subjects, from the sciences to foreign languages. Comput-

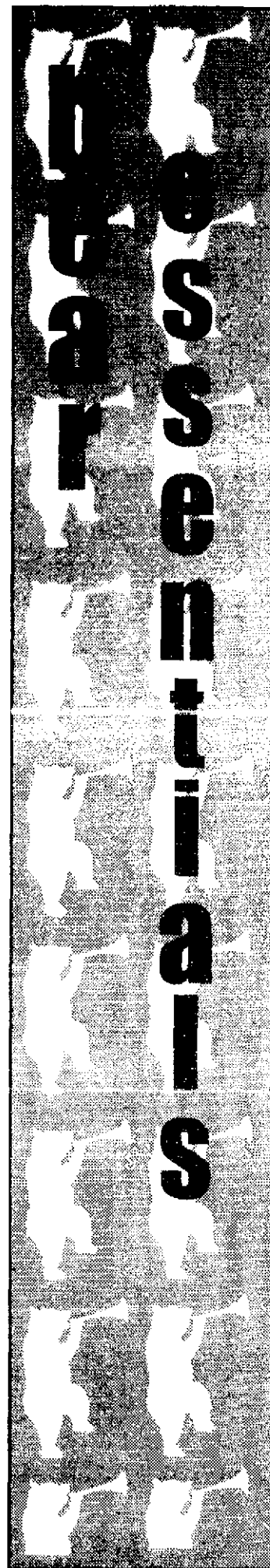
er Science tutors are particularly needed. Tutoring is a wonderful way to put your academic talents to use for the Barnard student community, as well as to earn money. Interviews, in addition to excellent grades, are required. See Michelle Pearson in the Dean of Studies Office, 105 Milbank for details.

**STUDENTS INTERESTED IN RECEIVING TUTORING:** Please speak with your instructor about study strategies before seeking assistance from a tutor; faculty members are your first resource. If tutoring is, in fact, needed, please fill out a request form in the Dean of Studies Office. We will begin to make tutoring matches toward the end of September.

**THE JONG WRITING CENTER** will open for the fall semester on Tuesday, September 21. The Writing Center's specially-trained peer tutors and faculty-level writing consultant can work with you on everything from First-Year English papers to lab reports to your senior thesis. Sign up for conferences (up to two per week) on the door of 121 Reid Hall.

**MEDITATION COURSE:** Barnard College Student Health Services is sponsoring a 6-week meditation course for students at a cost of \$25. Pre-course interviews are required. Please call Health Services, x4-2091 to make an interview appointment. The class will be held Wednesday evenings from 7:30 to 9pm, beginning September 22.

**COPING WITH LOSS:** The Counseling Service offers a support group for students who have experienced the death of a parent(s) or sibling any time in the past, recently or long ago. If this loss is still affecting your life, please join us every Friday at 11am in the Health and Counseling Service conference room. Everything you say there will be held in strictest confidence. The death of parents or siblings can be very isolating. In this group, everyone will be able to understand your feelings and reactions, no matter what they are. If you are interested, or simply want more information, please call and speak to Giselle Harrington, M.Ed., psychotherapist and group facilitator, at x42091.



**<< page 4 >>** Megan Westerby '03 and Merary Soto '03 say that they are extremely cramped. "The room's not big enough to hold all the furniture," says Megan, "and we can't open all the drawers because they are blocked." Merary adds that they cannot get storage for the pieces of furniture they don't need. Steph O'Mary '03 and Shenequa Mcleod '03, two first-year residents of Brooks Hall, were placed in a double so small that they had to leave their refrigerator outside of their room for several days before they could find floor space for it inside. Currently they have to share the same closet. "We can't push the desks against the wall because the sink is in the way. Getting more furniture is not going to solve this problem," Steph says.

Upper-class students have also been affected by the housing shortage. However, only seven upper-class students are currently living in the two converted lounges in the 600s. Alperstein predicts that the students in at least one of the rooms will be moved before the fall term is over, and that the other suite of students will move out during the spring semester.

Some returning and transfer students have temporarily been placed in the 600s E-rooms, which usually serve each floor as exercise rooms, study spaces, or guest rooms. Since these rooms have no kitchen or bathrooms, the College has put these students on a free meal-plan until they are moved, and has also provided them with keys to neighboring suites so that they have access to bathrooms.

Sarah Armstrong '02, a transfer student

living in an E-room, says that "The girls in the suite next door are so nice about sharing their bathroom with me. It has not been a big problem. I've enjoyed living here." She does however point out the legitimate concern that the move she and others will have to make during this semester will definitely interfere with their study environments and work schedules. In order to facilitate the moves, the Office of Housing is offering students actual physical help from Facilities.

Upper-class students who are not in temporary housing are finding it harder and harder to be granted new room requests, and those who filed late have little hope. Ebony Burnside '01 ran into housing problems

after the college received her credits late. Though a junior, she is currently housed in an Elliot Hall double. "I was e-mailing people constantly this summer to see what I could do about it. Hopefully I will be able to move in the spring, but I'm on the bottom of the housing list."

This is not the best year for Barnard's housing. But the situation will improve. Janet Alperstein predicts that come spring term, when students leave to study abroad and the February graduates move out of their housing, the majority of the major housing problems will be solved. The College does not have current plans to purchase more housing, and they do not plan on admitting fewer students in the future. It seems that the current housing shortage is a temporary situation that will be solved by the end of the academic year.

Priscilla Caldwell is a Barnard first-year.



*An extremely small double.*

Eliza Bong

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Budgett M. Davis

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Sponsored by the Barnard Center for Performing Women  
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- Studio Vermès (Photographers)
- FACT (Theater)
- Théâtre de la Sorbonne
- Ecole Supérieure de Études Cinématographiques

**SARAH LAWRENCE COLLEGE IN  
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**Late Night Theatre**

Is a student Government supported theatre organization. Students write, direct, design and act in plays we produce. We are currently seeking submissions - and you can give us anything - a play, a monologue, a work-in-progress, and we will consider it for a staged reading or a full production.

Place your submissions in  
Macintosh Box # 25 no later  
than September 24th!

We are always seeking actors

To get involved call Abby at x38025.

E-mail the *Bulletin* at  
**bulletin@barnard.edu!!**

Respond to an article, Inform us of your club's event, Volunteer to write.

# Health 101: Vital Advice for the

By Kiryn Haslinger and Lisa Patrick

It's a Wednesday night and you just came home from the three hour lab you wished was over about three hours ago. Since deciding dinner is more important than the 100 pages of reading due tomorrow, you open the refrigerator—hoping against all odds that a meal will be there waiting. Foiled again. Something resembling rotten lettuce . . .

Plan B: ramen and the vending machines.

Later that night on the phone, 'Well, no Mom, I'm not really eating as well as I could, but I'm in college, what do you expect?!?'

Unfortunately, this scenario seems all too familiar to college students across the U.S. Attempting to eat healthy, balanced meals at least twice a day while juggling erratic class schedules, food shopping, time, and money is no easy task. Our parents should be happy we are eating something, let alone addressing all the food groups—or even remembering how many of them exist. "The whole college lifestyle mitigates healthy eating to some extent," said Giselle Harrington, Director of Well-Woman. However, worrisome and difficult as it is to survive being off the meal plan and cooking for yourself (or for those lucky quad residents—being on the meal plan), college students can maintain a healthy and nutritious diet without too much work or money—even in New York City. We did some research and collected some data in order to enlighten you.

We guarantee you'll be surprised, because most of you are already eating a lot better than you think.

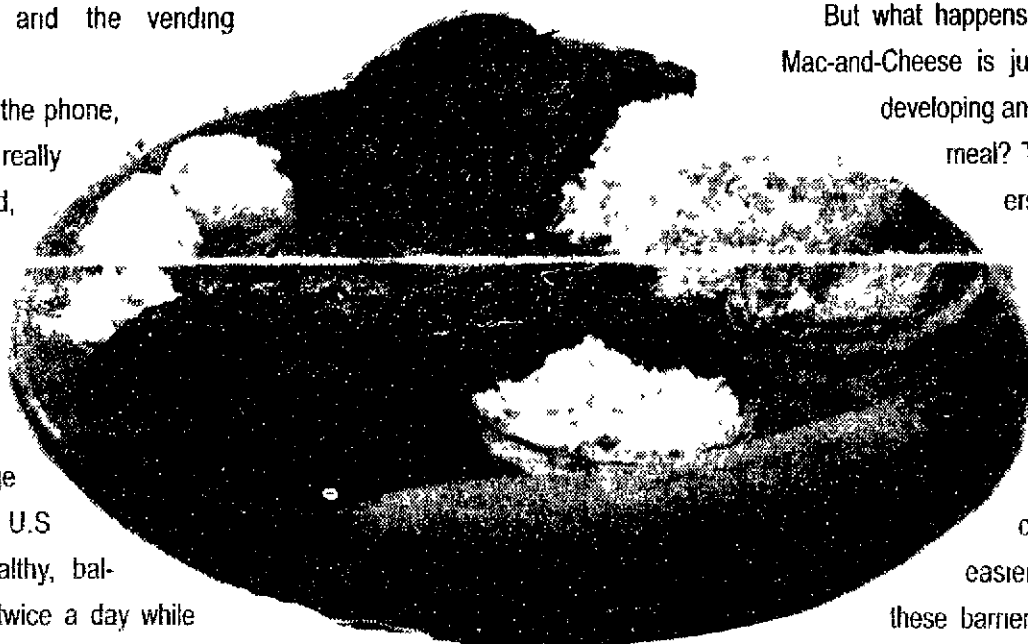
Eating can often be a very social and enjoyable experience. However, sometimes we wish we could just forget about the process—fill up on all of our fuel and nutrients from a tank, close the cap, and go along our merry ways. It takes a lot of thought to plan

and you'll do fine. . . you average in to healthy eating." For example, if you eat pasta for lunch and dinner, it is not the end of the world. Just pick something else to eat the next day. And remember that it is not that difficult to abide by the recommended serving sizes. Measure out a serving size on a whim—you probably eat double what you think for every meal "I think a lot of people are eating healthier than they think already," said Harrington

But what happens when you still think Mac-and-Cheese is just much easier than developing and preparing a gourmet meal? The two biggest barriers to nutritious eating,

according to Wheat, are cooking for only one person and time (or lack thereof). The expense of grocery shopping does not make it any easier. But by realizing

these barriers, we can overcome them with much ease. Sharing meals with friends always makes cooking more fun. By alternating what night you cook, you will not always be in the kitchen and there could be meals waiting for you on those late nights. Thinking about your food needs in advance can save a lot of time and money. "People need to get in the habit," Dr. Wheat suggests, "of taking portable, healthy snacks with them," so that vending machine investments don't become everyday occurrences. Snacks can be anything from carrots to crackers, fruit, granola bars, popcorn, pretzels, yogurt, a small bag of your favorite cereal. It's best to always have a healthy snack available and allow yourself to eat about every three hours. This



out meals that will satisfy all of our daily requirements. 'Our society has a general tendency to want to get our nutrition through a pill,' Dr. Polly Wheat, Director of Health Services at Barnard, wisely stated. Unfortunately, no pill exists that will give you everything you need.

Vegetables: 3-4 serving a day; Fruits: 2-4 servings; Milk, yogurt, and cheese: 2-3 servings . . . Remember the food pyramid? As intimidating as it may be at first, it is a very useful tool to eating a well-balanced meal. Dr. Wheat offers a helpful suggestion: "Follow the food pyramid averaged over a week or two



# Nutritionally Challenged Student

way, you don't starve and then binge on something with little nutritional value because your stomach won't stop grumbling.

Full meals might seem like they take more mental preparation than snacks, but with a few key ingredients you are home free. Dr. Wheat offered the advice that "we need the most carbohydrates and equal amounts of fat and protein," plus lots of fruits and veggies (five servings a day is ideal). Pasta, rice, and potatoes aren't too difficult to store or to cook. And while good, fresh produce may be hard to come by on the Upper West Side—so there are other alternatives. "Switching to frozen veggies is the absolute key to healthy eating for one on the run," suggested Dr. Wheat. "I recommend that people keep a sack or two of whatever frozen vegetables you like in your freezer." These are generally less perishable, less expensive, and actually sometimes more nutritious than fresh vegetables.

Getting enough protein and fat may be a bit more complex—but still possible. "I live on rice and beans," said Kristina Puga '00. Right there, carbs and proteins in a flash. When asked about nutritional survival for students, Erika Levi '02 responded, "It's all about cereal and stir fry." Chop up some vegetables, chicken, or tofu and throw it on some rice. Opening a can of hearty soup does not take much time or effort. By adding some fresh vegetables it will be even better, and more nutritious. How about eating breakfast for lunch or dinner?—eggs and pancakes have an abundance of nutrients.

So you are thinking, this is all fine and good for those who cook for themselves, but I am "stuck" on the meal plan. What do I eat in Hewitt? The first thing to remember is that basically the same assortment of food will be

there every day. You do not have to get up to eat three different entrees, then decide you want a salad, and then maybe just a little ice cream. Among the vegetarian entrees, the salad bar, and specials, a balanced meal can be created. If the food seems too bland, bring your own spices to add the flavor you desire.

Even though cooking for yourself and eating on the meal plan now seem so simple, we still realize there are those nights you feel like take-out. Contrary to popular belief, it is possible to order out healthy meals. For example, the next time you decide on Chinese food, get the vegetables steamed. Pick international cuisine; these restaurants frequently utilize a lot of vegetables and spices, which are healthier and more satisfying than not. There are a variety of restaurants in the Barnard area which deliver directly to the dorms and have low prices. Even eating pizza for a meal is OK—it fills a lot of food groups. And remember, we are now looking at our eating habits over the whole week.

As you can see by our examples and suggestions, eating in a healthy, balanced, and nutritious manner is not as stressful as one may think. By just taking a little bit of time to plan out meals, snacking during the day, and working with friends, anyone can overcome meal anxiety. And if you run out of ideas, don't forget Barnard's staff is here to help. Well-Woman has a wealth of magazines and literature with recipes and information. If you ask nicely, they'll also give you a free handy tupperware container for snacks on the run. Prove yourself wrong. Call your mom back and tell her you have found the key to becoming a healthy college student. But don't forget to remind her that care packages of home-baked cookies still fit into the plan.

## Microwave Meals on the Go

*Common, easy food for health, Sept. 1988, p. 92*

### Wild Rice and Sweet Potatoes

Place 1 cup of cooked basmati rice and 1 cup of wild rice with a cubed sweet potato. Add a tablespoon of fresh parsley, if desired. Place in a microwave container. Refrigerate overnight. Stir, then microwave for 5 minutes. Serve with a tossed salad.

### Curried Rice and Lentils

Place 1 cup of cooked basmati rice in a microwave container. Add 1 to 2 cups of frozen lentils with curry powder. Refrigerate overnight. Microwave for 5 minutes. Serve with a tossed salad.

### Tomato Broccoli

Place cut-up broccoli in a microwave container. Add 12 quartered cherry tomatoes and 1/2 cup of fresh parsley and chives. Do not mix. Refrigerate overnight. Mix, then microwave for 6 to 8 minutes. Serve with whole grain pita pocket.

### Rice and Beans

Combine 1 cup cooked basmati rice, 1/2 cup of spiced Italian tomatoes, 1/2 cup of frozen mushrooms, and parsley in microwave container. Refrigerate overnight. Microwave for 5 minutes. Serve with raw veggies or a tossed salad. Use brown rice in place of the basmati rice.

### Spinach Spaghetti

Mix 1 cup cooked spaghetti and 1 cup of fresh leaf spinach. Add pasta sauce, chopped parsley, and chives. Refrigerate overnight. Microwave for 5 minutes. Mix and microwave for another 5 minutes. Spinach is not completely cooked. This dish is best with fresh fruit.

## ARTS CALENDAR

for the week of September 22

### ART

**Monica Bonvicini**

*A Sheetrock construction with text, drawings, and lacerations.*

*Opens 9/17*

*Anton Kern, 558 B'way, 965-1706*

**Francesco Clemente**

*Frescos. Opens 9/18, Peter Blum, 99 Wooster, 343 0441*

**Downtown Arts Festival**

*This festival claims as its own countless shows, film, video music, dance and multimedia events in Chelsea, Soho, and Nolita. Thur 9/30, 243-5050*

### PHOTO

**Bill Brandt**

*Brandt cast a cold eye on England's caste system but documented that racier side of life. Thru 10/31, ICP Midtown, 1133 Sixth Ave, 768-4682*

**Nikki S. Lee**

*Korean born photographer insinuates herself in various American subcultures. Thru 10/16, Leslie Tonkanow, 601 W. 26, 255-8450*

# Stigmata Evokes

By Sarah D'Ambruoso

Stigmata, starring Gabriel Byrne and Patricia Arquette begins rather quietly, in a tranquil, Brazilian village where the audience sees devout parishioners gathering every day at the local church. Not only has their beloved priest died, but their statue of the Virgin Mary has been crying tears of real human blood ever since his passing. Father Kiernan (Byrne) investigates the statue, but finds no explanation.

Upon returning to Vatican City to request that someone be installed to guard the statue and find out where the blood is coming from, Fr. Kiernan instead witnesses a deliberate, rather ostentatious attempt to cover up this potential scandal. It turns out that this church in South America was the parish of a member of the so-called Gospel Taskforce that was orchestrated with the sole purpose of translating sections of a secretly discovered Aramaic scroll (although this does not become clear until much later). When the Taskforce wanted to make the scroll public, the Vatican bigwigs, sensing another trouble, immediately excommunicated the diocese or each Taskforce's members.

Instead the Vatican wants to send Fr. Kiernan, who is a kind of exorcist/detective (ie, a priest with a degree in organic chemistry), to Pittsburgh to investigate allegations of the Stigmata's appearance there. Enter Patricia Arquette's character, Frankie Paige, an air-head hairstylist whose favorite pastimes include picking up men in clubs, drinking rivers of tequila, and chain-smoking. In other words, she's a big sinner—and the introduction of her character completely changes the texture, sound, and ambience of the film up until

that point. The industrial, thumping music alone gives us indication that Frankie likes her badass life and is not about to start having protected sex with her muscle men because that would just be cramping her style a little too much. So receiving the stigmata, a phenomenon which, as Fr. Kiernan explains, most devout Catholics might consider a gift from God, is not exactly welcomed by Miss Paige who irritably counters a la spoiled brat with "can I give it back?"

I disagree with other press reviews of this film disavowing the film as over stylized and silly. On the contrary, Stigmata's greatest attributes are in its use of the montage and Billy Corgan as score composer which overall makes for a good squirmy experience of uncomfortable viewing pleasure. The cinematography is very commercial, but hey, so is Frankie's life. It seems fitting that a character as one-dimensional as Frankie, who is introduced in to the film in such a heavy-handed way should also be shown receiving the stigmata with the use of a strange marriage of industrial melodrama, millennium music, and camera tricks that video artists like Bill Viola have perfected. One sequence in particular stands out. Frankie and her hairstylist colleague are riding the subway home from work one night—this is after she receives the first wounds and is hospitalized and diagnosed as suicidal—when all of a sudden, upon noticing a priest and two sisters in the same car, Frankie starts screeching, the subway car bounces around the tracks, and the ever-present, chaotic music is cranked way up. This scene comes off like a postmodern, MTV-ish vulgarization of the Marquis de Sade's diary. Arquette's character is held up in the air, arms stretched out, and repeatedly flogged by an invisible force as

# A Higher Power

number two of the five wounds of the stigmata makes its appearance in Pittsburgh. Horrific as the lashing looks, there is a point amidst the

living room walls and getting invisible nails driven into her wrists. [Also, she's got to be losing over a quart of blood a day, but we never see

her eat a single thing, iron-fortified or not.]

The naughty priest stuff is really a little too predictable, but this film is, in general, so anti-Catholic and irreverent that it doesn't



Patricia Arquette thinks she is Jesus

chaos of that scene in which Arquette's face looms near in a close-up that is frighteningly beautiful and reminiscent of the glowy, luminous glamour shots of the 50's. The bass in Corgan's score is muted and the music becomes almost ethereal here and a split second of something resembling enjoyment flashes across Arquette's face as the beating continues.

Frankie and Fr. Kiernan end up the butt of a slightly brainless Vatican ploy to, yep, you heard it right, hide from the oh-so-manageable Roman Catholic public the recently found scroll, whose importance won't be revealed here. It is by some weird, unexplainable transmutation occurs between the soul of the dead priest from Brazil (who wants the world to know the content of the scrolls) and Frankie through his rosary, which ends up on Frankie's desk and potentially touches something she eats. All of a sudden Frankie goes from being a mindless, party-woman hairdresser to a possessed recipient of the Stigmata, scrawling the text of the scroll in its original Aramaic on her

really matter. There are curious Mafiosi overtones to the Roman hierarchy of spiritual power, old-timer Vatican priests are surprisingly high-tech and e-mail/fax proficient, and we find out that Fr. Kiernan hasn't prayed in "a very long time." So he was naughty even before he met Frankie. The very incongruence and unlikeability of their romantic chemistry was perhaps evident to Wainwright as well, who seems to want to spend as little time possible on those scenes.

Stigmata is at its best when Arquette is being beaten up—indeed, her character is so irritated by the change in her lifestyle—that one almost delights in hearing the sound of the sledgehammer connecting with metal spikes as they are hammered into her wrists. And although the Smashing Pumpkins aren't my personal fave, Corgan has co-written an inspired, mature score that matches the schizophrenic film making shot for shot.

*Sarah D'Ambruoso is a Barnard senior and the Bulletin ad manager.*

## ARTS CALENDAR

[cont'd]

*David Sneider, a survey of portraiture and fashion work by the late photog. Opens 9/17, Staley Wise, 560 B'way, 966-6223*

## THEATER

**Taxicab Chronicles**  
*Gary Gere's look at New Yorkers thru the eyes of a cabbie and his passengers. NY Performance Works, 85 West B'way, 726-8204, opens 9/22*

**Keep Bangin'**  
*The backup boys from "Bring in Da noise..." get their own show, directed by Savion Glover. Players Theatre*

**Do You Come Here Often?**  
*Two men are stuck in a bathroom for what is supposed to be 15 or more years. PS 133, 150 First Ave, 477-5288*

**The Real Road Rules**  
*Improvised parody of the MTV show. Upright Citizens Brigade Theatre, 161 W. 22, 366-9176*

# MUSIC CALENDAR

for the week of September 22

## POP/ROCK/PUNK/FUNK

If you're upset you missed some of CMJ's high notes like Jels to Brazil, The Donnas, L7, The Fleshtones, and others, don't fret, the music continues...

### Wednesday 9/22

MACHA @ Knitting Factory  
Static-X @ Bowery  
The Jazz Butcher @  
Wetlands  
Dead Beats @ Lion's Den  
Rock Candy @ Don Hill's

### Thursday 9/23

Sinead O'Connor @ Bowery

### Friday 9/24

Dirt Bike Annie @ Continental  
Toilet Boys @ Don Hills

### Saturday 9/25

Tripping Billies @ Lion's Den

### Sunday 9/26

Freakwater @ Bowery

### Sunday 9/27

Don Byron's @ Knitting  
Factory

## COMING UP...

10/13 Wilson Pickett @ Irving  
Plaza

10/24-25 Elvis Costello @  
Beacon Theatre

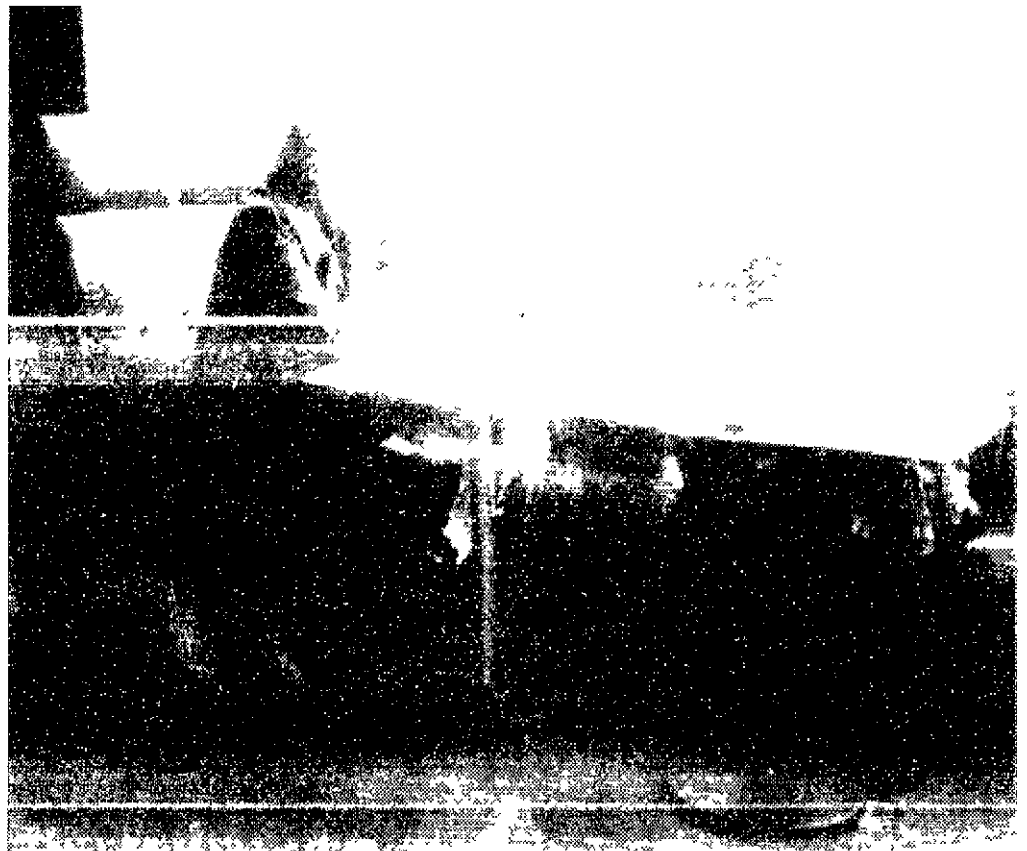
10/27 Ben Folds Five @  
Hammerstein Ballroom

# R.E.M.: Moving Forward

by Liliana Segura

By the time Michael Stipe took the stage at the Jones Beach Theater the night of September 4, people in the upper-level pavilion seats appeared about ready to spring for the \$55 R.E.M. windbreakers on sale at the merchandise booths downstairs. The wind that night combined with the vacuum-like nature of the

drummer and friend, Bill Berry, as well as R.E.M.'s reluctance to replace him, sparked doubts even among hard-core fans as to how they could pull off a new album and subsequent tour after laying low for so long. Roughly a year after their newest release, *Up*, R.E.M. continues paving the way for their ever-changing sound, displaying innovation and originality in sometimes haunting, always thought-pro-



*an artsy shot of R.E.M. in '96*

venue led to much collective grumbling on the part of those who cared little about Spacehog and just wanted to see their first R.E.M. show since the 1995 Monster tour.

They were not disappointed.

R.E.M. brought down the proverbial house that Saturday night with energetic renditions of both new and old favorites, once again claiming their place among those few solid American bands still rocking after all these years. The recent departure of the band's faithful

voking songs. But can they pull them off live? The answer, concertgoers would learn, is yes.

Opening with a driving performance of "Lotus" followed by the electric guitar riffs of "What's the Frequency Kenneth?," Stipe set the stage for what was to be a memorable mix of old and new. Though the band performed more songs from *Up* than any other single album, other albums were represented throughout, especially their previous, *New Adventures in Hi-Fi*, from which they played "The Wake-Up Bomb", << page 20 >>

# Acquiring a Taste for Hip Hop

by Vanessa Garcia

Sound sometimes infiltrates my dreams.

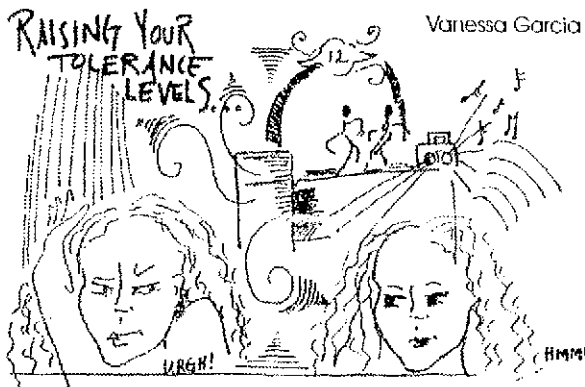
This summer I lived with a two friends by 125 Street and Broadway where there were two sounds that predominated: the subway that rises above ground and resounds across its steel tracks at all hours of day and night, and the sound of people singing along to rap songs and hip-hop on their front stoops.

At first, both were excruciating, causing headaches and sour facial expressions. Rap and Hip-Hop were not the genres of my choice; I preferred an afternoon with Cat Stevens, an evening dose of

La Boheme, a quiet nap with James Taylor, a sing along with The Allman Brothers. I did not understand why the entire neighborhood was forced to listen to the music one person chose to play on his doorstep at full volume and complete with his own vocal additions. It was not that I did not enjoy my neighborhood because I loved it—the people were fantastic. I had not, however, become accustomed to its sound until about the second week of my stay. It was then that I began to listen to the lyrics of the music and realized, “hey, this is kind of growing on me.” I told my friends and they laughed; I assume it was because of the image of me rapping along to the words of a song that two weeks ago I would have turned away from.

Rap is poetry. Rap has a social message that needs to be spread about communities all over the United States that are continuously ignored and under-represented. The sound

coming from the housing projects across from my apartment building were the sounds of words, phrases, and sentences set to beats that were beginning to make sense. I feel ashamed to have looked down upon the musical choices of others. “Yeah, I like all music, except country” (a sentence I have heard verbalized one too many times by people with no identity). But it is I who is in the wrong to shun something I had never really listened to, never paid attention to.



Vanessa Garcia

Why not be open to all kinds of music? Even country, another genre that has grown on me, as exhibited by my new Johnny Cash CD—but

we will not get into that now.

In any case, this is the beginning of a new school year and I, as music editor, welcome all who wish to tell Barnard about a new album, a genre of music that has been ignored by the Bulletin music section in the past, to come into the Bulletin office located at 128 Lower Level McIntosh and spread the word, write an article, a review, a commentary on a new group, an interview with a brand new band.

I was skimming through past Bulletin issues and found that no one has written about Rap and Hip Hop in more than a semester. Still WBAR has DJs that play it—someone’s listening to it. Let us know, teach us, we are ready with open ears, ready for sound to infiltrate our dreams, to give us new experiences.

Vanessa Garcia is a Barnard junior and the Bulletin music editor.

## MUSIC CALENDAR

[cont'd]

### JAZZ/LATIN/OTHER

**Wednesday 9/22**

Hiram Bullock @ Chicago  
B.L.U.E.S

**Wednesday 9/22-9/26**

Tommy Flanagan @ Village  
Vanguard

**Wednesday 9/22-23**

The Jeff Tain Watts Experience  
@ Jazz Standard

**Wednesday 9/22-26**

Albita @ Blue Note

**Thursday 9/23**

Afro-Latin Allstars  
Chico Freeman and  
Guataca @ SOB's

**Friday 9/24**

French Caribbean Showdown  
@ SOB's

**Friday 9/24-26**

Mark Turner/Jon Gordon  
Quintet @ Jazz Standard

**Saturday 9/25**

Christina Wheelerhahn Rowe,  
Walking Fish @ Walker  
Stage

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**"NO SYMPATHY, JUST A FRIEND"** Honest, caring, humorous, loyal artist. College educated, W.M. wishes correspondence from anyone who may wish to receive letters regularly. Trade art ideas, jokes, photos, or just hopes and dreams. I stand 5'9 tall, 190 lbs. Shoulder length, dark brown hair, and brown eyes. I wish to make friends through letters. I ask nothing more. If you have the time and are as serious about a pen pal as I am, please write. . . . Matthew Grelik #98 R 2171, Onieda Correctional Facility; P.O. Box 4580; Rome N. Y 13442-458. I look forward to hearing from you soon. Photo will receive photo. Sincerely, Mr. Matthew Grelik

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*Are you concerned about sexual violence?  
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# Volunteer with the Rape Crisis/ Anti-Violence Support Center!

## **As a Peer Counselor/Advocate:**

Provide phone and in-person peer counseling to survivors of sexual assault and rape, partner abuse, stalking, harassment, and other forms of violence. Provide accompaniment to the hospital, health services, police or security. Educate students about university disciplinary procedures and other complaint options. 12 mandatory training sessions – usually Fridays from 10 Am to 1 PM.

*Applications are due Friday, September 24, 1999.*

*First year BC/CC students and seniors are not eligible for the counseling or advocate positions.*

## **As a Peer Education & Outreach Volunteer:**

Educate members of the Barnard-Columbia community about myths and realities of violence and about the services of the Rape Crisis/Anti-Violence Support Center. Help to organize the university community around these issues. Training will be provided. *Applications are due Monday, October 4, 1999. (All women students are eligible for this program.)*

*Pick up an Application at 123 Brooks Hall (Barnard Quad)  
or download it from <http://www.columbia.edu/cu/rcavsc>.*

*For more information call 854-4366.*

*Barnard-Columbia Rape Crisis/Anti-Violence Support Center  
(212)854-HELP*

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## INFORMATION SESSION

MONDAY, SEPTEMBER 27TH, 7:00 - 9:00PM

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