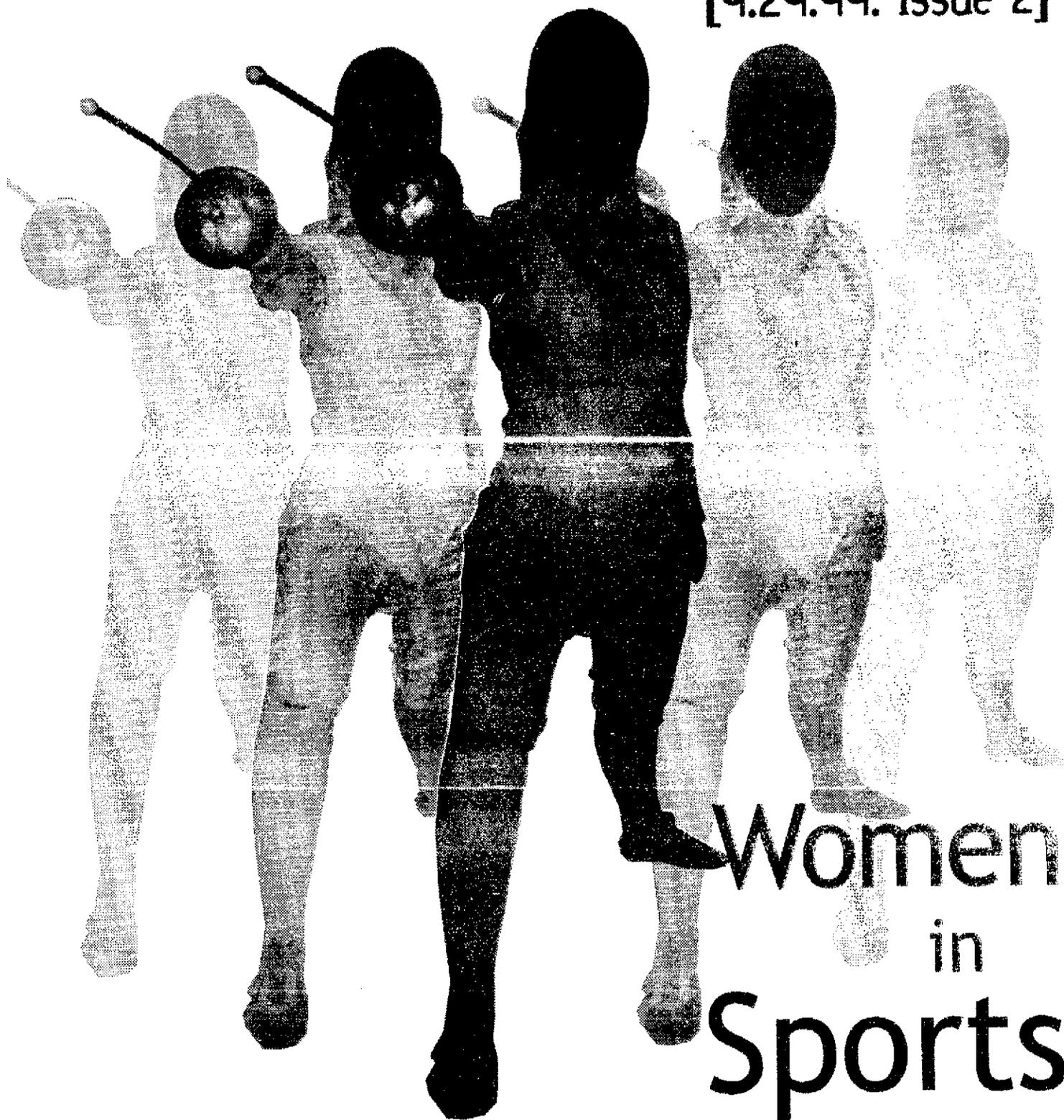


Barnard

# Bulletin

[9.29.99: Issue 2]



## Women in Sports

Plus:

Is it time for a new Sexual Misconduct Policy?



# Letters to the Editor

So here it is, the second issue. I figure, this time I will abandon my usual exploration of the wonderful intricacies of daily life and get down to the nitty gritty: what's in store for the reader of this week's issue of the *Bulletin*.

Like last week, we have a theme. Women in Sports. People say we neglect them, women in sports. Well I say, no longer. The *Bulletin* is going to be adding little tidbits here and there involving sports updates and the like for the next few issues, until we come up with a formula that works for us, and for you. So read on. It has always been my mission to try to obliterate stereotypes, but this time I think I was allowing the perpetuation of one very prevalent one: that girls just don't do sports.

Oh, but we do. I was at the park this weekend under the pretense of studying, but instead I spent most of my time dodging haphazard frisbees. Let me just

say that although there were more guys out on the field, the level of skill was pretty evenly divided down gender lines. If frisbee is any indication, the girls are right up there with the boys, so far as ability is concerned.

And I bet there are more jocks in any given circle of friends than one might imagine. Here's a little known fact: powderpuff that I may appear to be, I was on varsity Track & Field through high school and even my first year at Barnard. Yep, I worked out in the elite varsity gym in the depths of Dodge—with the wrestling team. *Jamie*, interjects the ever-vigilant reader, *I didn't know you ran track*. Perhaps that is because

I didn't run track. I hurtled discuses and javelins. Primal, baby. Rarr.

Enough about me, back to the issue. Another important feature we have this week is that the grossly-outdated Sexual Misconduct Policy is finally up for review. I don't need to expound here—the article tells it like it is. But don't worry, this ain't the last you've heard from us on that topic.

In the music section, we have a fairly exciting article on the Freight Elevator Quartet, a band comprised of CU alumni. This is another thing we're trying to get started here at the *Bulletin*: profiles on Barnard alumnae. So stay tuned for that as well.

In the health section, we have a very timely and informative piece about avoiding sickness this cold season. Everyone I know was sick this week, so something's sure going around. And speaking of going around, our newest feature is a column in the nyc living section by our very own illustrious Diana Paquin. Every week she's going to explore a different neighborhood in NYC; this week she started with the M5 bus—it's not a neighborhood, but it does lead to a lot of them. Lastly, also in the nyc section, is a little tidbit from *moi* about life as a college student in the City. The idea popped up when my friend from Germany wrote me an e-mail out of the blue to say hi, and he mentioned that every time he saw *Felicity*, he thought of me in New York. How sweet... I guess. So there it is, issue 2 in a nutshell. Read on!

## CONTRIBUTORS

Tiffany Bennett is a first-year student from Warren, Pennsylvania who likes Barnard for its small classes and its situation in New York City. Tiffany describes herself as a sports nut. Her other interests include writing and music. She is currently interning in the Public Affairs office here at Barnard and hopes to work with people in the future, possibly in public relations or social work. Check out Tiffany's article on women in sports in this week's features section.

Despite already being in her senior year, this is the first time Lauren Elkin has written for the *Bulletin*. She is originally from Long Island and is an English major. Her interests include music, writing, and reading. Last semester, Lauren studied abroad in Paris where she "wrote and read in cafes." After graduating from Barnard, she hopes to return to Paris to continue her reading, writing, and drinking coffee in Parisian cafes. Look for Lauren's article in this week's news section.

LAUREN ELKIN

Amy Levenson, a Barnard junior from the Washington, D.C. area, is one of those science nerds we mentioned last issue—a Bio major, Chem minor. She even wants to be a women's health doctor when she grows up. However, Amy has busted out of the laboratory to become the treasurer of WBAR; in this issue, read about her trip downtown to celebrate Matador Records's tenth anniversary bash.

AMY LEVENSON

# Barnard Bulletin

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# table of contents

[9.29.99 : Issue 2]

## news

- 4 *Events Calendar*  
Sexual Misconduct Policy Finally Up For Discussion  
5 *Bear Essentials*

## features

- 8 Explore your Inner Jock: Barnard Women Level the PLayering Field

## arts

- 10 *Arts Calendar: Events in the City*  
*Earth Remains Earthbound*  
11 Bacon is Mixed into a *Siti of Echoes*

## music

- 12 *Music Calendar: Sounds in the City*  
Cat Power and Pavement Celebrate a Decade of Matador

- 13 CU Alums Make Music on the Cutting Edge

## nyc living

- 16 The NYC College Student Dissected  
17 *Diana Around Town: The Wheels on the M5 Go Round and Round*

## health

- 18 Knowing is Half the Battle. How to Remain Illness-Free this Winter  
*Well Woman*

## commentary

- 20 *Mita's Musings: RESPECT*  
21 Women in Sports Only Half Appreciated

cover photo by Jessica Jaffe

The Barnard Bulletin is published weekly by the Bulletin student-staff at Barnard College in New York City. Printing is done by Exped Printers. Subscription inquiries should be directed to Anna Goldfarb, and advertisement inquiries should be directed to Sarah D'Ambrosio at (212) 854-2119. Information requests and address changes may be sent to Barnard Bulletin, 128 LL McIntosh, 3009 Broadway, NY, NY, 10027. Reproduction in whole or in part without written permission is prohibited. Letters to the Editor should be no longer than 300 words, and can be e-mailed to [bulletin@barnard.edu](mailto:bulletin@barnard.edu). Please include author's name and affiliation with the College.

**SEPTEMBER 30**

Barnard Forum on Migration: "Pictures of a Nubian Jewess Told in Snapshots, Black and Jewish Relations"

A lecture and discussion with Gabrielle Foreman, Associate Professor of English and Comparative Literary Studies, Occidental College, Sulzberger Parlor, 7pm

Office of Multi-cultural Affairs Reception, Upper and Lower Level McIntosh

Mujeres' Muchachita Night—Join this "Dancing party" while learning more about Mujeres and the Latina Heritage Month Committee. Free movie and snacks. 7:30-11:30pm, 507 Alfred Lerner Hall

**OCTOBER 5**

Career Information Month Begins. Alumnae panels to be held every Tuesday and Wednesday evening in October. Time and place: TBA For information, call the Office of Career Development at x4-2033.

"Performing Desire: Musical Expressions of Female Sexuality": A lecture and discussion with Shara Sand, Psy.D., staff psychologist, Barnard College, and

# Sexual Misconduct Policy Finally Up For Review

By Lauren Elkin

By Monday morning, flyers were posted all around the campuses of both Barnard and Columbia: "According to Federal Law Columbia University is mandated to collect and publicize ACCURATE statistics of incidents of sexual assault reported to ANY official responsible for the welfare of students. 0 is not Accurate." The flyer was signed SAFER, an acronym for Students Active For Ending Rape. By that afternoon, someone had scribbled in the margins of one flyer in the elevator of Barnard's Plimpton Hall. The note read, "Innocent until proven guilty."

Last semester, there was much activity and debate concerning the Sexual Misconduct Policy at Columbia, especially during the spring, around the time Take Back the Night was held. However, efforts have been made since 1980 to get the Policy written. The policy currently in place was just installed in 1995, with the intent of being reviewed in three years. Yet in 1997, it was postponed for another two years.

This semester, the Policy has again come up for review and a task force of students, faculty, and administration, has been organized to look over the Policy and discuss how it might be made more effective.

A petition was drawn up by PRO (Policy Reform Organization), an offshoot of the Rape Crisis Center, addressed to the University Senate, to whom the Senate Task Force will present their findings on October 22. It specifies the steps PRO believes the committee needs to follow in rewriting the Policy.

First, PRO asks to improve the sexual misconduct policy by means including: "mak-

ing the statute of limitations provision more sensitive to the needs of survivors; clarifying the intent of this disciplinary procedure so as to increase its effectiveness and to avoid confusion and frustration among students; expanding the training of Gatekeepers and Hearing Panelists so that they are better equipped to deal with incidents of sexual misconduct."

Particularly important in the first segment of the petition is the need for the policy to "emphasize that the standard of proof necessary for a guilty verdict by a university hearing panel is less than what would be necessary for a guilty verdict by a criminal jury," and to "emphasize that "guilty" means guilty of violating the Sexual Misconduct Policy, not of committing the criminal act of sexual assault."

The second demand on the petition is to "formalize Dean's Discipline, as resolved by the University Senate (Resolution No. 3 on Sexual Assault Policy, 1995), by "creating a procedures manual for hearing incidents of sexual misconduct; and providing deans with more training regarding appropriate ways to handle cases of sexual misconduct."

The third item on the petition does not concern the Sexual Misconduct Policy, but rather Columbia University's current state of inactivity with regard to making statistics and other information about the University's sexual misconduct accessible to students. The petition runs, "3. Collect and publicize information about sexual misconduct on campus. This information should include: statistics on the number of incidents reported to any University official, as mandated by federal law [Campus Security Act: 20 U.S.C. Sec 1092 (f)]; statistics on the use of << page 6 >>

**FIRST-YEAR STUDENTS** who would like help improving their study skills are welcome to schedule an appointment with Dean Kreger to discuss their individual needs

**TRUMAN SCHOLARSHIPS:** Juniors with very strong academic records who are considering graduate school and a career in public service may wish to consider applying for a Truman Scholarship. For further information, please call x42024 and sign up for Dean Schneider's information session, which will be held on Thursday, October 28 at 6pm (Call x42024 for an appointment). In addition to strong academic records, good candidates must have extensive leadership and public service experience.

**BEINECKE SCHOLARSHIPS:** Juniors planning to attend graduate school in the arts, humanities or social sciences are eligible for this highly competitive award. Students must have an exceptionally strong academic record and a history of receiving financial aid as undergraduates. Each Beinecke Scholar receives \$2000 upon completion of her undergraduate degree and a stipend of \$15,000 for each of two years in graduate school. Interested juniors should contact Dean Rundsorf, x42024.

**FEBRUARY 2000 GRADUATES:** Diploma Name cards for February 2000 graduates should be turned in to the Registrar's Office by Friday, October 8.

**MATH HELP ROOM,** 333 Milbank Hall is open evenings, 7-10pm, Monday through Wednesday, for students in non-math courses that include computation and analysis. Daytime hours are for students enrolled in calculus or lower level math courses. Monday, 9:30-5, Tuesday and Wednesday, 10-5, Thursday, 10-2 and 3-5, and Friday, 10-4. Please check the web at [www.math.columbia.edu](http://www.math.columbia.edu) and look for the Milbank Math Help Room for any changes to the current schedule.

**THE JONG WRITING CENTER:** 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.

**CALL FOR TUTORS:** Tutors are needed in many subjects, from the sciences through foreign languages. Computer 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 earn some extra cash. Interviews, in addition to excellent grades, are required. See Michelle Pearson in the Dean of Studies Office, 105 Milbank for details.

**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 (recent or long ago). If this loss is still affecting your life, please join us every Friday at 11:00 a.m. 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 x4-2091.

**FIRST-YEAR STUDENTS WHO ARE ELIGIBLE TO RECEIVE AP CREDITS** are reminded that they must have an official report of their scores sent from the College Board to the Registrar's Office. These 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 will 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.



<< page 4 >> disciplinary procedures, as resolved by the University Senate (Resolution No. 6 on Sexual Assault Policy, 1995); facts regarding the problem of sexual misconduct on campus and the effectiveness of all University policies created to deal with sexual misconduct."

Finally, the petition calls for the Senate to "Pass a resolution creating a coalition of students, faculty, and administration that will continually work to improve this University's

response to sexual misconduct in a way that incorporates student input, as mandated by New York state law [New York State Education Law 6450.129 Sec. 4(b-d).]

Generally, the biggest problem with the policy is that it is confusing to understand. On a typical day, it is somewhat arduous to make sense of—if one really needed to understand the policy in order to know how to take University action as a result of a first-hand experience with sexual misconduct, the policy would seem insurmountable. "One of the problems with the policy is that the process you have to go through is really difficult. I don't think a victim would know what to do," said Heather Josephs, co-chair of Take Back the Night. She added, "It has to be more widely known what steps to take, and it needs to be more comprehensible."

Beth Wilson, Associate Provost of Columbia University, said that it is "generally a very good policy, but in our experience it is true, as with most policies, that there is a legitimate reason for the review. There are some areas where we might make some changes."

As it is written now, the policy, in the introduction, comes across as being sensi-

tive to the needs of the students. The language in which it is written is very sympathetic, using words such as "support," "reassurance," and "education." On the other hand, page two becomes questionable as to whose best interests are in mind. "The Gate-

keeper will also discuss with the complainant differences and similarities between sexual harassment and sexual misconduct policies and procedures to enable the complainant to choose the most appropriate recourse in his/her situation." This part of the procedure gives much power to the Gatekeeper. It is to be hoped that the Gatekeeper has no one but the complainant's best interests at heart, but the way the policy is written, some feel that there is too much leeway for personal (or University) agendas to get in the way of any action being taken in favor of the complainant.

The University is not completely at fault, though. SAFER believes they "really do want to make things better—they just think that the students don't care enough," said Ashley Burczak '00, President of SAFER. At the same time, the University has neglected to make information about past sexual misconduct on campus known to the community. If they were to do so, perhaps the student body wouldn't come across as being apathetic.

PRO is entirely comprised of women, because in order to be a member one must

also be a Rape Crisis Center counselor, and because female victims of rape might feel uncomfortable speaking to a male counselor, only women work there. This training requirement leaves a large portion of the Columbia community out of the policy reform fight, namely men and non-counselors. Students who felt strongly about this issue, particularly members of the campus group Men Against Violence, formed another group in order to involve the broader community in the debate. This group, originally nicknamed "PRO Jr.," has evolved into SAFER.

SAFER is mobilized as of this semester, and the poster campaign was put together in order to bring the existence of the organization to the attention of the community. Their immediate goal is to ensure that the policy presented to the committee reflects the needs of the students. "There is a lingering suspicion that issues get watered down when they go before the committee," said Ommeed Sathe CC '00, president of Men Against Violence, who is also a member of SAFER. SAFER wants to make sure that the students do no compromise on this issue. They encourage students to speak up and

make their opinions on the subject known, particularly in the period between the Task force's presentation of their findings and the Senate's vote, which will take place on November 12. Sathe continued, "If you don't remain outspoken on an issue, a lot of what you've said gets put under the table." Burczak stressed that the work does not end with the passing of the new policy. It is vital that students are made aware, by the University, of what happens on their campus. As stated by SAFER's posters, Columbia is

**"The process you have to go through is really difficult. I don't think a victim would know what to do"**

**-Heather Josephs, co-chair of Take Back the Night**

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**"There is a lingering suspicion that issues get watered down when they go before the committee"**

**-Ommeed Sathe, President of Men Against Violence**

make their opinions on the subject known, particularly in the period between the Task force's presentation of their findings and the Senate's vote, which will take place on November 12. Sathe continued, "If you

mandated by law to make accurate information available to the public. In 1995, with the first policy, Columbia made a resolution to publicize the exact number of students who have lodged sexual misconduct complaints. According to the policy, sexual misconduct is defined as "non-consensual, intentional physical contact of a sexual nature which includes, but is not limited to, unwelcome physical contact with a person's genitals, buttocks, or breasts. Lack of consent may be inferred from the use of force, coercion, physical intimidation, or advantage gained by the victim's mental or physical incapacity or impairment of which the perpetrator was aware or should have been aware."

In the publication *Facets*, it says that there were zero reported incidents of rape/sodomy/sexual abuse in 1998 on the Morningside Heights campus. Shireen Barday '00, president of Take Back the Night, conducted research this summer on the oral history of Take Back the Night, and found, in a back issue of the *Bulletin*, that Columbia does not include Barnard when they report their statistics. This is odd, because the sexual misconduct policy includes Barnard in its definition of the "Columbia Community." Were a rape to occur at Barnard, it would be subject to the University's policies on how to handle it, but it would not be tallied in the following year's edition of *Facets*.

This makes Barnard guilty as well of neglecting to provide its students with full information. There is supposed to be a pamphlet put out by Barnard, but it was not available when Barday tried to obtain one.

It is the goal of PRO, SAFER, Take Back the Night, and Men Against Violence to actively involve the students of Columbia University in this revision process, and to make them aware of how the policy is and what needs to be changed. To this end, SAFER is currently holding a "Red Tape Ini-

tiative," encouraging students to wear red tape around their wrists or on their bookbags to show support of the revision process. The red tape is symbolic of the bureaucratic red tape with which students have met in trying to revise the policy. "Wearing the red tape reminds me that if something were to happen today, nothing would be done; the same policies are still installed," said Burczak. She urges students to wear the red tape, to sign PRO's petition, and to make sure the community is aware of what is happening. She hopes people will attend the next Task Force meeting, which will most likely be held on October 22 (signs will be posted), and to attend the Senate vote, on November 12 in order to show that the student body is not apathetic about sexual assault. Kate Woodrow '01, a member of Take Back the Night, is optimistic about the policy passing. "A lot of organizations are working together on this, and that has to count for something. Hopefully enough people will become aware of this and we can do something about it."

Copies of the petition are available outside of the Rape Crisis Center, which is located on the first floor of Brooks Hall. Copies of the current Sexual Misconduct Policy are also available.

There are, of course, two sides to every story, and the University must be given credit for trying to change the system for the better. Ideally, the new system will be passed, and it will be effective in meeting "the physical and emotional needs of individuals experiencing sexual misconduct," as the statement of purpose for 1995's policy reads. The University does have a vested interest in keeping reports of the sexual misbehavior of its students quiet, but it is to be hoped that the physical and emotional well-being of its students will, in the end, come first.

*Lauren Elkin is a Barnard senior.*

## Events Calendar Cont'd. . . Sept. 29 - Oct. 6

Michelle Schacter, Ph.D.  
Sponsored by the  
Center for Research on  
Women  
6:30-8pm, Place: TBA

### OCTOBER 7

First-Year Elections  
For information, see  
event postings or con-  
tact College Activities  
Office at x4-2096  
McIntosh Student  
Center and Hewitt Hall

McAC Welcomes  
Author Anna Gündlen  
'74 to Barnard  
Reception to follow  
For information, see  
event postings or con-  
tact the College

Activities Office at x4-  
2096, Lower Level  
McIntosh, 7pm

The Glidersleeve Lecture  
Series "No Constitutional  
Right to Be Ladies:  
Citizenship and Feminist  
Activism"  
A lecture and discussion  
with Linda Kerber '60,  
May Brodbeck, Professor  
in the Liberal Arts and  
Professor of History at  
the University of Iowa,  
and past president of  
the American Studies  
Association and the  
American Historical  
Association, regarding  
her work on women  
and civic responsibility.  
The James Room, fourth  
floor of Barnard Hall,  
4pm

# Explore Your Inner Jock: Barnard

By Tiffany Bennett

Women have been playing basketball since 1892, yet the first successful professional league for women was not founded until 1996, more than 100 years after women started playing and 49 years after the founding of the NBA. As one can see, things haven't always moved along too quickly in women's athletics. But the times, they are a-changing. 1996 saw the founding of the WNBA, and 1999 saw the amazing American victory of the women's World Cup soccer finals.

In a time when women's athletics is getting more and more of the attention that it deserves, it is increasingly important to make athletic opportunities available to women. Barnard, along with the rest of the world, was a little slow getting started, but since 1983, the importance of physical involvement here has increased by leaps and bounds. "After all, the equation makes perfect sense: a place known for leveling the playing field for women is taking the mission to actual playing fields," as stated in the summer 1999 edition of Barnard Magazine. The facilities and the opportunities have been provided for us; all that is left is for everyone to get involved.

Barnard has long supported physical health as a means to better emotional and all-around well being. Not only are students required to complete two semesters of physical education, but they also have access to all Barnard and Columbia facilities for recreation and individual training. Barnard offers many different sections of PE including traditional, organized sports such as volleyball and basketball, and courses in wellness, fitness, aerobics, and aquatics.

These classes fill up very quickly as everyone is trying to complete her two required PE courses before the end of sophomore year. In order to accommodate those who have already

finished their requirement or aren't registered for a physical education course, the PE department has created FLEX, the Fitness and Lifetime EXercise Program. FLEX provides a flexible exercise schedule in a non-competitive environment for those who want to reap the benefits of staying active in college and throughout their whole lives. FLEX classes are an "option for women at Barnard to stay on their own campus and have fun," said Laura Masone, Chair of Barnard's Physical Education Department

and Coordinator of the FLEX program.

The classes include aerobics, step aerobics, and body sculpting, and are held on weeknights and weekends. They are taught by students who have completed an aerobics instructor program.

Masone stressed the practicality and affordability of the program. "It's just too convenient and cheap. We have actually lowered the price because we want people to exercise."

Barnard students also have the unique opportunity to participate on all-women varsity teams at Columbia. In 1983, shortly after Columbia began admitting women, the Columbia/Barnard Athletic Consortium was formed. This agreement makes Barnard the only women's college whose students can compete at the NCAA Division 1 level. Students from both Columbia and Barnard represent the University within the Ivy League women's conference. "The Consortium

was an arrangement that Barnard went for because it meant we could leap from Division III to Division I and offer our students the highest level of college sports. Barnard and Columbia each contribute half the operating expenses of the women's program. By pooling their resources, the schools can offer facilities and coaches to female athletes that neither could

have offered on its own," said Merry Ormsby, associate director of athletics for the Columbia/Barnard women's teams. Currently, there are thirteen varsity teams available to the Barnard

woman: fencing, swimming and diving, archery, crew, basketball, tennis, indoor/outdoor track, cross country, volleyball, soccer, field hockey, lacrosse,

and the newest addition, softball.

Because of the increased opportunity created by the Consortium, Columbia women's teams are recording better and better individual and league performances. The volleyball team took the title in a tournament sponsored by Columbia on September 7 and 8, winning five games versus Wagner and four against Sacred Heart. The soccer team is coming back strong after last season's highest ever third place finish in the Ivy League. The tennis team also captured three victories at their opening outing at Colgate University. Despite last year's disappointing performance in the League, tennis

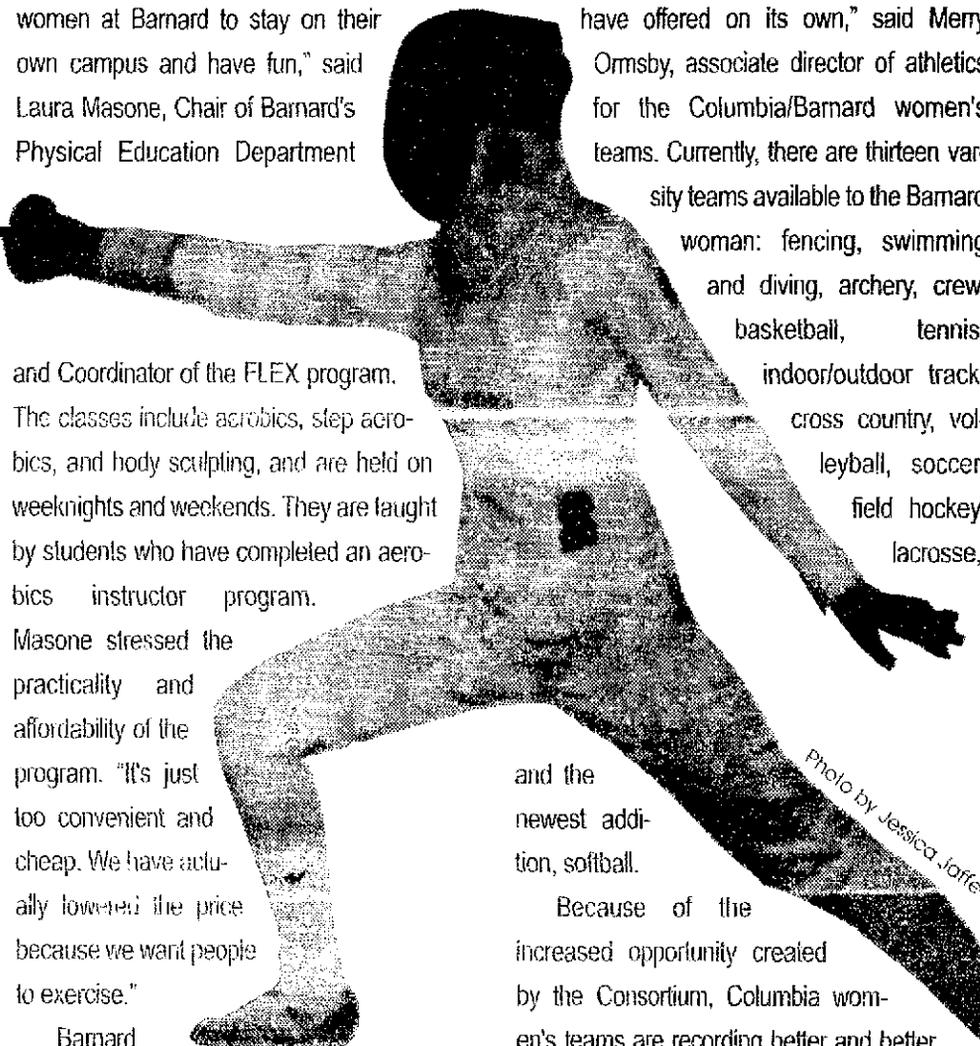


Photo by Jessica Jaffe

# Women Level the Playing Field

player Laila Shetty '03 is hopeful for the future. Shetty was recruited out of high school and given the option to attend either Barnard or Columbia. She chose Barnard because of the

community atmosphere and the support and encouragement she received from the faculty and students here. "At Barnard especially, there is more of a community atmosphere, and the classes are smaller—which definitely helps athletes get personal help and attention despite a particularly packed schedule. The whole administration is very encouraging about sports participation," related Shetty. Barnard women are definitely contributing to the quickly awakening awareness of women's athletics, and shattering the stereotypes that generally surround athletes concerning their intelligence. "I think that people get the impression that because Barnard is [part of] an Ivy League school, everyone would rather study than break a sweat, but I can see things turning around due to encouragement by the administration and enthusiasm of the student population," stated Shetty on the issue of intelligent women in sports.

In addition, those students who love athletics or would love to support the Columbia teams may participate in spirit groups: the dance team, marching band, and cheerleading squad. Although these do usually require some prior experience, it is a great way to get involved.

Obviously, varsity sports are not for everyone, either because of ability or the time commitment they require. However, for those who would still like to be involved, there are club sports. Club sports are organized at a variety of levels, from informal to intercollegiate competi-

tion. They don't require the huge time commitment or, in most cases, the exceptional ability required of varsity athletes. Club sports are open to all students, faculty, staff, and alumni. There

are over 35 different university-wide club sports currently at Columbia, many of which do compete at the intercollegiate level, and many others which exist solely for the sake of playing and practicing the sport. Club sports are generally funded by the Club Sports Department, but still require members to pay dues in order to support their activities. Club sports are often the more obscure sports, which are traditionally less popular or non-existent among high school students or in America in general. As a result, many of the members of club sports were athletes in high school, but for any number of reasons, aren't competing in varsity sports at Columbia. Carrol Hand '03, one of the newest members of the Columbia girls rugby team, had this to say

about her experience with club sports so far: "I played everything in high school, and I didn't want to just stop being involved because I didn't have the time to

commit to 40 hours of practice a week. I joined the rugby team, and it has become a great outlet for all the stress and aggression that college life can cause."

Intramurals are similar to club sports, but they take place on a much more informal level. They are generally more for pure recreation and all competitions or games are against other

teams from inside the University. They were created to promote participation and involvement in a friendly atmosphere. Barnard has its own Intramural sports program, which offers basketball, floor hockey, indoor soccer, tennis, and volleyball. Barnard Intramurals are open to all Barnard students, faculty and staff, and Columbia undergraduate students. Students may participate competitively or "just for fun." Columbia also offers a wider variety of intramural sports which all Barnard students are eligible to join: flag football, soccer, ultimate frisbee, volleyball, tennis, racquetball, squash, basketball, and for those who would rather exercise their minds, chess & checkers and a spades & dominoes club. In addition, softball, swimming, a mini triathlon, and a shooting contest are offered in spring semester. Besides the obvious fun factor, Intramurals also provide a healthy outlet for the stress of everyday campus life, and are a good way to meet people with similar interests.

Stress relief, a great body, boundless energy, better time management skills, a way to meet new people: there are endless statistics one could quote on the positive effects of regular

exercise and participation in organized sports. All of these statistics lead up to one thing: a better quality of life. It is a proven fact that

women who are active in sports and recreational exercise feel greater self-confidence, self-esteem, and pride in their physical and social selves than those who are not active. With so many choices, it is impossible not to find something that works for you. So, what are you waiting for? Get out there and get involved!

Tiffany Bennett is a Barnard first-year.

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**"[The FLEX program] is just too convenient and cheap. We have actually lowered the price because we want people to exercise."**

**—Laura Masone, chair of PE department**

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**"I joined the rugby team, and it has become a great outlet for all the stress and aggression that college life can cause."**

**—Carrol Hand, '03**

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# ARTS CALENDAR

for the week of September 29

## PHOTO

**Yasunasa Morimura:** Japanese artist's cross-dressing escapades in familiar modes of art history. **Luhning Augustine,** 531 W 24 St; (212) 206-9100. Thru 10/16.

**Justine Kurland:** Adolescent girls in the realm of the fantastic. **Patrick Gallery,** 433 W 14 St; (212) 741-6364. Thru 10/22.

**Irving Penn:** "Process," a study of the artist's working methods through prints and collages, test prints etc. **PaceWildensteinMacGill** 32 E 57 St, (212) 739-7999 Thru 10/22

## ART

**"The American Century. Art & Culture 1900-2000. Part II** In a two part series on American art this one in terms of culture and identity, social development from postwar, Cold War, Vietnam and the Civil Rights Movement. **Whitney Museum of American Art.** Opens 9/26 thru 2/13.

**Andy Warhol:** 1980s series, "Diamond Dust Shoe." **Gagosian** 930 Madison Ave, (212) 744-2313. Thru 10/30

**Leandro Erlich:** Argentinian artist's installations. **Kent Gallery,** 67 Prince St; (212) 966-4500. Thru 10/16

**Laurie Anderson @ BAM:** Anderson's visual design, music, and lyrics. 10/6-10/9, 10/12-10/16 @ 7-30pm; (718) 636-4100.

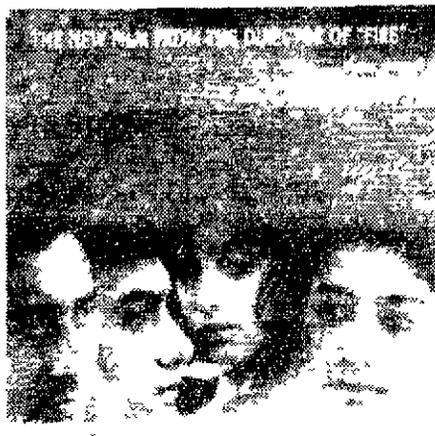
# EARTH REMAINS EARTHBOUND

by Anjali George

In light of this summer's eruptions in Kashmir, a movie about the days of Partition in the South Asian subcontinent could not have come at a better time to explain the present malaise. For those of you who are not familiar with the events of the summer, in brief it can be said that the neighboring nations, and of recent our nuclear brothers in arms, India and Pakistan, were threatening war once again over the Indian northern territory of Kashmir. In fact it was being called a war, perhaps more to psyche the warring sides up than to actually document something real. Deepa Mehta's second installment in a three-part series, *Earth*, which was preceded by the highly controversial movie, *Fire*, deals with these very same illusions of hate and differences that have wreaked havoc in both India and Pakistan since the Partition (otherwise known as Indian Independence). Though Mehta succeeds in recapturing the violence and the heartbreak of the time, she does so in such a heavy handed manner that it actually numbs the audience rather than moves them. What one is left with when the curtain falls is only a vague and forgettable discomfort.

The movie begins with a narration by the presently grown-up Lenny, the eight-year old child through whose eyes we will witness those days in 1947. We are transported to the city of Lahore (in what is now Pakistan, then India) at a time of bulging latent tension. Lenny and her family are Parsis, a minority group in India whose religion originates in Persia and more relevantly, had

taken a neutral stance when pressured by the Muslims and the Hindus to choose sides. We are introduced to Lenny's mother at the most desperate phase of denial, but then there is Lenny's father, who can feel the earth splitting beneath his feet and is already thinking ahead. Finally we meet Shantha, Lenny's beautiful aya, the Indian equivalent of a governess. She is the embodi-



ment of innocence in beauty and so it was no surprise at all that she would become the primary tragic character of the film.

We follow Lenny and Shantha to the park in Lahore, the central meeting point for Shantha and her many and varied suitors and male friends, some of whom are Muslim, others Hindu, and still another who is Sikh. We gather from the looks of it

that two of the Muslim men are vying for the attention of Lenny's Hindu aya, and one in particular, Hasan, has already won her heart at the outset. This is confirmed in the steamy, and in Indian standards, extremely steamy sex scene that comes at you toward the end of the film.

I have to admit that that scene was one of the highlights for me only because I know who these actors are. They are none other than the chaste and upright film stars you see singing and running across a field in the latest Bollywood release. When I refer to Bollywood I am speaking of the Indian movie industry that churns out the most sentimental, formulaic films existing today. The purpose of these movies, in India at least, is to provide an escape for the poor and illiterate majority, and these movies serve their purpose well for the most part, omitting <<page 22>>

# Bacon is mixed into a *Stir of* **ECHOES**

## ARTS CALENDAR

[cont'd]

### THEATER

**Play:** Samuel Beckett's play about 3 people trapped in a confined space. **Sheridan Square Theatre; (212) 807-9300. Opens 9/23 thru 11/20.**

**A Man's World:** Rachel Crother's 1906 WWI, American proto-feminist drama. **Metropolitan Playhouse, 220 E 4 St. (212) 995-5302.**

**Vagina Monologues:** 1 woman show that takes from the stories and interviews of a multitude of different women. **Westside Theater, 407 W 43 St; (212) 239-6200. Opens Oct. 23**

### FILM

**Buena Vista Social Club.** Document: the reunion of Cuban artists that had been long since lost to world. Grammy award winning group. @ **Lincoln Plaza Cinemas, B'way & 62 St, (212) 757-2286; Angelica, Houston & Mercer St. For advanced tickets call 777-FILM # 531.**

**Romance:** Sex and female masochism starring French movie star, Catherine Breill. French with English subtitles. **Eastside Playhouse, 56th St & 3rd Ave; Quad Cinemas, 13th St btwn 5 & 6 Ave, (212) 255-8800.**

**37th NY Film Festival:** Open with Spanish director Pedro Almodovar. Kevin Smith and many more. @ **Alice Tully Hall, B'way & 65 St, (212) 857-5050. Thru 10/10.**

**The Source:** Documentary on the Beats with Dennis Hopper, John Turturro, Johnny Depp. @ **Cinema Village, 22 E 12 St, (212) 934-3363**

by *Charli Long*

The latest installment of this year's supernatural scarefests—*Stigmata*, *The Sixth Sense*, *Blair Witch*—*Stir of Echoes* stars Kevin Bacon as a man whose life is turned upside down after being hypnotized. Bacon is Tom Witzky, a blue-collar Chicago man who has a decent house, and the perfect marriage, complete with the adorable little boy. Yet Tom is disappointed because, as he tells his wife, "I just never thought my life would be so ordinary" Say no more Tommy boy. His wish comes true one night after his sister-in-law (Ileana Douglas) hypnotizes him. While the rest of the party laughs and watches Tom cry over childhood traumas and perform other stupid tricks, he is experiencing flashes of a boarded up house, a woman's hand dragging across a floor and other horrific images he cannot explain.

Douglas's command to "keep an open mind" has rendered Tom the power to receive images of not only things in the past, but in the present and future too. When he sees the image of a girl sitting on his living room couch, a girl whom we later learn has been missing for months, Tom's gift begins to take over his life. He cannot work, has problems sleeping, cannot stand bright light and is prone to attacks of extreme thirst. He is also haunted by the music of the Rolling Stones's "Paint It Black." Lucky for him, this ghost has been talking to his son for months and soon the five-year-old is staking

out the couch with his father, waiting for her return. Needless to say, Tom's wife, Maggie (Kathryn Erbe), is not too thrilled with what is going on with her husband and son. As he makes inquiries about the missing girl and begins to slowly piece together the images, Tom's own life is put into danger

*Stir of Echoes* does not sport a star-filled cast (Kevin Bacon is as big as it gets here), nor a lot of guts and gore. Yet this film is far more creepy and entertaining than many of its competitors for a few reasons. First and foremost is Kevin Bacon, who is wonderful at acting the confused, working class good guy. After a few visions of dead teenage girls on the couch, Tom wants his ordinary life back. Unlike some characters in other similar films who seem to accept the supernatural as another normal part of their lives, Tom knows that his behavior is irrational, but cannot stop himself

The supporting cast, while largely unknown, is impressive as well, especially Zachary Cope who plays Tom and Maggie's son, Jake, the five year old who happily helps dad dig for bodies in the backyard. Kathryn Erbe is not given much to do except sit and watch what Bacon's character does next—she is one understanding wife, to be sure. When all of the pieces fall into place and Tom actually experiences what happened to his mystery girl, the twist will leave you shocked and disturbed.

*Charli Long is a Barnard senior and Bulletin arts editor.*

# MUSIC CALENDAR

for the week of September 29

**Wednesday 9/29**

DJ Logic's Project Logic @ Wetlands

**Thursday 9/30**

Gov't Mule @ Roseland  
Long Beach Dub Allstars @ Bowery Ballroom

**Saturday 10/2**

Rage Against the Machine @ Wetlands  
SYD Straw @ Knitting Factory

**Wednesday 10/6**

Tony Bennett @ Carnegie Hall

## COMING UP...

**Saturday 10/9**

Agnostic Front @ Wetlands

**Sunday 10/11,12,13**

Indigo Girls @ Beacon Theater

**10/23** Squeeze @ Irving Plaza

**11/9** Eurythmics @ Madison Square Garden

**11/11** Petshop Boys @ Hammerstein Ballroom

**11/16,17,19,21** Sting @ Beacon Theater

**11/19** Live w/ Cibo Matto @ Hammerstein Ballroom

# Matador Throws Birthday Bash With Cat Power and Pavement

by Amy Levenson

It has been a decade since Matador Records, one of the biggest independent record labels around, first opened its doors, and excitement was in the air at the ten year anniversary party on September 24 at Irving Plaza. The record label had decided to throw a three-night concert featuring the many bands that Matador has helped to become successful. I decided to go to the second night of the anniversary party, for two of my favorite bands were to play: Cat Power and Pavement.

I was anxious to see Cat Power, consisting only of one woman, Chan Marshall, at the Matador show since I had been disappointed the last time I saw her during her extremely short and quiet performance. She came onstage

With only her single electric guitar, and her sultry voice, Cat Power is the type of band that requires a lot of patience and concentration to watch for her songs are very quiet, slow, and serious. However, once the music starts, the simplicity, emotion, and mysticism conveyed in her songs is impressive. Cat Power's ballads of sorts were absolutely beautiful. Her voice was very sensual and smooth, and her solo guitar playing echoed and resonated throughout the club. As I listened to Cat Power play, she reminded me a lot of bands such as Mazzy Star and Portishead. Cat Power's songs are full of strong emotions such as longing love and shame. By the time Cat Power left the stage, the audience seemed to be captivated by the feeling in her music, and appreciative of Cat Power's creativity and talent.

After Cat Power left, there was much anticipation for the next performers, Pavement. At this point in the show, it was clear that this was the band that everyone had come to see, for I suddenly got surrounded and packed between lots of people, waiting to see one of the greatest indie bands ever. With the success of Pavement's latest album, *Terror Twilight*, their audience has become larger and more diverse, and their shows almost always sell out.

When Pavement came on stage, it was clear why they appeal to so many people, they are not only great performers, but are also very talented and creative musicians. It was easy to see that the band members were really enjoying themselves on stage, playing around with the lyrics and rhythms of their most popular songs. A lot of their tunes even took on a funk sound, causing the audience to dance around to the creative new beats. Many were also singing along to the catchy lyrics, despite the difficulty deciphering the meaning of these whimsical words. Everyone seemed to enjoy the mix of new songs with old favorites that made up Pavement's play list, and it was clear that this audience was full of long-time fans.

By the time Pavement left the stage, after about an hour and a half of energetic playing, the audience was fully satisfied and impressed with Pavement's performance. Thanks to the past ten years of Matador's existence, overall great bands like Pavement, and creative artists such as Cat Power have had a chance to express themselves, appealing to all different kinds of people.

Amy Levenson is a Barnard junior.

# CU alums make music on the cutting edge

by Karla Repple

The new album out by the Freight Elevator Quartet and DJ Spooky called "File Under Futurism" initially interested me because the FEQ musicians are CU grads (R. Luke DuBois CC '97, Paul Feuer CC '97, Rachel Finn, BC '99 and Stephen Krieger CC '97). While I can prattle on about indie rock, I must admit I do not know so much about electronic music. So I decided just to give it a listen.

What I heard when I put on the CD is not

class, and that stars change color because of certain telescope lenses. This piece does say something about that to me. There is the plaintive melody from the cello countered by more digital sounds and textures. Perhaps I am stretching my guitar-rock mind too far on this, but it sounded like it was a shifting off one to the other, much like the color of the star shifted depending on the lens it was viewed with. I suppose even that could be said of this music. Depending on the context of the listener, one could hear the music differently, and the meaning would depend on the listener.



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"FILE UNDER FUTURISM"

what I expected. Too frequently, "techno" (the general public's term for electronic music) is equated with some crudely strung-together repeating beats. This is nothing like that. There is an intricacy and a method to the construction of the pieces. The music is truly interesting to listen to. There is so much depth to the layers, different tones and record mixing plus a cello and other synthesized sounds converge to form a path. I marvel at how this music could have been masterminded.

The Freight Elevator Quartet brings together so many different elements and places them together in a coherent and fascinating way. The album title, "File Under Futurism," says so much about what this music sounds like. It seems to be a statement on the future, digital sound, and the culture that those bring about.

I was particularly intrigued by the track titled "Chromatic Aberration." I remember something about chromatic aberration from my Astronomy

The more traditional stringed instrument is appropriated into the digital world and even serves as a reminder of the past.

This music challenges and engages the listener. It asks for focus, it is not simply background music. As I mentioned before, it is not like the music that one associates with techno. It is not mindless, but extremely well thought out. It is obvious that the musicians are skilled and studied, they use their talents in experimental and intellectual ways. The richness of the pieces, which sound like movements of the same idea, is what compels the listener to keep with the music. The different tracks are linked by commonalities in mood and sound, but they can all stand on their own as complete works. Perhaps this height of electronic music is achieved through the merging of academia and pop-culture. The Freight Elevator Quartet, as a part of the computer music world, teaming with DJ Spooky, who is an established NYC DJ, collaborate << page 22 >>

## MUSIC CALENDAR

[cont'd]

### CDS TO CHECK OUT...

Stereolab - Cobra & Phases  
Group Play  
Voltage in the Milky Night

Tom Waits - Mile Variations

Elades Ochoa - From the makers of the Buena Vista Social Club

### JAZZ/CLASSICAL/OTHER

Wednesday 9/29-10/3  
Donald Harrison Qtr @ Sweet Basil

Cyrus Chestnut Trio @ Village Vanguard

Wednesday 9/29  
Dr. Lonnie Smith Trio @ SMOKE  
(you should check  
This place out if you haven't already - it's really close by on Broadway just below 106)

Thursday 9/30  
Jerry Dugger & The Black Pearls  
@ The Phoenix Room

Friday 10/1  
Miri Ben-Ari Quartet @  
The Phoenix Room

Wednesday 10/6-7  
Celia Cruz @ SOB's  
(trust me on this one - if you go, you will dance)

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# The NYC College Student Dissected: What Makes Her So Special?

by Jamie Hardy

Unique is the best way to describe the NYC college student's experience. Where else in the world are University events so erratically attended because they have the entire Village Voice's-worth of activities to compete with on a weekly basis? It's kind of a marvel that students actually do well in school here, with so much else to think about. Imagine if we were suddenly transplanted in rural Iowa: we'd have so much time on our hands that we'd go crazy in about a week.

Probably the way many kids manage to get through life as an undergraduate student in NYC is by being in the city, but not of it. Most of us are able to go home three or four times a year and cleanse ourselves of the residue this place leaves on our souls. Residue from the exorbitant rent one must pay should she choose to live off-campus, the throngs of people at the park when all she wants to do is relax in peace, the inconvenience of public transportation as the dictator of how far from campus she may stray, the minimal (if any) campus her school is even allotted. Boy, life is tough for the perennial student. But she keeps coming back for more, doesn't she?

Somehow she manages to get back to sleep after the garbage truck or construction van across the street revs up at 7am Sunday morning. And she finds a way around the city-wide "nothing on windowsills" law by putting her plants (and candles) on her desk to enjoy the daily five minutes of direct sunlight her room actually gets in the late summertime. And of course she's gotten used to the shin splints from walking on cement all day long.

The life of a New Yorker is definitely a vertical one. We're constantly going up and down, up and down, whether it be to Windows on the World for a drink or the bowels of Penn Station for a ride out to visit the relatives on The Island. This is the home of the New York Stock Exchange—up and down, up and down—not to mention almost every corporate ladder in professional business—up and

down, up and down. Maybe this is where we find our incessant compulsion to achieve: constantly surrounded by the cream of the crop, we have no other choice but to be the best at whatever it is we decide to do, or else we plummet.

Kids from schools in other places often say that they could never handle going to school here because there is always so much going on all the time, and the City is just so *stressful*. Well if that's for real, then does that mean that the kids who *can* cut it are of different superhuman-stock than the kids who don't think they can? Not very likely. The difference is probably more along the

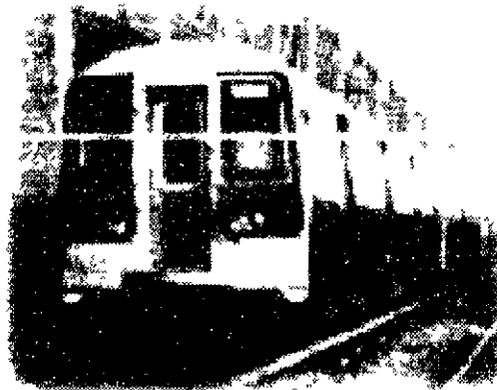
lines of adventure-seekers versus the stay-at-home type. The kind of kid to whom NYC appeals might be the kind of kid who has to make all her own mistakes before she can learn anything from them.

Lots of us are getting our fill, though. *Sans* official statistics, it wouldn't be too far off the mark to estimate that most of us are planning on leaving this place pretty soon after graduation. Maybe we've seen the competition and

decided to run the other way once we've shed the parachute of college; or maybe life in the big City just wasn't to our personal tastes. Then again, if everyone decided to stay after they got their undergraduate degree, imagine the melee after just a few years. So instead, we keep the flow on and come, experience, leave. For some maybe four years is enough—enough time to get their yah-yahs out and enable them to re-assimilate into suburbia (preferably via grad school). And then, of course, there are the proud few who have been bitten by the NYC bug—hopefully without contracting any sort of encephalitis strain—who plan to stay here forever.

It's no secret that one of the biggest factors which draws students to Barnard—like bees to honey—is that we're in New York. They may say it's the academics, or the gargantuan "research university across the street," or that it's because Barnard's just for chicks, but in the end baby, it's the City.

Jamie Hardy is a Barnard junior and the Bulletin editor-in-chief.



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## The wheels on the M5 go round and round...

By Diana Paquin

As anyone who has taken Professor Jackson's class *History of the City of New York* knows, if you take the bus in any other city you "Might as well be wearing a sign that says I'm a Loser." This is not the case in New York. Although I am enthralled by the idea of travelling underground, my main problem with riding the subway is that I have almost no idea what is going on in the neighborhoods above me. Although the bus often takes longer than the subway, this time can be spent gaining familiarity with parts of the city that one might not otherwise go through, or that are out of the way.

Hands down, my favorite bus route in the city is the M5. Going southbound all the way down to Houston street, the M5 takes you to or past some of the most famous sites in the city. Starting at 116 St, you can catch the bus at Riverside Drive and ride it all the way to the Village. Along the way, it passes Riverside Park, the Lincoln Center for Performing Arts, The Park Plaza, the glamorous department stores of midtown, the MoMA, Rockefeller Center, The Main branch of the New York Public Library, The Empire State building, The Biltmore building, and then makes a wide circle around Washington Square Park. This bus is an adventure, as well as being the cheapest sight-seeing tour in the city. You can talk to the driver, get change, directions, or advice from other passengers, and see people and places along the way that you never would have expected. So if you have a little bit of extra time, or you're just trying to get the most out of your metrocard gold, take the M5—or any bus, for that matter—to experience this city to the fullest. We all call it home, but too many of us only see it as isolated areas surrounding particular subway stops.

*Diana Paquin is a Barnard senior and Bulletin columnist.*

# Knowing is Half the Battle:

By Stacey McMath and Catherine Wallach

If you are anything like we are, you are pretty paranoid about getting sick this winter. When you hear that your suite-mates are sick, do you run in the opposite direction, echinacea in hand? We do. But, as we will have you know, there are other things that you can do in order to stay healthy this winter. There is a chill in the air, there are germs on your hands—but we will help you prepare. Read on; these are the top ten things that you can do to stay healthy this winter.

## GET A FLU SHOT

You know you want one. The flu shot is a vaccine which helps to prevent the spread of the influenza virus. You need a new one each year because the virus changes from year to year, and immunity from last year's shot cannot be relied upon. This vaccine is available after October 1 from Barnard Health Services for \$5, and is recommended for everyone but essential for those with autoimmune disorders. If you are allergic to eggs, this vaccine is not for you. Ask Health Services about what you can do to avoid the flu in this case. Get the vaccine as early as you can, as it takes your body at least two weeks to form the flu-fighting antibodies.

## WASH YOUR HANDS

Remember nursery school? Seen the flyers in the bathrooms? Washing your hands frequently with an antibacterial soap or using a commercial antibacterial gel hand sanitizer (while these do not kill all germs, they do effectively remove a small percentage) greatly reduces the transmis-

sion of germs and bacteria. Rhinovirus, believed to cause 30 to 35% of all colds, can live up to three hours outside the body. The main route of spreading germs is by hand. Remember this: when you put your hand on the rail in the subway, someone probably sneezed on it a few minutes before. Wash your hands before you eat or touch your face.

## TAKE YOUR VITAMINS

If you read last week's Health section, you are already a vitamin expert. If not, what you need to know is this: take a multi-vitamin (if you are a woman, take one formulated for women) daily. In the winter, you can boost your immune system by taking supplemental C, E and B-Complex vitamins. There is some evidence that herbs such as echinacea can boost your immune system, and they probably can't hurt you. If you feel yourself beginning to get sick, take 1,000 milligrams of Vitamin C; this may help your immune system to get the strength to immediately fight off the virus.

## USE LATEX

We probably shouldn't have to say this, but we're going to say it anyway. And this goes for every season. Your reproductive health is very important, and sexually transmitted diseases can range from inconvenient to life-threatening. The best policy here is to use protection, including condoms, dental dams, and latex gloves. If you notice anything suspicious, see your doctor or go to Health Services immediately; most bacterial STDs, such as gonorrhea, chlamydia, and syphilis are easily treated with antibiotics.

## SLEEP

The time that you spend sleeping is the time that your body spends rebuilding, repairing, and reinforcing itself. If you don't sleep enough, your body cannot handle the stresses of everyday life, and you will get sick. Also, when you are tired all the time, you are less likely to take good care of yourself and you're less likely to realize that you are sick. Even around midterms and finals, budget your time to get enough rest (from seven to nine hours a night) so that you don't have to live on coffee.

## EAT YOUR VEGGIES

Taking vitamins is good; ingesting vitamins naturally through the food you eat is better. Because vitamins cannot be absorbed on their own, a healthy balanced diet including proteins, carbohydrates and fats is important. A good model for a healthy diet is the food pyramid, which suggests nine to eleven servings (15 grams are in a serving) of carbohydrate, six to eight servings of fruits and vegetables, and three to five servings of protein each day. Fats and oils should be used sparingly, but they are important for the metabolism of many vitamins. Eating a balanced diet will give you more energy and increase your overall well-being.

## DRESS APPROPRIATELY FOR THE WEATHER

Your mom always told you to at least wear a sweater, and you know what? She was right. Even if you're just going out to run a couple of errands or to the West End for a drink or two, if you're cold, your immune system is weakened

# How to Remain Illness Free

and you are more susceptible to illnesses. While going out with your hair wet cannot actually make you sick, it can be the last straw. You lose 60% of your body heat from your head, and that's when it's dry. A hat is the answer to this conundrum.

## GET SOME FRESH AIR

When everyone's inside because it's cold outside, all the germs are inside. With you. So get out! Bundle up and take a walk. Also, keep your window open a crack so that fresh air can circulate in your room. Small, warm rooms where people are living in close quarters are breeding grounds for germs and bacteria.

## IF YOU HAVEN'T GOTTEN A CHECKUP LATELY, GET ONE

It's amazing how easy it is to go a year

and a half without seeing a doctor. College students tend to go to the doctor only when there is a problem. However, it is important to see a physician regularly, be it at Health Services or at home. Your doctor will do bloodwork, urine cultures, and other laboratory tests which may reveal information vital to your health. For example, many people do not realize that they have thyroid disorders or anemia, both of which are indistinguishable from exhaustion and are easily treated. Your doctor will also do a physical examination to make sure that all of your parts are in working order.

## DON'T SMOKE WHEN YOU ARE SICK.

Well, you shouldn't smoke anyway, but we know you do. We know people who still

smoked a pack a day when they had colds, and their coughs still haven't cleared up. Smoke irritates the mucous membranes in your sinuses, throat and lungs and impairs the clearance of mucous from air passages. It also hurts your throat to smoke when you have a cold, so unless you're a masochist, just quit. You should anyway.

Many of the above suggestions probably sound like things your mother told you when you were seven. She knows what she's talking about. Take these suggestions to heart and you will improve your chances of emerging from winter unscathed.

*Stacey McMath and Catherine Wallach are Barnard juniors. Stacey is the Bulletin health editor, and Catherine is the Bulletin web manager.*

## Well Woman: Effective Masturbation

**Q** How does one effectively masturbate?

**A** First of all, "effectively" has many meanings in the context of masturbation. It can mean reaching an orgasm, feeling sexual, or any other feelings or combination of feelings. Recognize what your goal is for masturbating and then go for it.

Women masturbate in a variety of different ways and we are not in the position to

tell you the best way, but instead to suggest some ways that we know best. You may want to start off by getting to know the anatomy of your vagina. Pay special attention to the location of the clitoris; take a look in *Our Bodies, Ourselves*, available in the Well Woman office in 135 Hewitt and most bookstores.

Then, find a quiet time when you can be alone with no interruptions. What you do then depends on what feels best for you and the most pleasure is usually felt when the clitoris and/or vagina is stimulated. This

can be done in a variety of ways, use your fingers, a pillow, a stream of water, or a dildo. The list goes on and on. Keep in mind that, if an orgasm is your goal, it may take some time to climax, so keep on practicing. Another important aspect of masturbating is to keep your mind focused on what you're doing. Try focusing on a sexual or sensual fantasy while touching yourself to enhance the good feeling. Thinking about what to make for dinner or how much homework you have could have an averse effect. So, relax and let your mind and body flow.

*"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.*

# R-E-S-P-E-C-T

by Mita Mallick

One afternoon in Lower-Level McIntosh my friend had purchased a large t-shirt for the senior class. The Class of 2000 Council have been selling these t-shirts for the last few weeks in sizes S, M, L and the baby t-shirt style. My friend took her t-shirt and walked over to a table where she sat down. She noticed one man, an Aramark worker in uniform, point at her, as he proceeded to chuckle. He looked at her and the t-shirt in her hand, exclaiming, "That shirt ain't gonna fit you!" My friend was mortified. She stood there in shock and was so baffled that she had no idea how to respond.

Since that incident, my friend has been very troubled by what was said to her. She has been hesitant to file a formal complaint to the head of Dining Services or to the administration. She is unsure if she should make the incident into a larger issue than it is. But I think it is a big deal. A very big deal.

Barnard prides itself on being a place where our aspirations, our career plans, our education come first. Yet despite all of this, there is one thing we are not given a choice in: the one thing that happens whether we want it to or not: Sexual harassment.

The Aramark employee's comment was directly in regards to the fact that he thought a regular sized t-shirt would not fit my friend. What gives him the right to publicly voice his opinions about her body? What business of his is it what she chooses to wear? It is surprising that as an employee of a women's college, he would even have the guts to make a comment of that sort. There is only one explanation I can come up with: He must just be a shameless scrub.

Incidents like this occur all around us, but I do not think it's an issue which is necessarily encouraged for discussion. Students make remarks about male professors who will talk to them while staring at their chests. Construction workers wait outside dorm buildings to watch Barnard women come and go so they can check them out. A vending machine man is stocking candy during the late hours of the night, gawking at students dressed in their pajamas. Sexual harassment is the one thing that Barnard has not been able to sugarcoat. It's real, and it's not about to disappear anytime soon.

Some women like to walk down the street and have men whistle at them. It is affirmation for some that they are attractive. We all liked to be noticed. But I cannot imagine any woman enjoying unsolicited comments about her body, being hollered at as if she was some dog in a pet store. Even at pet stores, you're not allowed to harass the animals. "Do not tap the glass" is clearly displayed above the cages. Some men cannot even seem to grant women the same respect that they give to their mutts.

Wednesday mornings I head out early for my internship. Dressed in a conservative suit, I look professional as I walk towards the subway. A man walks by and screams, "Hey mama, give me a piece of that!" He starts shaking, foaming at the mouth and points at me laughing. I am stunned, and incredibly embarrassed, scanning the street to make sure that no one else witnessed what he just said. And in that moment, his comment has diminished everything I have worked so hard for. He has tried to take away what I have tried to achieve these past three years: to be respected as an educated woman.

It has taken me awhile to realize that sexual harassment has nothing to do with the way a person looks. It is about men and women, women and women, and men and men overpowering each other with their words and gestures. They grant themselves the right to comment about others' bodies. They can get away with verbally violating an individual, even though it has the potential to be just as damaging as being physically harmed.

In fact, I am convinced I could walk down the street in a potato sack and chances are I would still be harassed. "Yo Mama, give me some potatoes!" or "Hey Su-gar, nice sack!"

Some day I have the ultimate plan to turn the tables on all the male sexual harassers of Morningside Heights. Dressed in a scrubby, nasty outfit, preferably extra-large overalls sporting a big beer belly with greasy hair and a base ball cap, a foul odor filling the air around me, I would stand proudly in front of Columbia gates. Whistling at every testosterone filled creature walking by, I would holler, "Hey Big Daddy, give me a piece of that!" Let's see how men much like it then. Nah. Maybe not. Knowing men, they'd enjoy it way too much.

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

# Women in Sports Only Half Appreciated

by Anna Isaacson

Billie Jean King. Florence Griffiths Joyner. Martina Navratilova. Cynthia Cooper. Man or woman, these are names that everyone should recognize. If by some chance you find yourself stumbled, they are famous athletes that have made a huge difference for women pursuing careers in sports. Whether it is tennis, the Olympics or basketball, the huge success of these women in the last twenty-five years shows how far women have come in athletics since the days when the only sport deemed acceptable for a "lady" was sweeping the floor.

Yet, have women in sports really come so far? Every time an obstacle is conquered, other huge impasses loom that we have yet to overcome. The resentment held by men over the passing of Title IX, which states that discrimination of sex under any educational thing is prohibited, is still blatant twenty-seven years later. Even though athletics were never mentioned, the act revolutionized women's sports by forcing universities like Columbia to expand their female athletic programs. Not surprisingly, Title IX remains one of the least obeyed and least enforced of any federal regulation.

When Billie Jean King beat Bobby Riggs at the Astrodome at what was referred to as the "Battle of the Sexes" in 1973, it seemed confirmation that women in sports could compete, thrive and be popular too. Yet today, women's tennis is constantly regarded as inferior to men's and there is still a large discrepancy in the athletes' earnings.

The success of the WNBA is sweet considering that for so long a women's league could not be sustained and all efforts to keep up a basketball association for women after they left college crumbled one after the other. However it is depressing that I have yet to find a handful of people, especially young men, who take this league seriously. I am not going to lie and proclaim that I watch every game that the New York Liberty play or that I can recite the statistics of Rebecca Lobo off the top of my head. But this year, only a few months after the Knicks made their improbable run to the NBA finals, so too did the New York Liberty make their second trip in three years to the WNBA finals. I think they deserve some credit, and maybe, some recognition from the New York media as well.

The Liberty lost the first of a best of three series at Madison Square Garden and left themselves facing elimination at the home of the Houston Comets, who had yet to lose a playoff game on their turf in three years. But with four tenths of a second to go in regulation of the second game, the Comets up by two and the celebratory confetti already falling from the ceiling, Teresa Weatherspoon took maybe the biggest shot of the WNBA's short history. From 47 feet out beyond half court, she landed a bucket that gave her team a one-point victory and kept them alive for another day. Excited, I opened the New York Post the next morning anticipating the face of Weatherspoon and her overwhelmed teammates to pop out at me on the back cover. However, it was the Mets victory over the lowly Colorado Rockies that graced the sports section instead. Shocked and livid, I found that there was only one page of coverage of this miracle game and season saving shot in the whole paper. Maybe to most New Yorkers it was not as important as Larry Johnson's four point play at the end of the third game of the Eastern Conference Final. But the Liberty is a New York team, and in a sports-loving city, they had just one the second game of the finals. So they use a smaller ball, these women can play. However without support, it is all worthless.

It was thus surprising that the victory of the United States Women's Soccer Team this summer received so much attention from the media and even from Bill Clinton. I kept questioning why, even though I was pleased to see reruns of their victories on SportsCenter. Although I have yet to come up with a satisfying explanation for the huge amount of coverage they received, I was not surprised that in the end, the most discussed moment was not the victory itself. In fact, it had nothing to do with soccer. It was the instant that Brandi Chastain, overwhelmed with emotion, ripped her jersey off her body to reveal a rather non-sexy sports bra that most women would comfortably wear out jogging in Manhattan.

So, while at the turn of the century there is definitely a place for women in sports, I'm not sure we should be satisfied with the role we've been playing.

Anna Isaacson is a Barnard junior and the Bulletin commentary editor.

<< page 10 >> those few and far between controversial ones. One can only imagine my disappointment when Deepa Mehta uses precisely this formulaic trump card that stops the movie short at being fairly good.

In the beautifully-shot kite scene, which makes it worth the nine dollars, I couldn't help but cringe when Dil Navaz (the other Muslim suitor) flirts in the classic Bollywood style with Shantha, who returns his advances with the typical coy response one would expect. Perhaps Mehta is trying to please two different audiences, the one at home and the one abroad. Perhaps a less entrenched audience will think it cute. "How cute!" they might say. Sadly, cute is not something that inspires admiration—and speaking for myself and as an Indian, I am tired of being embarrassed by our directors. I want to be proud!

Mehta's saving grace is her ability to refrain from slopping and spreading evenly the tragic butter as she mistakenly did with the romantic butter. Some of the riot scenes are horrific and justly so. The impact of watching a man being torn into two (a hard-hitting symbol of Partition) is immense, all heavy-handed symbols aside. Then there are cleaner scenes, one in which the red dusk of Lahore is shook by the ring of a gunshot and the birds resting on a shadowed mosque scatter from fear. This was an unforgettable flicker of a scene that symbolized the fleeing of the Hindus from what had suddenly become the Muslim nation-state of Pakistan. It continues to resonate loud and clear in my mind's eye.

The best moments of the movies are just that: moments. The climax was a given from the very beginning. The heavy hit is numbing. Of course we expected tragedy and betrayal and Shantha's undeserved undoing. Formula once again is the problem. Recall the line of wisdom in *Scream* about losing one's virginity in a horror movie. Well the same rule applies in this movie. Death follows sex. Lighter touches are much more effective,

like the scene of a Hindu shack village in shambles with only a little boy to speak for the dead. He does not cry, although he looks as if he has been crying for the entire day. The little boy's scene pushes the sentimental buttons, but what is most tragic about his performance, and he performs it well, is he only wants Lenny and her cousin to play a game of stones with him. When Mehta holds back she allows us to complete her art with a tear. The movie succeeds in recreating the violence, tension, heartbreak, and turmoil of those days in 1947. Though not so smoothly fitting, the recreation might even be close to the truth; it is based on a semi-autobiographical book. Needless to say the idea of a group of Hindus, Muslims, Sikhs, and a Parsi all living not even in harmony, but as friends stinks a bit of Utopia. For literary purposes it works well, but it would be wrong to give someone the impression that India was a totally tolerant country until Partition, just as it would be wrong to give off that same impression of our very own country. It is not clear whether Mehta was trying to do this. She makes a conscious effort to show examples of the tension between the fellow citizens of Lahore in the park scenes, but I think those few that do exist get lost in all the harmony. It's the overall impression that counts, and this was my overall impression. For those who know little about this even in history, the movie will serve well to teach. For those who thought Pakistanis and Indians are a different people or even a different race, this movie will crumble that illusion which both governments have tried to ingrain in everyone. One token advice remains: just be wary of the illusions Mehta might unconsciously build up for sensation's sake as she pulls the veil off others.

*Anjali George is a Barnard sophomore and the Bulletin arts assistant.*

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<< page 13 >> to blend these two ideals. Both sides are part of the avant garde of experimental electronic music.

Another track that I particularly liked was "Interstitial A." The manipulated sounds were so aurally pleasing that I was drawn in. It evoked feelings of smooth and connected thoughtfulness. As I listened I felt transported to another place. The sounds are futuristic, and encourage the listener's imagination to take flight. The members of the Freight Elevator Quartet have talent as musicians and composers. Of course, you might be wondering what these amazing CU grads are doing now. Rachel Finn, who plays cello is working in the music industry. Luke DuBois, who plays the buchla and the surge analog modular synth, recently got his masters in music at Columbia. Paul Feuer, who plays the didjeridoo and keyboards, is working at a web support company, and Stephen Krieger, who does the beats and the drum machines, is in medical school.

DJ Spooky has produced many recent albums, and continues to DJ at clubs in the city every week. He is behind the bass, beats, turntables, and voice on the album. He has always striven to go beyond the norms of electronic music. I think that this album is definitely along this line of thought.

This album is absolutely going into my collection because I think that it is vivid and essential. I was impressed to find out how much has happened in the electronic music world. Groups like The Freight Elevator Quartet and DJ Spooky are on the forefront of expansion. Listening to this album reminded me that there is more to music than the regular formulas, and that music that I am not used to can be meaningful and interesting in ways that I never imagined.

*Karla Repple is a Barnard junior.*

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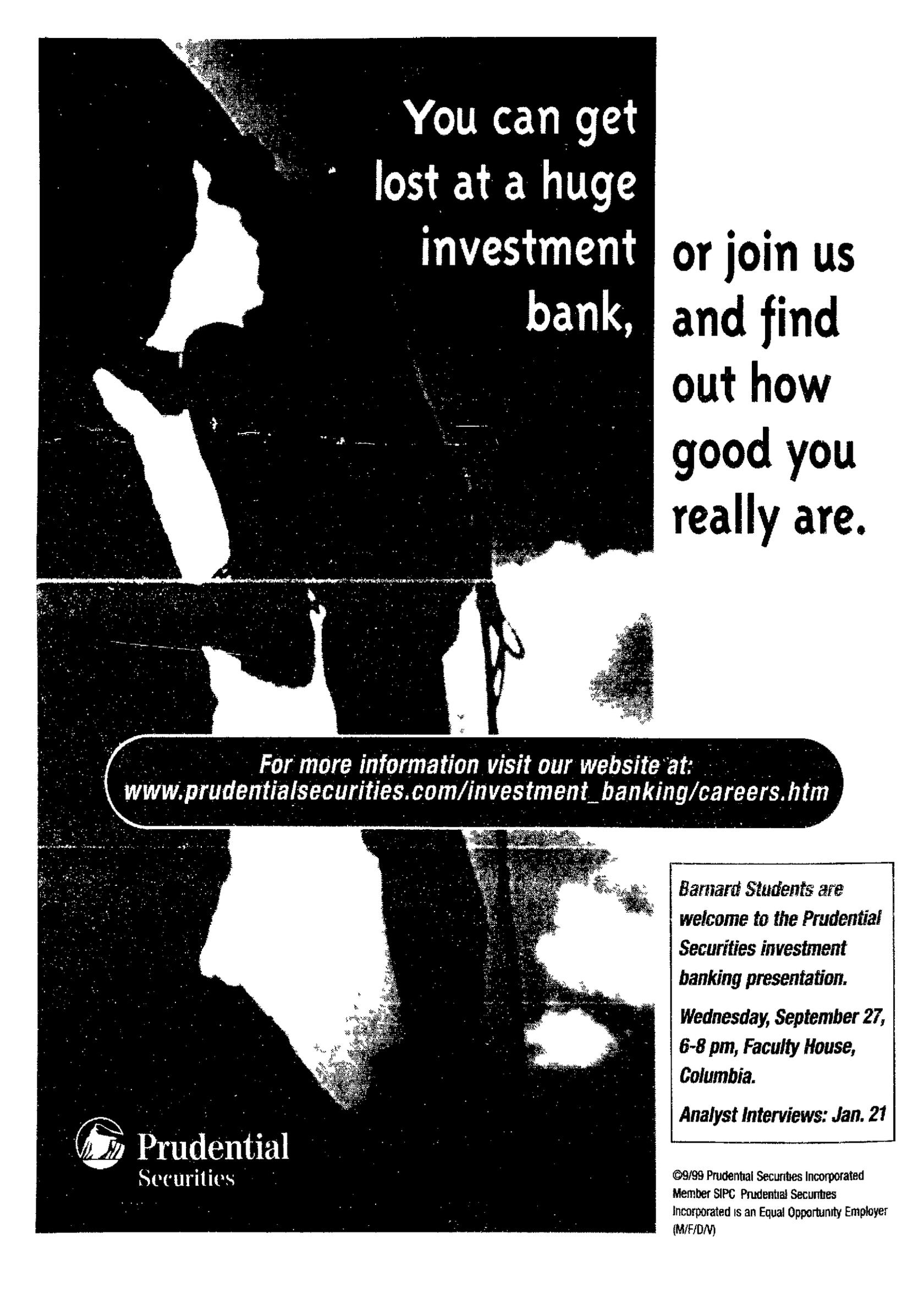
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