
Joe Luna

Open any molecular biology textbook, and even the most casual reader will be assaulted by facts. You’ll learn that DNA is composed of four nucleotides and arranged in a triplet code. You’ll read about the central dogma (DNA to RNA to protein, with some exceptions) in extraordinary detail, and perhaps you’ll learn what certain proteins do, or fail to do in various disease states. But what’s often missing is the complex human narrative of how these truths were discovered. The messiness of science, with its dogmatic stalwarts, intellectual battles, transformational experiments and unsung heroes are hidden behind simplified figures and colorful diagrams. For a textbook, this undramatic clarity is largely the point, and is essential for students, young and old, as a steady reference. Still, it’s probable that this general lack of human context is a reason why the very term textbook is synonymous with dry and dense reading, the intellectual equivalent of plain oatmeal. Good for you, but not inherently very appetizing.

On the other hand, there are works like Horace Freeland Judson’s masterpiece The Eighth Day of Creation, which traces the staggering human drama, with all its heartbreak and triumph, of the early history of molecular biology. Books such as these—and there have been many—present the human context brilliantly, if at the expense of becoming dated (The Eighth Day ends around 1975), of bringing you up to speed in a particular field, or of having an overall scientific thesis to communicate.

The middle ground, part textbook and

PDA Corner—New Members, Fall BBQ, and Career Development

Asma Hatoum

The leaves and the weather weren’t the only changes at The Rockefeller University (RU) this season. This fall, the PDA Board handed over the reigns to mostly new members. Newly appointed members Paul D’Agostino, Linda Feighery, Nidhi Gangadhar, and I have joined returning member Jim Miller to form this year’s PDA Board. Though we have different voices, we remain dedicated to the same mission: to represent the interests of RU postdoctoral associates, fellows, and research associates to the faculty and administration, and to provide social and professional development opportunities to the membership body.

Toward fulfilling its goal of social development, the PDA kicked off the new academic year with a fall BBQ. It was held on a balmy Thursday evening under a sky threatening to rain. Luckily, the clouds held all evening and not a single drop fell as postdocs, students, faculty, and staff, along with their families and children, gathered at the Faculty Club. The turnout was excellent; the grill was busy for a full three hours until the last burger was flipped over dying embers. When all was said and done, 300 burgers, 200 hot dogs, six kegs, and twenty-four magnums of wine were consumed. This event would not have been such a success without the help of the dedicated volunteers who graciously offered their time and labor. We are planning to hold a similar social event in the spring. Ideas for this event are always welcome.

The PDA has also focused on career development this fall. Twice a year, the PDA awards partial or full reimbursement for expenses associated with attending conferences and/or workshops. Sixteen applicants were

Oligarchy and Occupy

Benjamin Campbell

Occupy Wall Street can only be understood within the context of how increasingly Orwellian our society has become. I do not use that term lightly, but I see no other way to describe a society in which a top-down consensus is imposed on the people, dissent ridiculed and intimidated, and where words themselves have been twisted so as to be rendered unrecognizable. This is a society where the accepted terms of debate are driven by corporate-bought think tanks and politicians, and where large media empires exist largely to mock those who engage in questioning the manufactured consensus. We live in a society where billions have been spent militarizing police forces to be used in intimidating and keeping under surveillance the people they were ostensibly supposed to protect. Journalists are barred from reporting on police actions, and those that do are arrested, pepper-sprayed, or otherwise attacked. Police in recent months carted off a library of books and threw them in a dumpster. The same politicians and media that were cheering the mass slaughter of Iraqis and American soldiers now attempt to portray a growing protest movement as violent. Our highest court is emblazoned with the motto “Equal Justice Under Law” while its justices actively seek to ensure that some are more equal than others. CEOs who have done everything they can to eliminate the jobs of working Americans are heralded as “job creators.” Our ostensible democracy is a strange kabuki where radical ideologues call themselves conservative, while attempting to portray a conservative president as radical. It is only in this context, where

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part history, thus presents a considerable challenge. RNA: Life's Indispensable Molecule, by Rockefeller University emeritus professor James Darnell, meets that challenge forcefully. Dr. Darnell, most well-known by undergraduates as a textbook author of Molecular Cell Biology, wields his textbook writing skills to create a fluid human narrative of the history of RNA. The result is "an unapologetically historical" account of RNA research, refreshing both in its use of primary data for the majority of figures and in the rigorous treatment of historically important experiments as told by one of the giants of the field. The experience is one of an exceptional and nuanced guided tour, as Dr. Darnell tells a story infused with many first-hand accounts of great scientific moments. This added context adds unique depth to many well-known stories on the early biochemical research of DNA and protein, and offers a suitable introduction of RNA as the key mediator between the two. After summarizing the early days of molecular biology, Dr. Darnell weaves a compact—though never too dense (i.e. sleep inducing)—historical narrative, plumbing his own rich history in RNA research. One gets the sense that Dr. Darnell's passion for RNA stems from scientific interest as much as from his affection for the people who did the work: old friends, colleagues, and even former competitors, are liberally credited throughout, oftentimes with palpable warmth.

The emphasis on RNA given Dr. Darnell's career would only mistakenly appear biased at first glance as it serves an important purpose. For Dr. Darnell, an underlying theme in charting the course of biology in the twentieth century highlights how researchers' thinking was shaped by the technology and experiments they could perform. For this reason, in the late nineteenth and early twentieth centuries, chemists and early biochemists were most interested in proteins, whose 20 plus amino acid variations appeared to offer the appropriately complex platform to organize the physical and informational structures of life. Nucleic acids, difficult to study and seemingly less complex, remained an intellectual backwater until Oswald Avery, the phage group, and James D. Watson and Francis Crick ushered in the molecular biology revolution. With the resulting emphasis on the informational primacy of DNA from the 1950s onward, RNA was initially cast as the "adapter," a fragile and cryptically simple link between the master blueprint in DNA and the structures of proteins, the key "doers" of the cell. Dr. Darnell upends this notion by showcasing a history of RNA as the centerpiece of molecular biology, hidden as it was to many of its early practitioners, and only slowly revealed with new tools and assays over the past 40 years. Chapters three and four offer a concise, though detailed, summary of pioneering experiments done in bacteria that led to tRNA and RNA polymerase, and experiments done in mammalian cells to establish ribosomal function and mRNA architecture through the 1970s and 1980s. Chapter five, the longest and most text-book-like, attempts to summarize RNA research post-1990, which is admittedly a tall order. Yet, by focusing on mRNA regulation, Dr. Darnell manages to convey a rich story that touches on the most important aspects that sustain researchers to this day. For a thorough introduction on the major players and themes of current RNA research, you'd be hard-pressed to find a better example under a hundred pages.

The final chapter, while rooted in conjecture, offers many gems to ponder. As Dr. Darnell points out, given the existence of RNA genomes and RNAs with enzymatic activity, in principle, one could do away with DNA (as an information carrier) and protein (as an enzymatic machine) entirely. This final chapter ferries this point to its conclusion by discussing the basis for the "RNA world" hypothesis. Though almost mystical in scope, Dr. Darnell never strays from the scientific basis of positing early life as having evolved from self replicating RNAs, and outlines the incomplete state of current research directed towards finding life's origin. It's an expansive note to end on; certainly one that leaves many questions for future RNA scientists to explore.

"Why the furor over DNA and protein?" Dr. Darnell asks. He continues, "they are both simply the handmaidens that have allowed RNA to have its way with this planet." This statement, which closes the book (and graces the back cover) shouldn't be much of a spoiler given the title. In fact, if that's all one read, it could rightly be taken as over-the-top. Only after traversing a rich history of both cells and people, with Dr. Darnell as a spirited guide, does this sentiment not only seem plausible, it is warranted.
words have been contorted to lose all meaning that one can begin to understand what is happening.

The rule of law, regardless of wealth. Democracy. A sustainable economy with decent jobs and healthcare for all. Affordable education. In today's society, this is a radical platform. To be sure, there are many Democrats, including the president, who purport to stand for these goals. But to them they are at best ideals, something noble to aspire to, like a pony for every child. Maybe someday, but true acts of political heavy lifting are reserved for the owners. These are the corporations: insurance companies, pharmaceuticals, agribusiness, but above all, banks. No idea is too radical, no request too large, if it comes from the owners. Hell, their lobbyists can usually write the legislation. But actual delivery of jobs, healthcare, and some semblance of social justice? That is for the starry-eyed idealists. The owners have no use for that. Aren't you aware that we have a deficit? We are having trouble even paying for current "entitlements," so please stop complaining, you plebes. Having bought the politicians, the oligarchs that run this country have dressed themselves in the threads of a free market fundamentalism, and the serious people are told that to be wise is to recognize its inherent truth. Prosperity will surely be ours if we just cut taxes on investment, deregulate, and remove barriers to trade. It is well established that market failures are caused by government, not by the infinite wisdom of the free market. Government should preferably not exist, or if it must, at least let it be run by those who are knowledgeable in such matters. Like former Goldman Sachs CEOs Hank Paulson and Jon Corzine, or Bain Capital CEO Mitt Romney, or billionaire Michael Bloomberg. These men know how the markets work. Of course, this is all transparent propaganda, a modern-day divine right of kings, both morally and intellectually bankrupt. Yet, it remains parroted by one useful idiot after another corporate bootlicker. After all, in Hans Christian Andersen's fable, it is only the child who is brave enough to point out that the emperor has no clothes.

And so we have Occupy Wall Street, which exists in a world where common sense ideas are branded radical, and simple truths ignored by those at the adult’s table. As the child in the room, Occupy would seem easy to dismiss. Ad hominem tropes are a dime a dozen: lazy, dirty, hippies, hipsters, slackers. "Get a job!" yells passing bankers, as if unaware of basic economic indicators like the unemployment rate. Those less tone-deaf will acknowledge that the youth are economically frustrated, but urge them to be patient because those who understand economics are working on a corporate tax holiday and a Colombian free trade agreement that they promise will help. And yet, despite the attempted dismissals, what started as a hundred young people camped in a non-descript square has undoubtedly changed our national conversation. The reason for this is simple: the protesters speak the truth. For if one actually listens to the voices in Liberty Square, you will see that these youth understand economics in a way that betrays the charade that is the free market mythology. For when they protest Goldman Sachs selling fraudulent derivatives, they understand asymmetric information. When they are outraged over environmental degradation and the increased cost of education, it is because they understand externalities. When they point to the growing dominance of fewer and fewer corporations in sector after sector, they understand barriers to entry. Hidden in handmade sign after handmade sign are deep truths about the market failures that the corporate interests and their political sock puppets would prefer you ignore. And because the protesters speak simple economic truths, their numbers have grown immensely, and their message has been endorsed by prominent economists like Joseph Stiglitz and Paul Krugman. Even Jeffrey Sachs, former maven of neoliberal deregulation, has been a loud advocate of Occupy Wall Street, which should give some idea of how far off the rails the oligarchs have gone in their insatiable quest for further profit.

Of course, there is perhaps nothing that has helped the nascent movement more than the violent police crackdowns. It was one hot-headed officer pepper-spraying a young woman that became the YouTube sensation that launched the Zuccotti shantytown into the national spotlight. The orchestrated mass arrests of seven hundred a week later on the Brooklyn Bridge made it clear that this was not merely an isolated officer misbehaving, but a clear campaign of police intimidation against peaceful protest. The police led us onto the bridge that day, presumably with full intention of using it as an excuse for mass arrests. Cooped up between two phalanxes of officers halfway across the span, bodies crushed against the steel beams, I recognized a scientist I know. I met two teachers who had travelled from Boston to join the demonstrations. Crammed into a jail cell with over one hundred supposed criminals, I met a Buddhist monk, and a missionary who was hopeful he could get out of jail in time to catch his flight overseas. My wife, a teacher, wasn’t so lucky, as she was locked in a cell alone. These are the people police have deemed a threat: teachers, students, scientists, union organizers, and clergy. Meanwhile, investment bankers who defrauded customers of billions walk free, subject not even to cursory investigation. To citizens under the illusion that justice and law enforcement work for them, this display of priorities must have been jarring. And so it grew to a demonstration of fifteen thousand a few days later, and eventually spread to hundreds of locations across the country and around the world. Police overreaction resulted in similar escalation from Boston to Oakland. If there was ever any doubt whom the police serve and protect, it should be settled by now. The police serve the government, and the government is a wholly owned subsidiary of corporate America.

In lower Manhattan, after raiding the heart of the movement, gassing its kitchen staff, and arresting journalists and a city councilor, police installed more and more barricades, and instituted identification checkpoints to enter the public streets of the financial district. At Liberty Square, the protesters tore down the barricades in a heroic act of defiance, piling them high and jumping on them, chanting, “The people united will never be defeated!” We can only hope that they are right. America’s history is deeply scarred, but its ideals remain noble and are worth fighting for. Will the country really stand idly by and watch as these values are sold out from under it? Occupy Wall Street has made it clear that at the very least, some will rage against the dying of the light. *
considered, from whom seven were awarded $500 to cover conference expenses and two were awarded partial or full coverage for workshops. Preference was given to postdocs who had been employed at Rockefeller for three to five years and who had not yet attended a conference or workshop. Please stay tuned for the next call for applications in March 2012.

In an attempt to assess the career guidance needs of the postdoctoral community, the PDA issued a career planning survey this past summer. While three-quarters of the 110 respondents wished to obtain a tenure track position in a research-focused organization as their first career choice, it turns out that only 35 percent of postdocs who have left RU in the past year ended up with such a position. Additionally, over half of respondents reported uncertainty about their preferred career choices, thus underscoring the need for additional career guidance/mentorship opportunities. The PDA Board has addressed this issue in past meetings with our president, Marc Tessier-Lavigne. Dr. Tessier-Lavigne is very much committed to helping postdocs become aware of the career opportunities available and receive the appropriate career guidance. Follow-up discussions with the administration on how to achieve this are outlined below.

To address this issue, representatives from the student body, postdoc body, and Biotech Forum met with Associate Dean Emily Harms and Dean Sid Strickland this past August. Our goal was to discuss and implement ways to help raise postdoc awareness about alternative career options. Several such resources already exist, including the monthly Biotech Forum seminar series at RU, the monthly “Career Pathways” seminar series at Cornell, and the annual Career Symposium hosted on alternate years by New York University and Tri-Institutional members. Toward developing additional resources, our discussion centered on two main ideas: 1) to create a career website containing a message board with information on job postings, seminars, and symposia; and 2) to establish a seminar series distinct from the Biotech Forum in which invited professionals talk about various career pathways. The Dean’s office volunteered to host such a seminar series and lead the initiative on the website. In the weeks that followed the meeting, two committees (consisting of student, postdoc, and Biotech Forum representatives) were formed to implement the career development website and seminar series.

To generate ideas for speakers and topics and discuss logistics of the career development seminar series, its committee (Linda Feighery, Maria Maldonado, Lei Tan, and I) met with Emily Harms this past October. In addition to inviting individual speakers, other ideas discussed included assembling panels of professionals who work in similar fields to lead panel discussions, and putting together workshops to foster skills key to landing a job (i.e. networking and interviewing). This new seminar/workshop series will be held once a month starting January 2012, alternating with the Biotech Forum seminars on Wednesday evenings (from 4 to 5 p.m.). The series will evolve in accordance with the feedback and needs of the postdoc community. The career website committee will be meeting soon to begin planning the new website.

As the fall semester comes to a close and the holiday season approaches, the PDA is now shifting its focus toward upcoming meetings and academic events in the winter and spring. We are scheduled for another follow-up meeting with our president regarding the issue of postdoc salaries, and we will announce the outcome as soon as any new information becomes available. Our next academic event is the PDA seminar series, which will begin in January 2012. We plan once again to open the floor to speakers from the Tri-Institutional community. This provides an excellent opportunity to practice presenting in front of a friendly audience and to stay connected with the research next door, all while enjoying pizza. We encourage all to participate. Seminars will be held the last Thursday of each month at noon. Please stay tuned for future announcements and our call for speakers.

**PDA, continued from page 1**

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**Apotheosis**

Meghan Lockard

When it comes to taste, there is no question. – Epicurus

I once read that, during the Siege of Paris, manned balloons were the only way to communicate supplies to the city.

The first Airlift.

And as I drop the meager meal upon this polis of worms
I think, too, that it is Paris during the Terror.

Only more so, the Modern State
not merely going through a dark period in its History,
but sustaining a state of
Permanent Siege.

Starved of mind and body,
the worms live in perpetual, systematic
civil degredation.

Elegan turning against Elegan.

Nematode petroleurs, committing
unimaginable atrocities.

My colleagues call the Explorer bourgeois,
too refined to eat the meal provided,
out in the wilderness of the agar,

 vainly searching for his scallops in bechamel.

But I know his hunger is different.

For there was a moment when
I saw him turn his olfactory bulb
toward the giant floating orb that is my hand:

a veritable Utopian Raft,
free from encircling political delusion,

drifting in the celestial Mississippi above him.

Dedicated to Andres and all of the Bargmann Lab.
New York State of Mind
This Month Natural Selections interviews Lauren Wett, laboratory manager in the Laboratory of Biochemical Genetics and Metabolism.
Country/State of origin: USA/NY

1. How long have you been living in the New York area? All my life.
3. Which is your favorite neighborhood? Park Slope, Brooklyn.
4. What do you think is the most overrated thing in the city? And underrated? Overrated: Times Square. I think that’s a given. Underrated: Hell’s Kitchen.
5. What do you miss most when you are out of town? Bagels!!
6. If you could change one thing about NYC, what would that be? I would change the traffic. I hate the traffic in the city.
7. Describe a perfect weekend in NYC. I would spend the weekend walking around the village going to inexpensive but delicious restaurants and then bar hopping at different dive bars. The weather would be beautiful so that I could spend a lot of time outside. At the end of the day I would have a nice quick subway ride home without any screaming crackheads.
8. What is the most memorable experience you have had in NYC? Sunday Funday Brunches! That’s brunch with friends on Sundays.
9. If you could live anywhere else, where would that be? Park Slope. If I had to leave New York it would be for the Berkshires in MA.
10. Do you think of yourself as a New Yorker? Oh ya! I was born and raised in New York, I have the accent, I’m a Giants fan, and I love New York.

Best Classifieds of 2011

#4- Tied: Classifieds: Cholesterol
Date: October 3
Looking for someone who has a stock of cholesterol to spare. Thank you in advance

#4- Tied: Classifieds: Manometer
Date: October 31
Does anybody have a handheld manometer that I could use for a couple of hours sometime this week?
Thanks!

#3: Classifieds: Vietnamese Pig
Date: April 1
Hi all,
I recently bought a vietnamese pig (also known as mini pig, or teacup pig). His name is Silvio, and is a great pet, very smart and love to gather with people.. The problem is he is growing excessively, 100 pounds in 2 weeks, and I suspect is not a mini size pig but a regular one. My studio is too small for him. Do you want him? I will give it away only to someone who owns at least a one bedroom apartment. I paid 500 dollars and ask for 485 (pig + special plastic bags..)
Ivan

#2: Classifieds: Selling bike, breast pump, and buggyboard
Date: January 7
Hello.
I’m selling bike ($100), breast pump ($80) and buggyboard ($20).
Everything is in good condition. Thanks.

#1: Classifieds: Steel Bathtub with Left Hand Drain Finish
Date: January 19 and January 25
Finish: White, Porcelain enameled steel construction.
Acid resisting, heavy-gauge steel.
One-piece recess bath.
Heavy duty, slip-resistant bottom.
Fully bonded, sound deadening foam pad.
Overall dimensions: 14.125” H x 60” W x 30” D.

Ivan
It’s Christmas Time in the City

Aileen Marshall

Like the old song says, the “city sidewalks, busy sidewalks” are “dressed in holiday style.” Besides the hustle and bustle of this busy shopping season, New York has many time-honored holiday activities. Here are just a few to help you feel that holiday cheer.

The gigantic tree at Rockefeller Center is an impressive sight for young and old alike. Every year a huge evergreen is picked from some remote location and transported to Rockefeller Center, on Fifth Avenue between 49th and 50th Streets. It is set up behind the Prometheus sculpture next to the ice skating rink, strung with almost five miles of lights and topped with a Swarovski crystal star. The tree lighting ceremony is usually the Tuesday after Thanksgiving, with a few celebrities and typically a known figure skater. Even though the ceremony will have passed by press time, the tree is still lit daily from 5:30 a.m. to 11:30 p.m., except on Christmas Day, when the lights are on all day. The area can be very crowded with tourists, so the best way to see the tree is to go skating on the rink. Looking up at the beautiful tree and the tall buildings from the rink is an experience not to be missed. Adult admission ranges from $5 to $19, depending on the date and time. Sessions usually last about two hours, starting from 8:30 a.m. to midnight. Call (212) 332-7654 for more information.

For generations it has been a New York family tradition to see the Christmas displays in several department store windows. Some displays are animated; some have in each window a scene from a story. Although there are not as many as in past years, the stores that still have holiday displays today are Bloomingdale’s (Lexington Avenue at 59th Street), Barney’s (Madison Avenue at 60th Street), Bergdorf’s Goodman (Fifth Avenue at 58th Street), Saks Fifth Avenue (Fifth Avenue at 49th Street), Lord and Taylor (Fifth Avenue at 38th Street), and Macy’s (34th Street at Broadway). Be aware that there can be long lines on weekends. Macy’s also has Santa Land on the 8th floor. Santa is in residence from the end of November until Christmas Eve. Children can sit on his lap, make their requests, and get a photo their parents can embarrass them with in their teenage years. You can call Macy’s at (212) 494-4495.

Another well-established holiday event is Balanchine’s The Nutcracker. This well-loved ballet, with Tchaikovsky’s score, is performed at the New York State Theater at Lincoln Center. The story is of little Clara and her adored nutcracker that transports her to a dreamland filled with fantastical scenes, including the battle with the giant mice and the dance of the Sugar Plum Fairy. Watch for the Christmas tree growing out of the stage! The New York City Ballet shows run from November 25 until December 31 this year. Ticket prices range from $55 to $225, depending on seat location and performance time. Go to www.nycballet.com for specifics.

Probably the most popular holiday event is the Radio City Christmas Spectacular. This holiday pageant is most known for the famous Rockettes with their precision legwork and march of the toy soldiers. In recent years, the show has also included a 3-D segment and skaters on stage on their own little ice pond. The show is at Radio City Music Hall, on Sixth Avenue at 50th Street. Tickets range from $45 to $250 for performances through January 2. Go to http://www.radiocity.com/eventcalendar/home for additional information.

For some less crowded activities, one can go see the annual Christmas tree and Neapolitan Baroque Crèche at the Metropolitan Museum of Art, on Fifth Avenue at 82nd Street. Eighteenth century Neapolitan angels and cherubs decorate this large and beautiful tree. Recorded music adds to the atmosphere. There is a lighting ceremony on Friday and Saturday nights at 7:00 p.m. The tree is located on the first floor of the museum, in the Medieval Art section, from November 23 until January 6. There is also a concert series during the same time. More details can be found at www.metmuseum.org.

Another off the beaten path event is the performance of Handel’s Messiah at the Cathedral of St. John the Divine, on Amsterdam Avenue at 112th Street. The Cathedral Choristers and Singers perform this 18th century piece with the very familiar Hallelujah Chorus in one of the oldest churches in the city. The concert this year is on December 11 at 7:30 p.m. Tickets range from $30 to $60 and can be purchased at www.stjohndivine.org.

After all these activities, can’t you just hear those “silver bells, silver bells?”
New York City Christmas Markets

Isabel Kurth

It is hard to ignore the upcoming end of the year. Days are getting shorter, temperatures are dropping, and Christmas markets are popping up in almost every neighborhood. They transform the city with a charming festive atmosphere, which is hard to find at any other time. The smell of hot cider and fresh waffles hangs over the dozens and dozens of stalls, which offer a large selection of art, gifts, clothing, jewelry, and much more. Many of these items are hand-crafted by designers and artists. And with some luck you will find unique pieces that will stand out from the traditional candles and books that are usually found under the Christmas tree.

Below is a list of the most popular and of some less-known, but nevertheless intriguing, markets of NYC.

**Holiday Market at Union Square**
14th Street, at Broadway; 212-529-9262
In the heart of the city, every year the red-and-white tents are resurrected with winter accessories from small and big designers who sell gifts for any occasion. Warm yourself with hot cider and steamy snacks.
Dates: November 15 to December 24; 11 a.m. – 8 p.m.

**The Holiday Shops at Bryant Park**
Bryant Park, Sixth Avenue, at 42nd Street; 212-768-4242
Are you bored with shopping but still have items on the list? Mix up some serious shopping—more than 100 vendors make this market the biggest in town—with a few fun rounds on the ice skating rink, for free.
Dates: November 5 to January 2; Monday to Friday 11 a.m. - 8 p.m., Sat. 10 a.m. - 9 p.m., Sun. 10 a.m.– 6 p.m.

**Young Designers Market**
328 West 14th Street, Between Eighth & Ninth Avenues.
Although open year-round, this indoor market gets really busy during the weeks before Christmas. With original jewelry, clothing, hats, and art, it is hard to leave this place without something in your bag.
Dates: Every Saturday and Sunday 11 a.m. – 7 p.m.

**Grand Central Holiday Fair**
Lexington Avenue, at 42nd Street; 212-340-2583
Is it snowing, freezing, and windy? Check out the 12,000-square-foot Vanderbilt Hall of Grand Central Terminal. Seventy-six vendors feature a large selection of merchandise, including clothing, jewelries, fashion, toys, and much more.
Dates: November 15 to December 24; Monday through Saturday 10 a.m. – 8 p.m., Sun. 11 a.m. – 7 p.m.

**The Holiday Gift Shops at St. Bartholomew’s**
325 Park Avenue, at 50th Street; 212-378-0200
Even newly registered New York City landmarks like St. Bart’s transform into festive Christmas markets. Great to combine a busy shopping day with a meditative break in the church.
Dates: November 15 to December 24; 8 a.m. – 8 p.m.

**Holiday Market at Columbus Circle**
Central Park South, at Central Park West; 212-529-9262
This market is for those who love food. Gift baskets filled with edible goodies, or decks with discounts to restaurants are just some of the treats that can be found here. And after some busy hours of shopping, relax in the park, just a few steps away.
Dates: December 1 to 24; 10 a.m. – 8 p.m.

**Winter’s Eve at Lincoln Square**
Broadway from Columbus Circle to 68th Street; 212-581-3774
For one night only, this market offers a special occasion to find Christmas gifts while enjoying live music.
Date: November 29, 5:30 p.m. – 9 p.m.

**Brooklyn Holiday Bazaar**
N. 7th Street, at Wythe Avenue; 917-301-5765
Right across the Williamsburg Bridge, a new holiday market is opening to host artists and designers and showcase their unique creations.
Dates: December 4–5, 11–12, 18–19; noon – 8 p.m.

**Gifted: A Holiday Market presented by the Brooklyn Flea and Design*Sponge**
Skylight One Hanson, One Hanson Pl.
During nine days the Brooklyn event space Skylight One Hanson will turn into a big holiday market, showcasing more than 100 vendors on three floors. There might be little which cannot be found there.
Dates: December 15 to 23; 11 a.m. – 7 p.m.

**Brooklyn Craft Central Holiday Market**
Littlefield Performance Space, 622 Degraw Street and Textile Arts Center, 505 Carroll Street
Running late, Christmas is around the corner? Then this market is for you. On the last weekend before Christmas, fill your bags with crafts and gifts and fill your belly with artisanal treats and drinks.
Dates: December 18–19; Saturday 11 a.m. – 5 p.m.; Sunday 11 a.m. – 6 p.m.

**Made in Harlem Art & Gift Festival**
Casa Frela Gallery, 47 W. 119th St.
Manhattan uptown lives and lovers will have the opportunity to discover new hand-crafted gifts and art objects in their neighborhood, during one weekend in December.
Dates: December 4–5; 10 a.m. – 7 p.m.?
A good friend of mine, Bill Millard (known professionally as William B. Millard, Ph.D.), works as a freelance writer, often contributing architecture reviews for online periodicals. A few years ago, he told me that he had been invited to write an essay for a collection on the interplay of violence and architecture. Bill’s chapter was to focus on the problem of suburban sprawl, a topic he is currently writing about at length. I became intrigued with the concept of the book. I found myself reading some essays on a British architecture school Web page that further led me to an interest in the philosophic writers on the problems of modern society. But my initial toe-dipping in this new pool left me with a new, yet uncertain, optimism. Here was a discipline—architecture, and related topics such as city planning, etc.—that offered very real solutions to some of the world’s most pressing problems. If cities and suburbs are better built, this could be a path for at least some alleviation of the suffering of those with less means and an enhancement in the quality of life for all.

In 2011, the book appeared with Bill’s essay. Edited by Bechir Kenzari, an Associate Professor of Architecture at the United Arab Emirates University, Architecture and Violence is a collection of 10 works by different authors. Some of the essays are stronger than the others, but on the whole, I found the book a fascinating read, and one that presents some important ideas. My deepest disappointment was in the lack of an overall immediacy in the book’s approach to contemporary problems surrounding the premise that there is a violent component inherent in architecture. When I asked Dr. Kenzari about this via email, he reminded me that the book, as stated upfront in the introduction, made no attempt to treat the question in “any exhaustive way; nor is there an intention to construct or apply any definite theory.” He also said, “I don’t think there is any truly objective non-reference from which an interpretation of violence and its relation to architecture can begin.”

I told Dr. Kenzari that I felt the strongest chapters in Architecture and Violence were his own, Bill Millard’s, and the chapter by Nadir Lahiji. Lahiji’s essay, “Must Architecture be Defended...The Critique of Violence and Autoimmunity,” reminded me that buildings begin with an idea and that the underlying philosophical and practical approaches in society on the subject contribute to create what will eventually be a finished and very real structure. I found great immediacy in Lahiji’s analysis of critique apropos architecture. He writes, “once architecture allies itself with the reason of mediated digital culture, infatuated with image and its enjoyment, it loses its self-protection and its publicness. The more architecture builds images, the more it violates the principles of the critique, the more it becomes autoimmune against the same forces from which it is supposed to protect itself.” These ideas, based on theories postulated by the late French philosopher, Jacques Derrida, remind me of the vitality of philosophical discourse. Anyone who derides modern philosophy as just “so many words” should realize there are great thinkers tackling the very real underlying issues that contribute to the general malaise of today’s world. Read, for instance, the interview with Derrida in the book Philosophy in a Time of Terror, which Lahiji references.

Bill Millard’s essay takes the New Jersey suburban-based lifestyle depicted with mobsters on the television show The Sopranos as a metaphor for the seemingly quiet, yet poisonous, violence found in suburban life and its dependence on the socially and environmentally destructive automobile. Bill’s essay has the most statistics and facts of any in the book, and I felt the book could have used a bit more of this exacting approach. Bill brilliantly describes the many underlying factors that led to the Newark riots in the 1960s, caused by poor urban planning and highway construction, among many things. He also discusses the riots’ subsequent effect on the flight of the more affluent base to the suburbs, thus creating many of the conditions and problems now facing the poorer cities. Later in his chapter, Bill describes the Cold War mentality that gave rise to the primacy of the car, noting that “taking a step closer to the military meaning of mobilization, and considering the policy choices and informational campaigns that were necessary to sell the automotive age to Americans, it does not unduly stretch one’s metaphoric capacity to interpret mobilization as an act of class warfare, waged from above.”

When I interviewed Bill via email, I told him that although I agreed with his analyses, I had moved from Queens to the suburbs of New Jersey to insure the safety of my young daughter and to see that she would receive an education of higher quality in the suburban school systems as compared to that of the public schools of New York City. He replied that he understood my motives, and that “less admirable motives like “white flight” had brought others to the poorly planned suburbs. On the issue of safety, he said, “especially since street-crime rates in NYC and other cities have been dropping since the early 1990s, the best way to protect a kid is to keep him or her away from the big bad car.” Bill also wrote to me that “the better-run cities, to the extent they can afford it, are all upgrading their parks and greening their streets in recent years, recognizing that the quality of life has a lot to do with our innate biophilia as well as all the other reasons for greener buildings and infrastructure, so the suburbs’ advantages in the foliage-and-recreation realm are arguably on the decline as well.”

I asked Dr. Kenzari if the terrible problems facing cities can be reversed given today’s political and economic climate. I also asked about the future of the problems created by the suburbs. He replied: “...it is possible to argue that the terrible problems facing cities can perhaps be reversed, but only via the shifting of roles at the non-architectural level.” He added that “today, everything about architecture is problematic, from its mission to its relation to society. One would have thought that the decades of (modernist/rationalist) critical and design elaborations would trigger an increased confidence in the power of architects to positively affect the world, including the suburbs. This has not taken place, however. What appeared at first as an expansion of architectural consciousness turned out to be its reduction. A new process has formed, instead, whereby the progressive categories that once guided the avant-garde came to be

**Book Review: Architecture and Violence, Edited by Bechir Kenzari**

**Bernie Langs**
either diluted, criticized or simply instrumentalized. Hence the roots of the suburban problem. From an architectural perspective, therefore, the future of the suburbs will primarily depend on non-architectural decisions. But although architecture cannot dispense the solace it once promised, it still can play a role in highlighting the hegemonic forces dominating suburban life itself. Rather than promising a not-yet harmony, it can expose the deficiencies of the existing suburbia, thus preparing the ground for other actors to make the right decisions, if at all.

When I asked Bill Millard if there was hope in solving some of these problems, he said, “…I have to be optimistic, at least in some highly contingent and guarded way, that the US is capable of improving both its built environment and the cultural patterns that affect its environmental impact. Since we need to change certain things, we’d do well to convince ourselves that they really are changeable—a bit like William James deciding his first deliberate act of free will is to embrace the doctrine of free will.”

Natural Confections

Carly Gelfond

Here is a scene: it is a Sunday evening in late fall, and I am sitting on the couch in my apartment, hovering over a pocket mirror as I frantically try to coax a renegade contact lens from the back of my desert-dry eyeball. My boyfriend passes me on his way to the kitchen for a snack and tells me I have flour in my hair. I realize I must look terrifying with my floured hair and bloodshot eye. If you’re an over-achiever like, ahem, some people, the gift-giving season will do this to you.

I know you will be surprised to learn that I am a fan of homemade presents. Last year, I exhausted myself with the process of putting together gift jars of granola, for which I then made little labels stamped with birds in gold ink and which, in a moment of creative clarity, I realized could only be presented with matching stamped gift cards.

Even through this paper, I can sense the look on your face that says, what’s wrong with a sweater? Believe me when I say that there is no satisfaction like the exhaustion that comes after a night of gift-baking. When it was all said and done and I had a row of fifteen perfect-looking jars of granola sitting on the counter, it’s true that I might have napped for about eight hours. But call me crazy—and you very well might—homemade presents are worth it to me.

1. Brown butter: Melt butter slices in a medium saucepan or skillet over medium-low heat. Once melted, whisk frequently as the butter begins to foam, then turns clear golden. Watch carefully as lightly browned specks begin to form at the bottom of the pan; scrape these up as you stir. When the butter is mostly brown and has a nutty smell, remove from heat. Note: Butter will burn very quickly after it browns, so keep an eye on it to make sure it isn’t blackening. Set it in the freezer until solid (30 to 40 minutes).

2. Preheat the oven to 375°F. Butter a 9×13 inch pan. In a medium bowl, whisk together sugar, baking powder, flour, salt and spices. Using your fingertips, blend the solidified brown butter, egg, and vanilla into the dry ingredients to form a crumbly mixture.

3. Transfer ⅔ of the crumbs into the bottom of the prepared pan, pressing firmly. Tile apple slices over crumb base in a single layer. Scatter chopped cranberries evenly over apple slices. Top fruit with an even layer of remaining crumbs. Bake in preheated oven for 20 to 25 minutes, until top is slightly brown and edges are beginning to color. Cool completely in pan before cutting into squares.

Adapted from SmittenKitchen.com

Apple Cranberry Shortbread Crumble

1 cup (2 sticks) cold unsalted butter, cut into slices
1 cup white sugar
1 teaspoon baking powder
⅔ cup plus 2 tablespoons cups all-purpose flour (or you can measure 3 cups and remove 2 tablespoons flour)
½ teaspoon cinnamon
¼ teaspoon grated nutmeg
¼ teaspoon salt
1 large egg
1 teaspoon vanilla extract
1 medium firm, tart apple, cored and thinly sliced (between ⅛ and ¼-inch thick)
⅓ cup chopped fresh cranberries

Cartoon by the author
Getting Your Caffeine Fix: A Review of Coffee Shops around Campus

Carlos Rico

Coffee has become an indispensable tool, like micropipettes and test tubes, for the upper echelons of academia. At some point, most of us have relied on coffee to stay awake and fill the energy gap needed to complete that manuscript, experiment, or final project. Paul Erdos, a prominent Hungarian mathematician, once said “a mathematician is a machine for turning coffee into theorems.” It is said that coffee was discovered in Ethiopia when Kaldi, a goatherd, found that his goats were more active than normal after consuming cherry-red berries. Kaldi proceeded to consume the same cherry-red berries and discovered their energizing properties. Coffee became the drink we know today after people from Arabia started to roast coffee beans around A.D. 1000. From there, coffee consumption expanded along with the spread of Islam in North Africa and the Middle East, reaching Europe in 1615 through Venetian merchants. And the rest is history.

Coffee exerts its stimulative effects through its active component, caffeine. Caffeine is a xanthine alkaloid that acts as a central nervous system stimulant and is typically found in drinks such as tea, soft drinks, energy drinks, and coffee. Moderate consumption of coffee, three to five cups, has been shown to have positive health effects, such as decreased risk of developing Alzheimer’s disease, Parkinson’s disease, heart disease, type 2 diabetes, dementia, and possibly cancer. No wonder 90% of adults in North America consume caffeine daily! In general, coffee is served without milk (espresso, americano, and ristretto), with milk (latte, macchiato, cappuccino) and with milk and chocolate (mocha). Coffee can be bought pretty much anywhere: in a deli, a coffee house, restaurant, and white cookies and the cheese Danish. However, the pastries are quite large, so if you are really in a hurry, you can replace a meal with one of these pastries along with your coffee. Likewise, if you have a small stomach, you can take that special someone with you on a coffee break and split that black and white cookie between the two of you. The Cafés offer a nice variety of Crumbs-made sweets, which are available otherwise near campus. My favorites are the black and white cookies and the cheese Danish. However, the pastries are quite large, so if you are really in a hurry, you can replace a meal with one of these pastries along with your coffee. Likewise, if you have a small stomach, you can take that special someone with you on a coffee break and split that black and white cookie between the two of you. The Cafés also offer a good variety of teas and the Weiss Café has a good selection of candy if you are still not over Halloween.

Java Girl (66th Street and First Avenue): Located one block away from campus, this little coffee shop is a jewel of the Upper East Side. Reasonable prices and friendly baristas make this place very welcoming to any visitor. If you are looking to enjoy a nice cup of coffee without pressure or simply take a walk to reflect on your latest data set, this is your place to go. Java Girl offers a wide variety of caffeinated drinks—flavored coffee, tea, expressos, cappuccinos, lattes, etc. If you are a coffee aficionado, you will totally love this place. Their cappuccino is really delicious and their flavored coffees are truly amazing. Tea? You name it and they will have it. However, Java Girl offers much more than just coffee drinks. You can buy coffee beans such as the Brazil Santos, Sumatra Mandheling Kasho, and Tip of the Andes by the pound. For the tea lovers, Java Girl also offers half pound bags of tea leaves such as the Russian Caravan, Mango, and China Yunnan. Even though Java Girl is a small shop, it offers inside seating if you want to sit down and write your next NIH grant, as well as outside seating for the summer time. Beware, though: space is small so large groups may have difficulty finding a place to sit.

Dunkin’ Donuts (66th Street and First Avenue): Walking into corporate America territory, Dunkin’ Donuts is located in front of Java Girl and although some may be quick to dismiss it, Dunkin’ Donuts has some unique offerings for us academics. If you are again in a hurry (is it me or are we always in a hurry?) and you are close to Dunkin’ Donuts, you should stop by and try some of their menu items. For breakfast, I recommend their English muffin with egg and ham, or their croissant sandwich with sausage, cheese, and egg. Both are exquisite and combined with a hot or cold coffee in the morning provide a good meal to start your day. Dunkin’ Donuts’ lunch menu also has good options and some of them below 500 calories for those of us who are health-conscious. For instance, the ham and cheese flatbread is only 310 calories, not counting the added calories from the coffee if you like yours with milk and sugar. Furthermore, most donuts are also between 100 and 200 calories, which makes them an acceptable snack once in a while to accompany your coffee, but not as cute as the black and white cookie to share with your significant one. Dunkin’ Donuts has certainly expanded their menu to offer many choices besides caffeinated drinks, some of them healthy enough to enjoy on occasion if you are watching your waistline. If you happen to be around and in a hurry, I certainly welcome you to try some of their menu items with their coffee and I promise you will be delighted.

Starbucks (66th Street and First Avenue): This Starbucks is a busy hub for the Tri-Institutional community, especially New York Presbyterian. Located one block from Weill Cornell Medical College, it is common to find hospital employees, nurses, doctors, and the occasional medical student studying for his/her USMLE Step 1 exam. Starbucks premier drinks, such as the Frappuccinos, are highly enjoyable during any day of the year. Even though it is constantly busy during the day, service is fast and this Starbucks delivers what it promises in terms of coffee. You can also expect to get other items such as yogurt, muffins, and even an occasional salad. However, I would stick with classic drinks and enjoy what this Starbucks has to offer.

I hope this quick and simple review will help you next time, my caffeine aficionados, in choosing wisely a shop for your next drink. Whether it is corporate or locally owned, coffee has many benefits to offer so I invite you to try the different specialties each shop has until you find your niche for coffee. Enjoy! *
As a long-time appreciator of film and Academy Awards prognosticator, I offer my thoughts on the major categories of the 2012 Oscar race as well as a selection of film reviews that may propel you to the theater or to queue up the DVD. Under each selection below, I've included corresponding “For Your Consideration” categories.

Melanie Lynskey (Director: Lars von Trier): Kirsten Dunst delivers an unflinching performance as a depressed bride whose woes are beautifully juxtaposed against an interplanetary collision. Charlotte Gainsbourg wows as the elder sister who fights to keep her family afloat—even in the midst of an inevitably sinking ship. It’s a shame that von Trier killed any chances this taught drama has of awards glory with his big mouth.

The Ides of March (Director: George Clooney): Ryan Gosling gives a strong performance as a meticulous electioneer who bends over backwards to do good by his campaign. But through George Clooney’s devil-inside politician and Evan Rachel Wood’s jejune waif, we find that even those with hearts of gold can find themselves tarnished by political prowess.

My Week with Marilyn (Director: Simon Curtis): Depicts the personal account of what happened both backstage and on the set of The Prince and the Showgirl during one week of filming. Michelle Williams and Kenneth Branagh are spectacular as Marilyn Monroe and Sir Lawrence Olivier, respectively. Dame Judi Dench and Julia Ormond also stand out in this intimate look at a seemingly untouchable icon.

The Help (Director: Tate Taylor): Newcomer Taylor’s adaptation of Kathryn Stockett’s best-selling novel is a slam dunk thanks to the talents of an exquisite cast. Viola Davis, Jessica Chastain, Octavia Spencer, and Bryce Dallas Howard all shine amidst a sea of beauties and woebegones in this southern-fried tale of civil uprising.

The Tree of Life (Director: Terrence Malick): The breathtaking imagery combined with the family portrait backdrop forces us to reconcile our childhoods with what we’re viewing. Director Terrence Malick’s choice to partition the film into paternal, maternal, and fraternal relationships is brilliant, while Brad Pitt and newcomer Hunter McCracken shine in this unique, experimental comment on where we come from and where we’re going—even if the ending is a little weak.

Martha Marcy May Marlene (Director: Sean Durkin): Elizabeth Olsen gives a controlled performance that is equally haunting and endearing as a woman who recently fled a cult into the arms of her sister. The editing is spot-on and keeps the viewer displaced in time, just as Martha experiences her own existence. This decision gives the film a dream-like quality, which propels it even further.

Drive (Director: Nicolas Winding Refn): A highly stylized, intense crime drama uses speed and motivation to get the adrenaline running. While many claimed the so-called graphic violence to out-Tarentino Tarentino, it really is comic book fare. While the performances are strong by Ryan Gosling, Carey Mulligan, and to a lesser extent, Albert Brooks, I don’t see this as an Awards film—though Winding Refn is to be commended.

Like Crazy (Director: Drake Doremus): What happens when two people meet and fall in love only to be separated by the powers that be? Felicity Jones makes her mark and earns the Sundance Special Jury Prize for Breakout Performance as Anna, a well-to-do Brit living in Los Angeles, CA, who gets wrapped up in a relationship with Jacob (Anton Yelchin in his first leading role). Both actors make the most of a story with a seemingly foregone conclusion, but nothing can prepare you for the intense sadness of the last ten minutes, which explains the film’s Grand Jury Dramatic Prize win.

Take Shelter (Director: Jeff Nichols): This psychodrama stars Michael Shannon as a family man trying to make sense out of murderous visions he experiences by day and night. Is this just the tip of the iceberg of schizophrenia or is something more foreboding at work? After all, his mother (played by Kathy Baker) was diagnosed as a paranoid schizophrenic around the same age.

Warrior (Director: Gavin O’Connor): Tom Hardy and newcomer Joel Edgerton are superb in this rock’n, sock’n, take’e’m down drama centering around two brothers and their alcoholic father who all find themselves on the world’s stage when the brothers compete for five million dollars in a mixed martial arts championship. But it’s Nick Nolte who is sure to find himself in the competition for gold, come February.

Another Earth (Director: Mike Cahill): Brit Marling is fantastic as a woman doing penance for a crime committed in the throes of high school hi-jinks. Her path to redemption is juxtaposed against the discovery of a carbon copy of our Earth that has appeared in the sky. What would you say to another you?

Win Win (Director: Thomas McCarthy): A superb cast works well around a well-written screenplay. Paul Giamatti and Amy Ryan are strong as the would-be parents of newcomer Alex Shaffer, while Bobby Cannavale and Jeffrey Tambor pour on the laughs. The real story lies with Shaffer—a former high school wrestler who found his stride in acting.

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### 2012 Academy Awards Picks

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<th>Rank</th>
<th>Best Picture</th>
<th>Best Director</th>
<th>Best Actor</th>
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<tr>
<td>1</td>
<td>War Horse</td>
<td>Stephen Spielberg (War Horse)</td>
<td>George Clooney (The Descendants)</td>
<td>Meryl Streep (The Iron Lady)</td>
<td>Christopher Plummer (Beginners)</td>
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<td>2</td>
<td>The Descendants</td>
<td>Alexander Payne (The Descendants)</td>
<td>Jean Dujardin (The Artist)</td>
<td>Viola Davis (The Help)</td>
<td>Brad Pitt (The Tree of Life)</td>
<td>Jessica Chastain (The Help)</td>
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<td>3</td>
<td>The Artist</td>
<td>David Fincher (The Girl with the Dragon Tattoo)</td>
<td>Gary Oldman (Tinker Tailor Soldier Spy)</td>
<td>Michelle Williams (My Week with Marilyn)</td>
<td>Kenneth Branagh (My Week with Marilyn)</td>
<td>Octavia Spencer (The Help)</td>
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<td>4</td>
<td>Hugo</td>
<td>Martin Scorsese (Hugo)</td>
<td>Brad Pitt (Moneyball)</td>
<td>Glenn Close (Albert Nobbs)</td>
<td>Nick Nolte (Warrior)</td>
<td>Shailene Woodley (The Descendants)</td>
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<td>5</td>
<td>The Help</td>
<td>Terence Malick (The Tree of Life)</td>
<td>Leonardo DiCaprio (J. Edgar)</td>
<td>Charlize Theron (Young Adult)</td>
<td>Kevin Spacey (Margin Call)</td>
<td>Berenice Bejo (The Artist)</td>
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<td>Moneyball</td>
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<td>The Tree of Life</td>
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End of a nice day on the statue of Liberty and the bay by Elodie Pauwels

Untitled by Andrej Ondracka