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**OPINION**

## Allowing YAT candidates to campaign is essential to preserving Princeton's values



The bronze tigers guard the steps of Nassau Hall, where the Board of Trustees meets.

Louisa Gheorghita / The Daily Princetonian

**Thomas Buckley**

April 11, 2024 | 2:55am EDT

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This year, 27 seniors **declared** their candidacy for Young Alumni Trustee (YAT). The high number of candidates is hardly a surprise: As members of the 40-person board of trustees, Young Alumni Trustees have significant influence over the University's governance, budget, and **\$34 billion dollar** endowment. There is no doubt that YAT is the most powerful position that an undergraduate can run for, making it no surprise that YAT attracts some of the best talent from across the Class of 2024 to run.

Despite the interest from candidates, **only** 22 percent of students voted in last year's election, though this was an increase from the year before. This stands in striking contrast to USG elections, which typically attract the participation of about **45 percent** of students. The student body is apathetic about YAT elections — even more apathetic than **it is in general**.

This is likely partially because of the election's rules: the candidates aren't allowed to do any "**issue-based campaigning**." But this undermines the democratic process. Voters have no idea what they're voting for, so many end up just not voting. These restrictions also undermine Princeton's own commitments as a University. Disallowing the YAT candidates from campaigning on issues abridges their freedom of speech and stifles campus discourse, issues that President Christopher Eisgruber and the University care a lot about in **every other context** — just not this one.

Throughout his tenure in Nassau Hall, President Eisgruber has staked his claim as one of the most prominent defenders of free speech on college campuses. In his **state of the University letter**, President Eisgruber wrote that "free speech and academic freedom are the lifeblood of any great university and any healthy democracy." He has **lectured on** free speech as a progressive ideal. He has **written in defense** of Princeton's strong free speech protections. So why does the University hold a different standard for these elections?

In practice, the election rule forbidding candidates from campaigning means that they are prevented from making statements "**to represent or advocate** for a particular constituency, issue, or point of view." This clearly abridges their right to speak. A candidate who is passionate about mental health, addressing the climate crisis, or any other issue is barred from discussing these issues during their campaign. It also abridges other students' right to listen and develop an informed opinion: free speech is not important only to protect the rights of speakers, but also to protect those of listeners. Just as candidates need to be able to speak candidly about their passions, voters should be able to cast their vote based on their values rather than just vibes.

In its efforts to justify its policy, the University argues that Trustees can undermine the working of the board "**if they are perceived** as beholden to a position they took while campaigning." But in reality, this is an antidemocratic excuse for an antidemocratic abridgement of free speech: trying to avoid being "beholden to... position[s] they took while campaigning" is trying to limit accountability. By implementing this rule, the University is trying to prevent disruption of the Board by effectively limiting the mandate of the YAT to opining broadly on the student perspective, rather than having specific suggestions with a voter mandate behind them.

By curtailing the speech of candidates, members of the Class of 2024 are left with few resources to form their own opinions of candidates outside of name recognition and an odd 'Prince' endorsement. This effectively reduces a highly consequential election to a popularity contest. This climate that is hostile to discourse is inherently toxic to civic engagement — as evidenced by the anemic turnout in each year's Young Alumni Trustee elections.

Instead of aggressively curtailing candidates' speech, the University should live up to its values and lift its strict ban on campaigning. Firstly, it should stop censoring candidate statements and allow candidates to share their priorities for the Board of Trustees with the electorate. In addition, it should host a debate and afford potential Trustees the chance to sway their fellow students. Students should have the opportunity to develop an informed opinion about the candidates. Anything less is a disservice to the Class of 2024 and to Princeton University.

*Associate Opinion Editor Thomas Buckley is a Sophomore from Colchester, Vermont majoring in SPIA. Exercise your free speech rights by contacting him at thomas.buckley[at]princeton.edu.*



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# THE DAILY PRINCETONIAN

Thursday, April 11, 2024

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by **Victoria Davies**

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Good morning! This is **Victoria Davies**, an associate Newsletter editor.

Our top three stories this morning:

- A new **Indigenous Studies professor** is coming to Princeton
  - An **argument** on Young Alumni Trustee campaigning
  - A **self-essay** about starting Princeton with disordered eating
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**“She’s such a builder:” Kauanui appointed to Indigenous Studies professorship**



**The Effron Center for the Study of America is located in Morrison Hall.**

Candace Do / The Daily Princetonian

**“She’s such a builder:” Kauanui appointed to Indigenous Studies professorship:** J. Kēhaulani Kauanui **will assume positions** in both the Department of Anthropology and the Effron Center for the Study of America. A current professor at Wesleyan University, Kauanui said she is **excited to help continue to build up Princeton’s Indigenous Studies program**. She visited campus last October, when she gave a talk on **Hawaiian decolonization and feminism**. According to the President of Native Graduate Students of Princeton (NGSP) Brandi Bushman GS, Kauanui “**really developed relationships with the Native Hawaiian students**, specifically, and the Native community generally” during her visit. Kauanui has taught in the American Studies and Anthropology departments at Wesleyan since 2000 and **founded the Indigenous Studies Research Network**. At Princeton, she is looking forward to collaborating with existing Indigenous studies initiatives on campus and to “**do something bigger**” with studies of global indigeneities.

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## OPINION | Allowing YAT candidates to campaign is essential to preserving Princeton's values



The bronze tigers guard the steps of Nassau Hall, where the Board of Trustees meets.

Candace Do / The Daily Princetonian

Young alumni trustee (YAT) election season is upon us again, and that means it's time for your **annual reminder** that the YAT election is an **undemocratic sham**. Yet as we revisit this conversation, I wanted to focus on the ways that the YAT process **undermines campus free speech**, in the hope that this aspect of the election might appeal to the powers that be inside Nassau Hall.

— Associate Opinion Editor **Thomas Buckley**



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### THE PROSPECT | Living with disordered eating at Princeton



East Pyne Hall on a sunny day.

Lulu Pettit / The Daily Princetonian

**Living with disordered eating at Princeton:** *Content Warning: The following article includes mention of disordered eating. University Counseling services are available at 609-258-3141.* Lulu Pettit tells her story of **coming to Princeton with “disordered eating”** while dealing with seemingly infinite food and a thousand options to choose from. For Pettit, this change **jumpstarted the healing process** for her restrictive eating. TigerMenus allowed her to **prepare herself before going into a dining hall** and a University dietician gave guidance and frames of reference for what

healthy eating habits look like. Above all, **turning mealtimes into a community space** mattered the most — whether catching up with friends, talking about upcoming assignments, or calling family. She encourages other students to **use food as a point of connection** with others on campus, to help **turn mealtimes from something to fear into something to love**.

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**My favorite places to get espresso in Princeton:** Staff Prospect writer Christopher Nunez grew up in a household where espresso was the **go-to choice of drink**. Espresso became a part of his childhood that **never faded away**. In honor of the release of Sabrina Carpenter’s new single “Espresso,” Nunez shares his **favorite Princeton coffee places**. While he described Coffee Club’s iced coffee as the **perfect blend of bitter and delicate boldness**, Small World’s espresso tastes sweet yet sophisticated. Nunez typically goes to Chez Alice Pâtisserie **for a hot coffee**, while he says Sakrid Coffee Roasters is the go-to place for espresso that’s **delicious both hot and cold**.

**READ THE PIECE →**

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*If you have any feedback or concerns about today’s newsletter, please email [managingeditor@dailyprincetonian.com](mailto:managingeditor@dailyprincetonian.com)*

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Today’s newsletter was copyedited by Adanna Taylor. Illustrations by Luiza Chevres. Thank you.

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# ‘She’s such a builder’: Kauanui appointed to Indigenous Studies professorship



The Effron Center for the Study of America is located in Morrison Hall.

Candace Do / The Daily Princetonian

**Elisabeth Stewart**

April 10, 2024 | 11:49pm EDT

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In the Native Hawaiian culture, tī leaf leis are a symbol of protection and welcome. One of these leis was gifted to professor J. Kēhaulani Kauanui by Ila Nako ’26, a student leader in Natives at Princeton (NAP), and two other Native Hawaiian students when the anthropologist visited campus last October.

During her visit, Kauanui, a Native Hawaiian who teaches at Wesleyan University, gave a talk on Hawaiian decolonization and feminism. Coming this summer, she will assume the Eric and Wendy Schmidt Professor of Indigenous Studies [position](#) at Princeton.

"I found the students dynamic, invested, really sharp — they asked such important questions. There's a really exciting vibe," Kauanui said in an interview with The Daily Princetonian.

The Board of Trustees approved Kauanui's appointment to this position last month. Effective July 1, she will assume positions in both the Department of Anthropology and the Effron Center for the Study of America.

While this hire ends the search for the Indigenous Studies professorship, first [announced](#) in December 2020, it is only the beginning of a continued effort to build up Princeton's Indigenous Studies program at Princeton.

Anthropology Professor Ikaika Ramones said of the students' gift to Kauanui, "[Students] took time to gather together the day before and create something for her, by hand, with something that grew in the soil in Princeton."

"I think that's a pretty powerful symbolism of the potential of what can grow here," he continued.

### Growing Indigenous Studies Through the Effron Center

For the past several years, the Effron Center for the Study of America (previously the Program in American Studies) has housed several Indigenous Studies initiatives on campus. In 2020, the Effron Center funded the creation of a [website](#) for the Native American and Indigenous Studies Initiative at Princeton (NAISIP).

"To be in a space ...where they're bringing in cutting-edge researchers who are engaged in critical ethnic studies within an American Studies context, and [who] understand the importance of Indigenous Studies — that is something that really excites me," Kauanui told the 'Prince.'

Effron Center chair Professor Aisha Beliso-De Jesús also confirmed that Effron Center faculty are "working towards the launch of a minor in Indigenous Studies," and that the University plans to "prioritize future faculty appointments across the university within this vital field."

According to Beliso-De Jesús, the process of filling the Indigenous Studies professorship was "thoroughly collaborative" between the Dean of the Faculty and various academic units, along with engagement from students, faculty, alumni, and community stakeholders.



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Last fall, representatives from NAP and Native Graduate Students of Princeton (NGSP) [expressed](#) that they felt "left in the dark" during previous attempts to fill the faculty position and did not have a formal role in the search committee.

"We've been more aware of everything this time, which has been so much better because it's felt like we've both been involved in the process itself and also afterward we've been kept informed," NGSP president Brandi Bushman GS told the 'Prince.'

She added that Kauanui was particularly attentive to students' interests during her visit.

"Kauanui was only here for a couple [of] days, but she really developed relationships with the Native Hawaiian students, specifically, and the Native community generally," Bushman said.

Kauanui has taught in the American Studies and Anthropology departments at Wesleyan University since 2000 and founded the school's Indigenous Studies Research Network. She also served on the steering committee, as an inaugural council member, and as a co-founder of the Native American and Indigenous Studies Association.

"She has really seen and helped build the field, not even nationally, but internationally," Ramones said. When Kauanui came to visit, "it was like talking to someone who immediately already had her finger on the pulse and was just ready to get started," he added.

Last fall, Bushman also told the 'Prince' that attracting professors to campus when Princeton does not yet have a full Indigenous Studies minor or department could prove difficult.

"The Native community, more generally, is small, but we're very present, and we're very active," Bushman said. "I think [Kauanui] saw a community on campus that is wanting to get work done, wanting to collaborate, and wanting to build something. She's such a builder."

### **Collaboration Across Departments**

In her conversation with the 'Prince,' Kauanui emphasized her desire to collaborate with existing Indigenous studies initiatives on campus, including NAISIP and the Princeton American Indian and Indigenous Studies Working Group (PAISWG).

"She came with a boatload of expertise, but also a very attentive ear, which I think is a really good combination for something like this," Ramones said.

"I know that there are other faculty across the campus who are interested and engaged in research pertaining to Indigenous peoples, and I'm really excited to be in conversation with them and to think about different initiatives that we might do together, whether it be workshops, conferencing, [or] research labs," Kauanui said.

Specifically, she hopes to "do something bigger" with studies of global indigeneities and the **LANDBACK movement**.

Kauanui also mentioned several potential course offerings adapted from her work at Wesleyan, including Decolonizing Indigenous Gender and Sexuality, Indigenous Women and the Politics of Feminism, and a research course on the LANDBACK movement.

"The presence of the field on campus is just going to be much more of a thing than it's been," Bushman said. "In this past year, it's already changed so much. It's very exciting to know that it's going to keep growing."

"There's a lot of potential and a lot of excitement," Kauanui said.

*Elisabeth Stewart is an assistant News editor for the 'Prince.'*

*Please send any corrections to corrections[at]dailyprincetonian.com.*

# My favorite places to get espresso in Princeton



Christopher Nunez / The Daily Princetonian

**Christopher Nunez**

April 10, 2024 | 9:04pm EDT

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I am an avid fan of iced drinks. In fact, I run to Nassau Street multiple times a week for a Sakrid Coffee Roasters cold brew or an iced matcha from Small World. However, my preferred drink will always be coffee — particularly espresso.

To put it simply, I adore espresso. I grew up with both sides of my family — Greek and Cuban — enjoying a cup of espresso no matter the time of the day. In the morning, my parents would drink a shot of warm espresso. In the afternoon, they would have two or three more shots with ice. After dinner, it was back to a hot shot of the coffee like in the morning. Espresso was a part of my childhood that has never faded away. It is something that I learned to obsessively crave and enjoy every day. In fact, I love it so much that I worked at a coffee shop in high school just to drink more of it on a regular basis. I even have an espresso machine in my dorm room.

In honor of one of my favorite musicians, Sabrina Carpenter, releasing her new single “Espresso,” I wanted to share my top recommendations for espresso in Princeton to pay homage to the coffee establishments that I spend so much of my time in. While this beverage ranking is subjective, I wish to share my favorite places that I find myself returning to continuously.

## 4. Small World

When I go to Small World, I usually only get the iced matcha or NoLa cold brew; I get both of these drinks weekly. However, I now find myself running to get espresso at this staple coffee shop all the time. Small World's espresso tastes sweet yet sophisticated, with multiple layers to each sip. It is simple, without too many prominent, differing tones that would overcomplicate the coffee's essence and thus reduce it down to an occasional type of drink. Their espresso has become a daily craving of mine.

## 3. Coffee Club

I appreciate the convenience of Coffee Club. Whether you are heading up-campus or down-campus, the two flagship locations at Campus Club and Addy Hall in New College West make it easy to get a drink to-go. I usually order two shots of espresso, only over ice. Coffee Club's espresso tastes the best when cold, which helps boost its flavor profile. There is a slightly nutty, earthy taste that I really like. While occasionally I have had it hot, the ice creates the perfect blend of bitter and delicate boldness: a must try for all.

## 2. Chez Alice Pâtisserie

Chez Alice's beautiful ambiance is a joy in every regard. The adornment of the shop is complemented by the aroma of the plethora of sweets on display for sale. However, I always go to Chez Alice with the intention of ordering hot espresso. Their espresso is best served in a steaming cup, which brings out its most delectable aroma. It is warm and inviting, the type of coffee that makes you feel as if you are drinking a cup in the comfort of your own home. This is one of those circumstances where breathing in the wafting smoke of the coffee is just as enjoyable as drinking it.

## 1. Sakrid Coffee Roasters

Sakrid is my absolute favorite coffee place in Princeton, and maybe even the best that I have ever had. In fact, if I had to only have espresso from one place in Princeton, my answer would always be Sakrid. Its espresso is delicious both hot and cold. I personally find it difficult to have a shot that works well both hot or over ice. Oftentimes at other shops, the espresso needs to be diluted with ice due to its extreme bitterness, or it is already too watery and thus can only be drunk hot. However, Sakrid's espresso is beyond marvelous no matter how it is made. There is a velvety boldness to each sip that keeps me returning to it over and over again. It is always consistent; their coffee never is a hit-or-miss. I usually get a double shot over ice: the key to my perfect day.

*Christopher Nunez is a staff writer for The Prospect from Point Pleasant, N.J. He can be reached at christophern@princeton.edu.*



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# Name Drop • By Wade Bednar • Apr 12, 2024

Difficulty Level: 4/5

[Click here to view the solution to the puzzle.](#)

## Across

- 1: Certain filler words
- 4: "For real for real!"
- 9: Fess up (to)
- 14: Follower of fa
- 15: Legendary figures
- 16: R&B artist with the 2004 hit "1, 2 Step"
- 17: Notable period

## Down

- 1: Familiar with
- 2: Symbolist painter Gustave
- 3: Casual wear
- 4: American-born Japanese
- 5: Valence electrons of a noble gas, perhaps
- 6: Tight-fitting women's garment
- 7: Actress de Armas

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# Living with disordered eating at Princeton



East Pyne Hall on a sunny day.

Lulu Pettit / The Daily Princetonian

Lulu Pettit

April 10, 2024 | 10:00pm EDT

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*Content Warning: The following article includes mention of disordered eating. University Counseling services are available at 609-258-3141.*

I spent the second half of high school counting calories at almost every meal. It's not an uncommon story — according to a 2023 study, more than one in five children and adolescents suffer from disordered eating. That's what my therapist always called it: "disordered eating," which felt like she was saying I was bad enough to have a

problem but not bad enough for a diagnosis. It felt at times like I would wake up one day and a new bone stuck out, or another pair of pants was too big. At times I felt like I was losing my energy, my vibrancy, and myself. But it also sometimes felt like it was something good in my life, a habit that allowed a sense of control.

As I neared the end of high school, I decided that I wanted to change my eating patterns. I knew that eating in college would be extremely different, and I reminded myself every day that the mythologized “Freshman 15” — already an evil, problematic concept — would not make me a failure, despite what every college comedy show had told me. My extended knowledge of the nutritional information of everything I ate, as well as my dangerously low caloric consumption before the end of the school day would not be possible, since the “control” I demonstrated during high school involved limiting my access to food to a tiny breakfast and an only marginally larger lunch. In college, I knew that food would be everywhere.

I was right, to an extent. There were sprawling dining halls, cafes, and coffee shops covering the campus, all with seemingly infinite food and a thousand options to choose from. But something happened that I never could have predicted: Dining halls and college eating jumpstarted the healing process for my restrictive eating.

At first, I was overwhelmed by the options. For most of my meals in the first couple of weeks, I overate slightly. Any skills of moderation and listening to my body had been lost by my disordered eating in high school. However, adjustment wasn’t impossible. As someone who likes patterns, routines, and stability, I first focused on finding comfort foods. I made sure I ate three meals every day, no matter what, and used TigerMenus to prepare myself before going in. On days when eating was hard, I drifted to easy, familiar stations: prepared salads, soups, sandwiches. I refused to let myself check the macros on the Campus Dining website or ask the dining hall staff anything about the nutritional information of the food.

It’s worth noting that early in the year, I also paid a visit to the University dietitian. After talking to him about my lifestyle and general activity, he gave me meal plan ideas that would meet my daily energy needs. For anyone struggling with knowing how much to eat, I cannot recommend the service enough. I don’t follow the meal ideas very often, but they gave me a frame of reference for portion sizes and food group ratios, which I desperately needed after the intense contrast of my limited high school eating and my early college overeating.

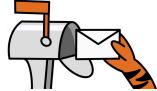
What has mattered the most is turning mealtimes into a community space. Although food culture is still important to me, meals are not only about food anymore; they’re about catching up with friends, making plans for the weekend, talking about upcoming assignments. In college, social eating prevails.

Of course, the concept of social eating was terrifying to me when I first got here. I hated the idea of eating for fun, losing control, and focusing less on the exact amount and type of food that I consume and more on everything else happening around me. With the perpetual free food events and encouragement to treat ourselves in study breaks, college culture at times feels like it revolves around food. Eating with other people can be especially intimidating for disordered eaters due to food comparison. During many meals, I have to stop myself from wondering, “How much are they eating? How much am I?”

However, I don’t like to let myself eat alone very often, and when I do, I find activities to add to the meal, like watching a video or calling my family, so that the moment doesn’t become about food exclusively. My eating and frame of mind aren’t perfect, not by a long shot. There are still days and nights where the thought of eating makes me sick and times where I feel like I can’t control myself. Brunch hours on the weekends, with their delayed breakfast and limited lunch options, especially nudge me towards meal skipping sometimes, and the demoralizing, restrictive mindset I adopted in high school can feel impossible to overcome.

But with every sweet treat with my friends and every burst of laughter during dinner, I come closer to finding peace with my eating, a peace I couldn't get myself to work toward back home. To other people suffering from these same issues on campus, I encourage you to find ways to use food as a point of connection. For me, that shift has turned mealtimes from something to fear into something to love.

*Lulu Pettit is a contributing writer for The Prospect at the 'Prince' who enjoys writing about food, movies, and local businesses. She can be reached at lp3153@princeton.edu, or on Instagram @itslulupettit.*



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**Dana Ayebare** and **Wade Bednar**

April 11, 2024 | 7:00pm EDT

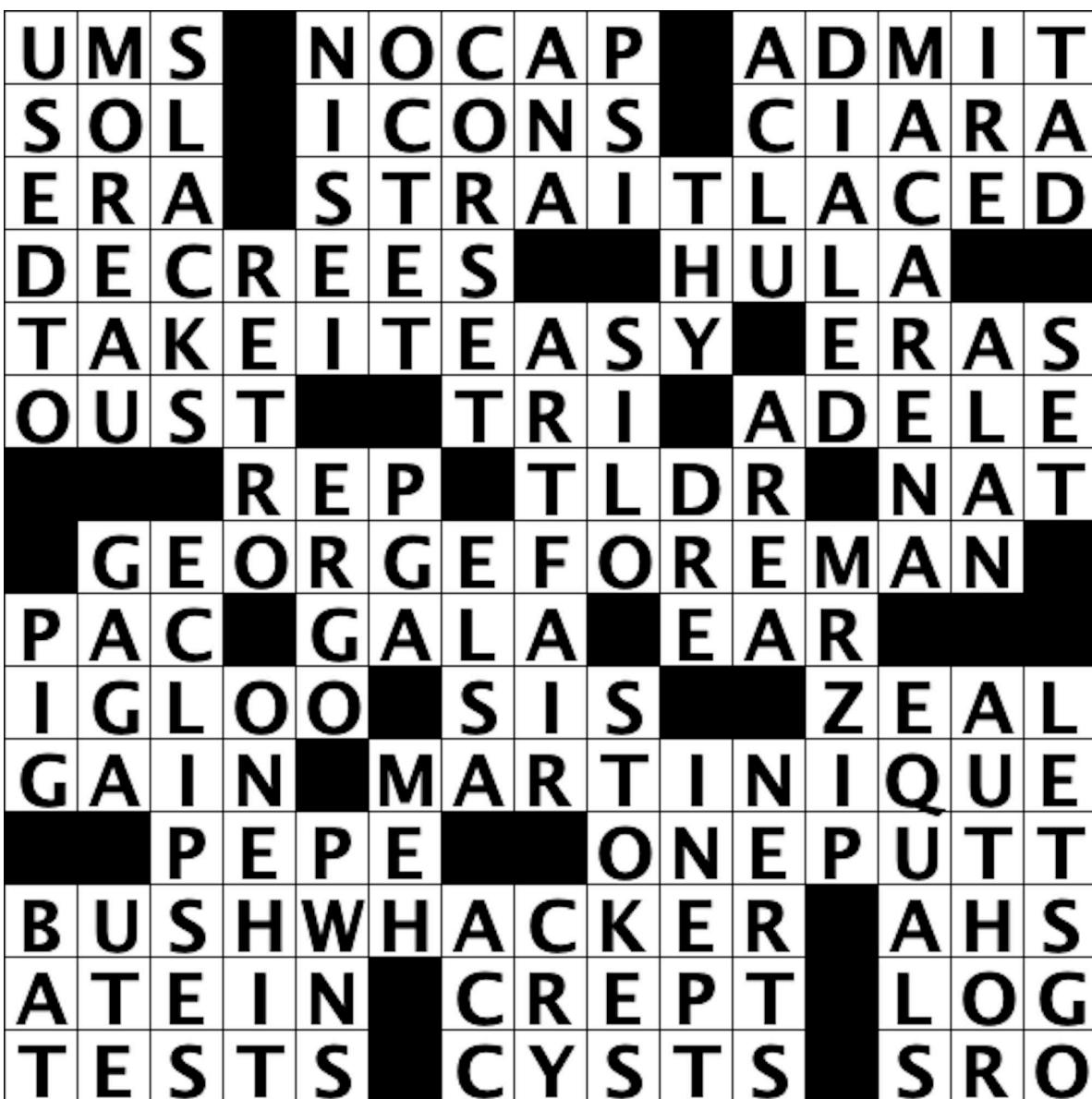
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Friday Puzzle: "Name Drop"



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Mini #3: "Wow Factor"

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