

# THE OBSERVER

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## Meal Plan Certain for Fall If Not Approved for Now

by Ellen Bart

Stern College may institute a meal plan for dinner starting next semester, according to SCWSC President Arlette Looser. The plan, which comes in the wake of raising labor costs and a \$40,000 deficit, was proposed by Mr. Alfred Parker, supervisor of YU cafeterias and Dr. Israel Miller, Vice President of Student Affairs.

The plan would consist of four dinners per week for the entire semester at a cost of \$300.00. According to Mr. Sam Klein who heads the Stern cafeteria, this is approximately the same cost as the current student special.

If the plan goes into effect, the price of a meal for students not participating would rise anywhere

from 40¢ to \$1.20 per meal.

However, if the plan is not accepted for spring, Mr. Klein said it will become mandatory for freshman beginning next fall. "We cannot continue to operate under such a large deficit," he said.

The proposal was presented two weeks ago by Mr. Parker and Dr. Miller in a meeting held with sophomore class representatives to solicit student suggestions. A dinner on the plan would include:

- \* Soup, sandwich, or cake
- \* Two dishes of fruit, vegetables or drink

\* A main dish

Among the suggestions by the committee was to open the cafeteria on Sunday to allow a Sunday-Wednesday plan instead of Monday-Thursday. According to Michelle Listhaus, sophomore class president, this may be necessary to gain student support since many student would be opposed to a

Monday-Thursday schedule, and the plan will be viable financially only if it includes four dinners per week.

Other suggestions by the committee included provisions for vegetarian dinners and the possibility of using the meal plan tickets in the YU cafeteria.

Mr. Parker and Dr. Miller

agreed to both suggestions but rejected some others, like the possibility of substituting a lunch for one of the dinners. Mr. Parker said that students already eat lunch in the cafeteria and that the plan was intended to address the problem of the sporadic purchase of dinner.

Since an increasing number of women are from the New York area, he said, they are able to bring food from home. In addition, the rental of refrigerators in the Stern

*continued on p. 7, col. 2*

## Systemized Evaluations To Be Mandatory For Faculty

by Gila Hartsstein

On April 3, 1980, the New York State Education Department revised its regulations for educational institutions. With the current trend to upgrade the quality of education, the state now requires that there be in all universities a systemized method for reviewing professors. At this present time, no such method exists in either Yeshiva College or in Stern on a regular basis, although a faculty committee does review a professor up for reappointment. In the faculty review, a professor is reviewed in terms of 1) scholarship, 2) teaching ability, and 3) community service.

Among the various means of evaluating an instructor is through the distribution of evaluation forms. This method was attempted at YC and the results of the evaluations were distributed to the deans. There was no known im-

pact. According to the minutes for the SC Senate meeting of December 28, 1977, "Student Evaluation forms were compiled for the benefit of incoming students, transfer students, and the general student body so that students could choose courses that would suit their needs and would give them an idea of the course itself." Due to halachic considerations, they were not placed in the library for the students' use.

Rabbi Blau, Mashgiach at YU, served as the intermediary between the administration, faculty, and students, and Rabbi J.B. Soloveichik. His oral decision concerning student evaluation forms was that at this time he cannot see having student evaluations of faculty in a yeshiva atmosphere. According to Dean Bacon, controversy arose as to the Rav's intention in the word "yeshiva." Was he referring to the

entire YU as an institution of higher education for both Judaic and secular studies, or was he just referring to the Judaic element in YU?

According to Rabbi Blau no controversy exists. The Rav referred to the entire yeshiva element within YU. The halachic moral implications are that student evaluations give the student a greater leeway to intentionally penalize a teacher for personal motives. One protection of the dignity of a teacher as a human being is a major consideration of both the administration, the faculty, and hopefully of the student body.

The Statement of Faculty Evaluations states that: "To assist individual faculty members in evaluating and improving their teaching, each division shall develop a voluntary, *continued on p. 3, col. 5*

## Appliances Confiscated In Dorm Security Raid

Twenty-one appliances, including hot plates, toaster ovens, and skillets, were confiscated January 5 during a fire safety inspection by YU security.

Colonel Robert Marmorstein, director of security, said that only appliances with exposed heating elements which are labelled illegal according to dormitory regulations, were taken, with the exception of some "legal" skillets confiscated because of the heavy grease buildup from insufficient cleaning. The buildup, Marmorstein explained, can be highly flammable. These few appliances, however, were soon after returned to students. The illegal appliances will be returned before students leave for intercession.

The inspection consisted only of surveying appliances left on counter tops. There was no opening of cabinets, drawers, or closets, although Security is aware that students stash illegal appliances in these places prior to inspections.

"If the girls want to be that way, what can we say?" commented Marmorstein. "I know what goes on, but I'm not about to start looking through their closets. It's ultimately their problem."

Similar inspections are supposed to be held semi-annually uptown as well, although after upcoming inspection notices this November, no inspection was actually conducted.

One of the greatest fire hazards in the Stern dormitory is smoking in the clutter of a typical room, but Security will not regulate against smoking in rooms (as opposed to only permitting smoking in floor lounges, for example) because the regulation would be practically unenforceable. With cooking, Marmorstein explained, the

situation is controllable to an extent.

A major complaint against the inspections is the invasion of privacy many students feel when they may be lying in bed, for instance, when Col. Marmorstein enters their rooms. Dean Karen Bacon agreed that there should be some other means of enforcement without having him check the rooms personally.

Marmorstein said he does refuse to enter rooms if the occupants are not fully dressed and said that he's open to suggestions of alternate methods of inspection, including the possibility of putting the responsibility on the dorm counsellors.

by Beverly Barr

Recently in both the *Commentator* and *Observer* there has been much attention paid to the pros and cons of moving Wurzelweller uptown to the Y.C. campus. But according to many Wurzelweller students these articles have been lacking in their presenting the issues.

According to student body president, Tracy Blumberg, many students feel that since the undergraduate papers are not entirely objective parties in this case, there was a lack of input from Wurzelweller students who are just as involved in the decision as Y.C. students.

Sue Moritz, a student at Wurzelweller and graduate of Queens College, recalled one article where it was stated that Wurzelweller consisted mainly of women and non-religious students and insinuated that this may be coun-

terproductive to Y.C. students. While reading this, Ms. Moritz felt angered since although she is non-religious, she feels a strong identity with her heritage and also stated that there are all kinds of people in the world and this is a part of life to which Y.C. students should be oriented. Miss Moritz said that it was not the choice of Wurzelweller students to move uptown but rather an administrative decision they must accept.

Dena (Billus) Levenson another Wurzelweller student and a 1981 graduate of Stern College, pointed out that many of the students going to Wurzelweller are on the Block Program do field work during the school year and then go to classes during the summer.

She also mentioned a letter sent to Block students from Dean Lloyd Setlis dated Nov. 5 assuring these students that the present situation will continue for the summer of '82

and implied the possibility of remaining as such, although the details still remain to be worked out and there was no guarantee. She also pointed out the fact that for students who will be moved uptown, she is sure precautions will be taken to keep the atmosphere of Y.C. from becoming like that of a

regular co-ed situation.

University President Dr. Norman Lamm has made it known that if the school remains where it is now it will run at a deficit and may have to be closed down. As Miss Moritz stated, "No one wants to say they graduated from a school that no longer exists."



The SCW blood drive December 24 garnered 66 pints of blood, donated in the name of Ami Gregor, a 1979 NYA graduate who was in a car accident recently while visiting New York from his new residence in Israel.

# THE OBSERVER

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**Mazel Tov to Rabbi Tzvi Flaum, and to Bella Rosenberg, on the births of their new baby boys.**

## Summer Courses,

Summer courses in Accounting 1, 2 and Computers 5, 6 will be offered this summer at the university. Interested students should see the bulleting board outside the Dean's Office.

## Internships

Requests for internships must be submitted and approved before the start of the Spring semester. No internship credit will be awarded retroactively for work done without prior approval. Please see Prof. Laurel Hatvary for information.

# No Excuses: Finals Serious

by Phyllis L. Dubinsky

"My flight to go home is two days before my last final. May I take my final early so that I may go home early?" This is just one of the excuses used to try and arrange one's final examination schedule for her convenience.

It is unclear whether this and other excuses come to the attention of Mrs. Cecily Dobin, final examinations coordinator, because of ignorance of school policies regarding final examinations or because of precedents set by other students. Regardless of how these requests began, they must not be allowed to continue.

I am strongly opposed to the lame excuses by students requesting changes in schedules for individual examinations. Some students feel that because Stern is a small school they can feel free to take advantage of the faculty members and the concern that the faculty show for them.

"Why should students feel that school regulations be upheld? There seems to be the feeling that rules are meant to be broken," says Mrs. Dobin. Her sentiments expressly concern those students who request from faculty individual final examinations or examinations held on the last day of class. These requests are illegal according to the regulations established by the Academic Standards Committee, in charge of forming academic school policy.

According to Mrs. Dobin there are two categories of

special examinations. One category concerns those students who become ill before an examination. The other category of special examinations is to keep students under surveillance after a conflict examination. Genuine conflicts include students scheduled for two examinations in the same hour or three examinations scheduled in one day. These are valid reasons which require rescheduling of examinations. This is acceptable for a small school such as SCW where there is no scheduled "conflict day" as in other universities.

It appears that students believe no formal rules exist about final examinations. How wrong they are! If one reads page 8 in the YU Undergraduate catalog, the rules concerning final examinations explicitly state:

"A final examination may be postponed only on account of illness or some equally compelling reason which causes absence at the time of the examination or immediately preceding it or for a considerable part of the semester . . . Permission to postpone a final examination must be obtained from the Dean before the examination."

It is time for students at SCW to realize that postponing or changing final examinations will no longer be tolerated. For the integrity of SCW this sentiment is imperative to convey to students. As expressed by SCW Dean Karen Bacon, "Pure convenience is not an educational reason to postpone or change one's final exams."

## Editor's Desk

# Where Freedom ends

by Rachel Katsman

Upholding intellectual freedom has always been a key concern for the university student, and it was therefore disturbing and confusing to have seen the opposite of this platform displayed by an anonymous scribbler in a book that was lying on a table in the Room 619 Beit Midrash.

The front cover of this rather small, harmless-looking book had fallen off due to age and wear, and on the first inside page is inscribed in Hebrew, "It is shameful and degrading that such a heretical book as this is found in Stern College, and moreover in your Beit Midrash."

This eye-catching inscription provoked a closer look. The book at first glance could have been what is commonly termed a "sefer"—in reality, it is a collection of essays written in the last century by somewhat secular Zionists such as Leon Pinsker and Ahad Ha'am, arguing for Jewish nationalism in the form of a homeland.

What's your immediate reaction? Indignance that the scribbler felt that the ideas of these Zionist pioneers were dangerous and heretical since they were not predicated on traditional Torah law? Or satisfaction because you agree with that position and are glad someone had the guts to write it down? Or anger simply because in spite of any personal opinion, all ideas should be treated with respect and combatted, if necessary, with the same?

In an institution created to promote ideas, it seems appalling that a student, or anyone affiliated with the university, would have such disregard for the intellectual freedom that is supposed to flourish here. Yet a question brought to mind is this: how far must one carry a non-reactive respect for the ideas of others, especially if those ideas are seen to be destructive to humanity, or to some segment of it?

Case-in-point: Someone sees a pro-Nazi-kill-Jew poster on a telephone pole. He has an almost socially acceptable right to deface it or tear it down. Here there is an undisputed survival battle going on, in addition to the

suppressive nature of the propaganda itself warranting, perhaps, equally suppressive treatment.

But what if there is a personal, although not necessarily universal, perception that something is evil and destructive? Should not that person have the right, or perhaps even the moral obligation, to do everything in his power to suppress that thing? After all, there are those who don't see Nazism as a threat either, and in fact support it. So where do we draw the line, or do we at all?

A typically brilliant Mike Royko column last month discussed the Nazi march in Skokie. Royko contended that if a group of people want to march down the street yelling "kike," they should expect certain, possibly physical, repercussions. He said the ACLU should never have gotten involved, the Nazis deserved no special protection, and any kind of retaliation, physical or otherwise, should have been expected.

He theorizes a situation where someone decides to stand outside a Polish bar on Chicago's South Side and shouts derogatory comments, but requests police protection to do so. The police would think he was out of his mind! Is it mandatory that his opinions be respected, or at least legitimized? He probably deserves, and should expect, whatever vengeance is taken on him!

Similarly, why should a faction give legitimacy to a position which it feels is destructive to its interests or suicidal for everyone involved? The person who inscribed the book in the Beit Midrash obviously felt he/she was really fighting a battle for the survival of traditional Torah Judaism—and considering the other side a tangible threat to that survival. It therefore became obligatory to do whatever was in his/her power to suppress the opposing view—nuts to "respect for ideas."

It is probably true that the pen is indeed mightier than the sword, and therefore suppression of ideas will not make them go away if they are truly legitimate. Conversely, if those ideas are dangerous or destructive, they will disappear on their own. This theory puts tremendous faith—perhaps too much faith—in man's reasoning power being able to discern what is really best for him underneath all the propaganda. But has history shown this to be the case? Probably not. So where do we draw the line between intellectual honesty and perception of survival?

# Letters to the Editor

## Kahane Condemned

Dear Editor,

I was appalled to find in your past issue (December 3, 1981) an editorial criticizing students for not giving Mayer Kahane a fair chance. What more of a chance do we have to give someone who openly supports murder without consideration of the individuals who will suffer as a result.

These individuals need not be our "enemies." By stating in his address to Queens College students this year that the Arabs are a cancer

which must be wiped out before it spreads, Rabbi Kahane would have us forget the tens of thousands of Jews whose lives would be imperiled by such folly. Fortunately, our Israeli brethren have been wise enough to realize the cost Rabbi Kahane demands for his radiation treatment of cancer, and Rabbi Kahane was rejected by the Israeli voters in his last bid for a Knesset seat.

Furthermore, anyone who can

call himself a Qudaffi in a yarmulka, as Rabbi Kahane did in a Yeshiva University interview, (Commentator December 10, 1981), may as well call himself a Jewish Hitler. By adopting such a name Rabbi Kahane invites the scorn of Jew and Gentile alike and damages Israel's standing in the U.S. at a time when qadaffi is an anathema to the American people.

Yeshiva students, who all too often are led astray by a charismatic speaker, should seek substance rather than style. Mayer Kahane's actions may very well

cause the antithesis of his cry "never again."

Sima Bernstein  
SCW '84

Editor's note: In Commentator, Dec. 10, 1981, Meir Kahane did not call himself a Qudaffi in a yarmulka. He was quoted as saying the following: "(In dealing with America) you can't be nice—you have to be crazy. They have to believe that they're dealing with Qudaffi in a yarmulka. How come the U.S. doesn't crush Libya?"

## Good Move

To the Editor:

I would like to commend the administration upon the institution of a study week in this year's schedule. The study is an incentive to do well, for it offers students the opportunity to study for finals on a higher than "cramming" level. The study week thereby eliminates much pre-final tension that students may experience. I hope this practice will be continued in future semesters.

Michale Liberman  
SCW '83

## Zuroff Honored At Alumni Dinner

The Alumni Association sponsored a dinner January 10 in tribute to Mrs. Esther Zuroff, Student Services counselor, in honor of her twenty-fifth year with Yeshiva University. The dinner also marked this year's debut of the Stern College choir.

The twenty-five member choir is led by Laya Harbater, a doctoral candidate from Columbia University. The choral program was instituted in the spring of 1981 through the efforts of Julie Beyer, then president of the Student Council. The choir performed pieces by well-known composers including Brahms, Weekes and Dowland. The selections spanned from Baroque and Romantic to current popular Israeli music. David Nulman provided other musical entertainment.

Speaking at the dinner was President Norman Lamm and

Dean Karen Bacon. A special presentation was made to Mrs. Zuroff in appreciation of her many years of service to the school. After having spent twenty-five years working at Stern, Mrs. Zuroff looks back reminiscently on her years here.

She said, "I look forward very, very eagerly to coming here each day because I never know what's going to happen. My work," she says "has kept me healthy. I have daily contact with vibrant, bright, beautiful, young women who have infused me with vigor of mind and wholesomeness in my attitudes and outlook on life. I sincerely believe that I could not have gotten this anywhere else."

For many years students have benefited from the valuable



Mrs. Esther Zuroff

counsel of Mrs. Zuroff. Not only is she a faithful advisor but she is also a true friend to every student. Stern students hope to enjoy the unceasing assistance and constant care that Mrs. Zuroff has shown, for many more years to come.

## Faculty Evaluation

*continued from p. 1, col. 5*  
formal system of determining students' reactions to classroom instruction for the faculty members' eyes only and/or a system of eliciting professional comments from faculty colleagues (based on a consultation or class visitation), also, "for the faculty members' eyes only" at the sole discretion of the faculty member, such comments may be utilized as evidence of teaching ability."

According to Dr. Egon Brenner, Executive Vice President in charge of Academic Programs, the faculty's proposals will not be accepted by the state, for if an evaluation is to be seen only by that faculty member involved, his ability cannot be questioned. Dean Bacon feels that at the status quo, terrible cases are detected in any case and eliminated without formal evaluations. It is only the borderline cases that pose a problem. She feels that "student output is valuable." But even if student evaluation forms were instituted, they would not be the sole means of evaluating a professor.

A recent proposal has suggested that recent alumni evaluate their professors, for they have no pressure on them and are therefore not as prejudiced as current students. In the meantime, the faculty and administration will have to agree upon something within the next few months.

The Committee on Student Life held its first meeting Wednesday, Jan. 8. Seated from left: Dr. Walter Orenstein, Rabbi Tzvi Flaum, Rabbi Alter Metzger, and Rabbi Fabian Schonfeld. Also participating was Leeba Clark, head of Torah Activities Committee.

## Student Life Committee to Enhance School Atmosphere

by Esther Steifel

A Committee on Student Life has been organized by the Judaic Studies faculty under the chairmanship of Rabbi Tzvi Flaum, in order to enhance the religious atmosphere of the school. The proposal to establish such a committee was made at a recent faculty meeting. The faculty feels that there is more to a Jewish Studies education than just knowledge of texts, and that Stern graduates should have a more comprehensive view of Jewish life in general. Students should be

familiar with a broad spectrum of issues concerning the Orthodox Jewish community, and it has become crucial for women to become acquainted with all aspects of Jewish life.

The Committee on Student Life is comprised of Jewish studies faculty members Rabbi Flaum, chairman, Rabbi Metzger, Rabbi Schonfeld, Rabbi Hain, Dr. Orenstein and Dr. Raffel. According to Rabbi Flaum, the committee plans to organize extracurricular symposia to

enlighten students in important areas not covered in the formal classroom setting. One such activity might be a Yom Iyun; an entire day would be dedicated to hearing lectures and participating in discussions dealing with issues concerning Jewish life. Such programs will hopefully be beneficial to all Stern students.

## Sparks Beat YWCA In First Stern Victory

Taking revenge after losing their season opener 35-25 to YWCA on December 7, the Stern College Sparks came back with a 36-30 victory over the Y on January 4. The home-court victory marks the team's first win in two seasons.

The YWCA team, comprised largely of Touro College students, was never able to break the momentum of the Stern team, which maintained a consistent point margin throughout the game.

Team Captain Sheila Sidenberg attributed the victory largely to the good teamwork and the fact that "we worked very hard and went in feeling confident."

"They couldn't break our offense, which was a key factor in the victory. We didn't use any set calls, and we'd worked our maneuvers extensively so our plays were

essentially intuitive and improvised to an extent," Sheila commented.

The Sparks, now part of NCAA Division III, has its next battle against Sarah Lawrence, February 16, at their court.

"If we play as well as we did against YWCA, we should be able to match them throughout the game," Sheila said.

The team's major problem is that because the girls do not work out on a full-size court, players are relatively out of shape, without training on enough running space.

**SCORING AGAINST YWCA**  
Sharon Kinderman (soph.)—8 pts.

Sheila Sidenberg (jr.)—6 pts.

Lara Schwalb (fr.)—6 pts.

Eileen Penn (fr.)—5 pts.

Minan Burttschell (fr.)—5 pts.

Sara Frager (jr.)—4 pts.

Yael Fuchs (fr.)—2 pts.

## Recruitment is the Key to Increased SC Enrollment

by Diane Feldman

"The recent enrollment increase at Stern College can be attributed in part to a more aggressive recruitment," states Paul Glasser, Director of Admissions at Yeshiva University. He further explains that the increase in students is not because of lower standards of acceptance, but rather because of successful recruitment programs in the U.S. and abroad.

In December, Glasser travelled to London, England, visiting Jewish secondary schools to discuss the programs offered by Y.U. In England, where fewer than 10% of high school graduates choose college over apprenticeships and family businesses, the idea of a combined university and yeshiva is a foreign one.

According to Glasser, the advantages of recruitment in London

are twofold: no language barrier exists, and it produces a further diversity in the student body.

Glasser stresses, however, that increased enrollment does not reflect a lower standard of acceptance. An applicant to Stern College should have a B/B+ average as well as a score of 1000 or higher on the SAT's. Similar to other private schools, Stern accepts 83% of all applications. "Only students who are not committed to the double program or do not have an impressive high school record are rejected," says Glasser.

To aid in the recruitment and admissions processes, Stern College has officially opened its own Admissions Office. Run by Marla Frohlinger, the office is independent of Y.U.'s Office of Admissions.

## Dorm-Ez View Go You Chicken Fat Go

by Mordechai & Sema Reich



Ladies, gentlemen, and college students of all majors—we have for your perusal, your inspection and cogitation a magic elixir, which will reconstitute, restructure, and yes, even change your very lives. This elixir will make you feel better, look better, live longer and have greater stamina for intellectual, emotional and spiritual endeavors. And it's fun. What is this incredible elixir of life? Professor Tauber is smiling already. Yes, it is athletics!

Who has the money, time or energy to follow through on this? Where are the facilities to turn to? Let's explore some of the options together. Consider three times a week as the minimum time investment for 3 personal success credits per semester.

There is basketball (the SCW team and/or the SCW gym), raquetball (down the block—See Mrs. Zuroff for a loan. We're only joking Mrs. Z.). Actually it's not that expensive.), volleyball (the SCW gym after using your organizational abilities to set up intramurals), swimming (the local Y's), exercising (at the local health clubs or religiously in the privacy of one's room), jogging (in our scenic Murray Hill neighborhood), ice skating (Rockefeller Center and Skyrink), and roller skating (Riverdale, U.S. Roller World).

What else is there? Fencing (SCW gym), ping pong (the Orange Lounge here in the dorm and the SCW gym), jazzercise (SCW gym), bowling (Madison Square Garden and for the SCW/YC Bowling Team—see Mona Allen to share a cab), Israeli dancing (SCW gym), babysitting for Betzael (see us).

If you have ideas to introduce physical fitness programs or clubs here in the dorm, we welcome them. Please stop by our office.

As a postscript, we would like to dedicate the following to our wonderful dorm counselors who have little spare time to get involved in athletics in the strict sense of the word but who nevertheless manage to creatively burn up those extra calories in the following unique ways:

### DORM COUNSELOR ACTIVITIES

The Calories per hour that they consume

1. Creative positive living environment 650
2. Being on duty 100
3. Participating in structures sharing 250
4. Assessing needs 125
5. Sensing what other person is saying 75
6. Brainstorming 725
7. Giving feedback 525
8. Active listening 150
9. Passive listening 50
10. Resolving roommate conflicts successfully 65
11. Resolving roommate conflicts unsuccessfully 250

(Mom Chuck Lamb's Book of Lists)

## A New Dimension A Dreaded Disease

by Deena Greenberg

It all began two months ago. I was terrified. I had had a dull pain in my stomach and dizzy spells every afternoon and evening. I went to doctors of great renown; I visited experts in every field. They could find nothing; the x-rays were perfect; the blood tests were normal. The doctors began eyeing me suspiciously, asking me when I had been toilet trained and how I felt about my mother.

But I knew they were wrong. It wasn't "just in my mind." I racked my brains. What could it be? Some as-of-yet undiscovered cancer? An exotic disease transmitted by the flies in my kitchen? Finally, one evening after a ten-course meal, the truth—and my seam—came out. I was suffering from a tight waistband.

At first, like all sufferers of this disease, I tried to deny my own guilt. I hadn't been eating from dirty dishes, I hadn't tried to eat anything that couldn't fit into my mouth. So why was this happening to me? Finally I had to admit to my guilt. My single (make that two) handed attempt to make End fincally caught up with me. Heavenly Hash and devil's food donuts enabled me to get through the day, but not my straight skirts.

In desperation, I turned to my friend, Susan.

"Twenty pounds," I wailed, "and finals haven't even started! When did it happen?"

"Probably after the Heavenly Hash," she replied, taking a bite of her celery stalk.

"Very funny," I replied indignantly, taking a bite of my cupcake.

"You know very well that for the past few months I've tried everything—Weight Watchers, the Scarsdale Diet, the Hollywood diet—"

"Now try them separately," she remarked between chews. "And which of those diets lets you eat cupcakes?" she asked, narrowing her eyes.

Susan can be a very good conversationalist, but she sometimes misses the whole point of a conversation.

"This cupcake isn't going to make any difference," I informed her. "Dieting never—"

"Don't talk with your mouth full," she admonished.

"Sorry," I said, swallowing.

"Dieting just never works for me. There's only one way I ever lose weight—operations."

"Operations?"

"MmHm. I lost ten pounds when I had my tonsils out, and then, for high school graduation, I had my wisdom teeth pulled. That was a great one. All four were impacted. I had to wear a sling under my chin and I couldn't open my mouth for a few days, but boy, was I thin. Fifteen pounds! ... You know," I said thoughtfully, "maybe I could have an appendectomy..."

"What?!" Susan exclaimed. "Over my dead body!"

"Look, Susan," I said, "I know I said that operations help, but let's not get carried away."

"No," she replied, "I'm not letting you do something crazy. I'm

putting you on a diet, and I'll even cook for you."

The diet idea worked for awhile. Susan was a good cook, and all of her meals were nutritious, but I was getting tired of having to eat all of my desserts in the closets and under the bed. The dust balls were ruining my appetite.

Finally, I came out of the closet—literally. "Susan," I said, shaking my ice cream bar at her sternly, "I've had it. I'm a responsible adult. I can make my

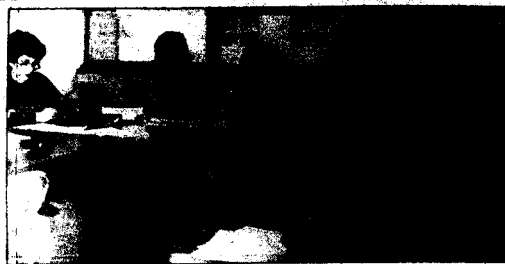
continued on p. 8, col. 5

## Senate Takes a Stand on Midterms & Dress Code

by Renee Stern & Judy Hecht

The second to last Senate meeting of the semester was held on Wednesday, December 30, in which the Senate approved its first two proposals for the 1981-82 academic year.

The first of these proposals dealt with a specific midterm week. The proposal reads: 1) That a formal midterm period be established and announced in the academic calendar including a week for midterms in general studies and a separate week for midterms in Judaic studies. 2) That such a period be available to those professors who give a midterm and a final exam in their courses and that midterm dates be included in



Junior Senator Darona Steinhorn makes a point as Dean Bacon (left), Judy Hecht, Dr. Eli Krakowski, and Renee Stern listen.

the syllabi for these courses. 3) That professors in all fields give students an inclination of their standing in all courses by returning midterm exams and/or written work prior to the week for requesting a P/N grade.

The second proposal dealt with the Administration's enforcement of the dress code. The proposal reads: The Senate requests that the Administration clarify the reasons behind the dress code in order to pacify a disgruntled student body and that it consider whether or not there are means of enforcing the code with dignity.

Also discussed was the problem that foreign students face with regard to the English language in certain courses. Barbara Hendlin, instructor of English as a Second Language (ESL) at both Stern College and Queens College, was the guest speaker. She presented to the Senate a detailed view of the

foreign students' academic experience at Stern, as well as at other universities.

Ms. Hendlin has first-hand knowledge of the English program for foreign students at Queens College. In that program, students take nine hours of English language courses including speaking, reading, and writing, and receive three credits for it. The program is to be differentiated from standard remedial English courses which are geared to native English speakers who require improvement in their basic English language skills.

Although Stern College has relatively few students whose second language is English, there is a need for a better structured program in this area. At the next meeting, the Senate plans to recommend that the administration expand the ESL program and award credit upon completion of the courses.

## YU Rally at Embassy

Close to 100 YC and Stern students, along with the members of the National Council of Young Israel, rallied at the US Embassy January 5 to protest both the UN vote for sanctions against Israel and the Reagan Administration's attack on Israel's position.

Rabbi Avraham Weiss, Judaic Studies instructor at Stern, led the way into the embassy at about 2 p.m. and together with Young Israel leaders Rabbi Chaim Wasserman and Rabbi Benjamin Blech, staged a sit-in inside. Meanwhile, the crowd of students and other participants demonstrated outside.

The National Council of Young Israel additionally expressed a platform calling for the Begin government to reassess the Camp David accords and the withdrawal from Sinai, and called on the Reagan Administration to halt pressure on the Israeli government on that issue.

The three rabbis, who spoke with Dink Gleysteen, Political and Security Affairs Counsellor to the US Mission, said the counsellor, 2nd in command to Ambassador Kirkpatrick, was unaware of crucial facts surrounding American

diplomacy in the Middle East.

According to Rabbi Weiss, the counsellor said he did not know that America had gone back on its 1978 commitment not to sell offensive weapons to Saudi Arabia—which was disregarded with the recent agreement to sell that country AWACS planes.

Gleysteen additionally said he was unaware that the president had interjected any anti-semitism in his statements, when Reagan's statement that "American foreign policy cannot be controlled by any foreign government," was brought up against the fact that there was a blatant swarm of Saudis on Capitol Hill while the AWACS negotiations were in progress.

"This administration has for the first time in US history injected anti-semitism into the American political process, has broken agreement after agreement with Israel, and cannot be trusted to fulfill its commitment to the Camp David process," Rabbi Weiss commented. "For this reason it is clear that a growing majority of Jews believe Israel cannot withdraw from Yamit or one more inch of Sinai."

## CAMPUS ACCLAIM

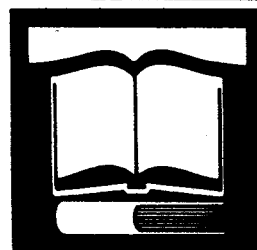
**Marla Silver, SCW '81**—has been working since September as a graphics artist at the Orthodox Union department of brochures and publications such as *Jewish Action*, and *Jewish Life*. Marla also does free lance Judaic art such as wedding invitations, and Chassidic figure sketches which she displays and sells. Marla enjoys the "warm atmosphere in the dorm," which is why she decided to stay on here to be a dorm counselor after her 4 years at Stern.

**Mona Allen**—a 19-year-old junior from Livingston, New Jersey, is the assistant administrator of the Hebrew School and Hebrew High School of the Lincoln Square synagogue. Among the many things she does in her job, are taking care of extra-curricular activities and planning Jewish heritage tours. Last year Mona was the vice principal of Central Hebrew High School in West Caldwell, New Jersey. Mona herself, attended Central Hebrew High and was trained by its principal to do administrative work. A psychology major at Stern, Mona hopes to either get her Ph.D. in Psychology or perhaps go to Medical school. Whatever career she chooses though, she intends to always be involved in Jewish education.

**Sara Lamm**—an SCW senior and psychology major, was the first of several Stern College students to begin working at the Republic National Bank. Sara, who started out doing filing and other such jobs, now works in the time savers department doing research and opening up time savers accounts for bank customers. Working 8 hours a week, Sara is pleased with her upward mobility and says that her work has definitely increased her "interests" in the banking field.

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## Only A Phase

by Emma Bursztyn



Occasionally I reread my freshman year diary. After each reading I always wonder how I could possibly have thought, said, or done those things. And then I wonder if I will ask myself the same questions in four years after reading my senior year diary. One thing has become clear to me from these readings: Life is filled with stages.

My first stage in college began the day I moved to New York. I was a petrified, naive, over-protected eighteen-year-old from the midwest. The mere thought of attending college in New York City overwhelmed me. I had fantasies of being discovered in a little cafe on Park Avenue by a talent scout or bumping into Billy Joel who asked me out and consequently fell in love with me. I envisioned nightly dates and straight A's on my report card (it took six months before I learned that they're not called report cards anymore).

The day I moved into the dorm was the day I experienced my greatest anxiety in college. No final exam could ever compare to meeting my first roommates. All summer long I had worried myself to pimples over that first encounter. Would they snore or chew their gum too loudly? Would we fight over whose turn it was to turn off the light at night or empty the garbage? Would they insist that I make my bed in the morning? Fortunately my relationship with them was "friendship at first sight."

Upon our first meeting we discovered we had so many things in common (some too outrageous to mention). We couldn't wait to decorate our room with Miss Piggy, Barry Manilow, and Holly Hobbie posters (our tastes have changed considerably to Frank Sinatra, James Dean, and Warren Beatty.) We seemed to be in competition as to who could stay out or up the latest at nights. After going to bed at 10:00 every night at home we felt mature staying up late. I remember how "cool" we thought we were on our first midnight venture to 7-11. We were worried when we were asked out on our first dates. What if the guy wanted to "get serious?" And G-d forbid all the cute boys at YU would think we were taken and not ask us out!

We didn't know how to eat properly on a budget nor how to save money. We had no idea what generic brand foods were. We frequently ate out. The only things we always had in our cupboards were Stella D'Oro Swiss Fudge cookies and plenty of cans of TUNA FISH!

As I sit here and reminisce, I think the hardest part of getting used to dorm life was living with clogs. It seemed like almost every Brookdale Hall resident owned a pair of them. Why? They were vogue, supposedly comfortable (although I questioned that after I bought my first pair), and they were conveniently noisy if one wanted to be obnoxious to the girls in the room below. They were also used to throw up to the ceiling to indicate to the girls above that we

were trying to sleep . . . or study, usually the former.

How appreciatively I remember my lazy freshman attitude. I took the minimum credits, did a great deal of playing around, and didn't have a job. Those were the "good old days."

I grew out of that first stage during the next summer when I had time to contemplate back in Omaha. I returned to school with different perspectives on life. I was going to change the world! I intended to make a significant contribution to "the cause" whatever it was. While my roommates gave their hearts and souls to student council, WYUR, drama, and the *Observer*, I gave mine to political science . . . I became a political activist by protesting every major cause from "Free Soviet Jewry" to "Buy New Dryers." I had decided on a major (though it has changed several times since then) and I was busy with internships and serious studying. Socially I wasn't as eager or as active. I accepted the fact that one who doesn't have a date every Thursday or Saturday night isn't necessarily a reject. I even became a bit more selective as to whom my friends and dates were. It wasn't quantity that mattered anymore. It was quality!

Now as I am into my senior year I am experiencing a new stage. Countless times I say, "If I had it to do all over again, I'd . . ." or "If I knew then what I know now. . . ." I reprimand myself for doing foolish things like goofing off my freshman year, majoring in whatever it was then, and passing up a date with so-and-so who is not

continued on p. 7, col. 2

## Meeting Your Neighbors

by Rachel Gross

Recently, as part of an effort to promote more unity, there have been numerous parties in the dorm. These involved three or more floors each freshman class is usually very at a time, unlike the single floor get-togethers held at the beginning of the year. The combined efforts of dorm counselors and floor representatives have produced such events as a masquerade for the seventh, eighth and ninth floors to a similar "costumes of different countries" for the seventeenth through twentieth floors. The practically chosen their own floor. This year in the dorm some floors were preppy with a tea while others are mostly one extreme or the other.

The parties were for the most part a success, with a fair amount of mingling and a relaxed atmosphere. However, some students were dissatisfied with the mixing and with the number of people in attendance. "People went mostly for the food," said one student.

There was also a feeling that the parties were held too late in the year to fulfill the function of "let's get to know each other." Bev Hyman, the head dorm counselor, disagrees. "This year's parties were held much earlier than last year's." The parties had to wait until after the yom tov, she explained, and their scheduling depended on when the lounge was available. Concerning the number of people who showed up, Hyman said, "There is always something else, like an exam or another event which cuts attendance even though, except for the sports event, all parties were in the Orange Lounge and were therefore easy to attend. It's a shame that they [more students] don't come."

The holding of floor parties is mandatory so that students should become more familiar with their dormmates. Students and dorm counselors alike agree that dorm unity is not what it should be. Some students feel that it is impossible to study and/or work all day and then be expected to spend their evenings

going out and making new friends. It is easier and more comfortable to relax with old friends. One up- perclassman noted however, that these freshmen class is usually very outgoing and into everything and willing to try something (or someone) new. The reason for this of dorm counselors and floor representatives have produced such events as a masquerade for the seventh, eighth and ninth floors to a similar "costumes of different countries" for the seventeenth through twentieth floors. The practically chosen their own floor. This year in the dorm some floors were preppy with a tea while others are mostly one extreme or the other.

has not yet received a charter and so is not officially recognized by the Student Council. Student Council approves of the idea of a Grievance Committee and feels it is a necessary organization. However, it must be approved by Mrs. Reich, the Director of the dorm, and become an official part of Student Council in order to function.

A final unifying factor of the dorm is the dorm counselor. In between lock-outs some students never give her another thought; she is "the person in the F room." Others take advantage of the traditional roles the counselor plays—that of friend, academic advisor, emotional counselor, rule



Some specimens from a recent 3-floor dorm party, the theme of which was "dress up."

In addition to floor parties, another vehicle for better unity in the dorm is the Dorm Grievance Committee. Dr. Bevan, YU Political Science professor & (Political Science Society) faculty advisor, explained that the Dorm Grievance Committee is an organization whose members are drawn largely from floor chairpeople. Their goal, says committee chairwoman Gitel Goldstein, is "to provide unity and togetherness and to receive input that will enable the dorm to become one unified unit." The committee

enforcer and the one who makes generally sure everything is all right. All of the counselors agree that availability is the key. One counselor says that it is hard to go around to all the rooms all the time, but she is always there if someone needs her. There is an "open door" policy, but it is up to the individual to determine how much she wants from this. The dorm counselors are here because they care, even though at times

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# Anti-Semitism Hits Home

by Yocheved Gumburger

This is the first in a series of articles on anti-semitism in America today.

Going home is always a comforting thought. "Home" means familiarity, memories of one's room, the old oak tree in the yard, smiling faces in the grocery, and a peaceful feeling of permanence. My father still refers to his birthplace in Czechoslovakia as "home" (although the once-vibrant Jewish community is totally dead) and many other Holocaust survivors do the same. After they were liberated, they fled to all corners of the earth, but continue to refer to their birthplaces as "home". All American Jews fled, at one point in their ancestry, to this huge melting pot, and rooted themselves in cities all over the country which either they or their children now call home. America is now one of the greatest centers of Judaism and we tend to think it will stay that way.

Anti-semitism is not a new problem (it's at least as old as the Jewish nation) but we think it is only happening in other places—it cannot be happening at "home" because that would ruin the comfortable peace that the word home connotes. The problem is that anti-semitism does exist at "home" and possibly even on the streets where we live, but we shy away from discussing it. After all, if one does not know about it, it does not exist—right?

There have recently been outbreaks of overt anti-semitism in the New York metropolitan area. Kew Garden Hills is a thirty-year old Jewish community, with a rapidly growing Orthodox population. The community boasts over 20 *minyanim* every *shabbat*, 2 *yeshivot*, 3 kosher pizza stores, and a brand new *mikveh*. One would expect that, with such a high concentration of Jews, the days of Elul and Rosh Hashanah would be the quietest days of the year, but 5742 gave the neighborhood a rude awakening. Firstly—tires were slashed outside the Young Israel, and on subsequent evenings, a man named Robert Moss attacked seven people (at the Jewel Ave. and Main St. crossroad) six of whom were Orthodox Jews returning from *ma'ariv* at various synagogues. He was arrested, and due to community pressure, led by Rabbi Fabian Schonfeld (Rabbi—Young Israel of KGH) and Avraham Schechter (president of the Jewish Action Committee), Mr. Moss will

likely receive a three-year prison sentence. Also due to the volatile community reaction, there is now visible and constant police protection in the area and a task force to investigate anti-semitism has been formed. Rabbi Schonfeld, a member of this task force, said that the incidences in KGH have not increased over the years, but that community reaction has finally brought the problem to a front. He feels the responses to anti-semitism should be through the courts and other existing offices, yet he also feels that these are only short-term solutions.

"Living in comfortable, familiar

community were present. The results: 1) a hope that the community will stand united at times of any type of discrimination, and 2) press coverage which heightened awareness citywide.

Rabbi Yudin said that during his thirteen years in the community there have not been any significant, overt, anti-semitic incidences, although it is not unusual for some nearby high school students to shout obscenities at Jews as they drive home from school. "Whether they know it or not they are part of a long history of 'Esau someh Ya'acov.' (Esau will always hate Jacob)" As far as long term



Cemetery desecration (1980) Anti-Semitism comes out of the closet.

places like Kew Garden Hills lulls us into a false sense of security. This is the *galut* and anti-semitism is one of the results of not being in our real home. The only long term answer is *aliyah*," but Rabbi Schonfeld stressed that *aliyah* should not be a "running from" but rather a "going to."

Rabbi Schonfeld also mentioned that during the AWACS debate, President Reagan commented that stopping the sale would breed anti-semitism. This is the first time that Jewish pressure groups have been officially warned that their strength may be getting annoying.

Back on the "home" front, Fairlawn, New Jersey has also been touched by anti-semitism. The day before *Sukkot* one community member found a large swastika painted on his *sukka*. The boy who painted it was caught, and the case was settled out of court. Six weeks later, there were swastikas painted on three neighborhood synagogues; one of them—the Shomrei Emunah Synagogue, whose rabbi is Rabbi Benjamin Yudin, had five swastikas painted on it with the words "Hitler had the right idea" nearly written on one outside wall.

The community was riled up by the incident and called a large emergency rally. Over two thousand people attended, and many of the non-Jews of the

solutions for antisemitism, Rabbi Yudin sees Jewish civilian night patrols, and an attempt to sensitize police to the problem as the best solution for now.

Anti-semitism is alive today, and it will not go away if we ignore it. There are covert incidences daily, and overt incidences periodically. It has struck our "House" (as it White), our "home" and it may even have struck on the street where you live.

Next issue: Klan groups in your neighborhood?

## Neighbors

continued from p. 5, col. 5

their jobs make them look like "the bad guys" when they enforce rules.

Bev Heyman feels that the dorm has a good staff this year, much better than six years ago when she first came to Stern. Over the years the quality of counselors has improved, and she feels this is especially due to Rabbi and Mrs. Reich. Standards are being raised in choosing who becomes a counselor. Once a month Mrs. Reich has a regular meeting with all the counselors, to discuss any problems that arise and to generally see how things are.

Bev coordinates the schedule of counselors duty in the lobby for six evenings a week as well as for Shabbos. Each counselor is required to stay two weekends each month. Bev herself is in once or twice a month.

There is good interaction between the head dorm counselor and the Reichs. Bev passes on to them important information relating to the dorm. In the same way that problems too big for regular counselors are passed on to the head counselor, so too she passes on to the Reichs any things which are too big for her to handle.

## TAC Notes

### Where There's Smoke

by Leeba Clark

In late 1976, Rabbi David Halevy, Sephardic Chief Rabbi of Tel Aviv, declared cigarette smoking forbidden, based on the injunction in Deuteronomy 4:15: "And you shall guard yourselves well." Other authorities who share this view include Rabbi Moses Aberbach, Rabbi Nathan Drazin, and Dr. Fred Rosner. Smoking is considered comparable to drinking uncovered water, and should be avoided like other health dangers.

There is conclusive evidence that smoking reduces life expectancy and is tied to lung and heart disease. Its potential effect on the lungs is analogous to slow self-strangulation, a form of suicide. Even if it were not a decisive factor in causing fatal diseases, it is a form of self-injury, in itself forbidden. If there is any possibility of danger to one's health, those concerned with *halacha* should not smoke.

Some authorities maintain that there is only potential danger and that G-d protects the simple anyway. Recent medical findings indicate, however, that there is immediate danger. Thus the lenient principle would not apply. And, these authorities do admit that it is not a habit to be encouraged.

Perhaps the most important, though the most inadequately stressed, aspect is the moral problem of the adverse effects of smoking on nonsmokers. How can people force others to suffer just

because they are addicted to a dangerous and obnoxious habit? How can they raise other people's risk of disease because they need a relaxant? Yet they do.

In terms of our own environment, smoking is officially not permitted in classrooms or elevators. But, in the cafeteria, hallways, and dormitory, smokers are forced to breathe stale, thick air. The smell often permeates entire floors and stairways. Girls who are allergic to smoke or are asthmatic must cough and wheeze, because their fellows have as little consideration for other people's lungs as they do for their own.

If the situation is to be changed at all, nonsmokers must learn to stand up for their rights. Smokers should have respect for *halacha* and for their bodies and try to kick the habit. If they cannot, they should at least find a secluded, well-ventilated place where their smoke and nicotine will not disrupt anyone else's breathing. Smokers should think for a minute before lighting their next cigarette and all of us may end up living a little longer, and being a lot healthier.

## SCWSC Forum Dance the Night Away

by Aliza Epstein  
—Recording Sec.



"*Bemakom She'ain Anashim, Heshtadil L'Heyoit Ish*". In a place where there are no men, strive to be a man. Is one also compelled to strive to be a man or woman in a place where there are other men?

Recently SOY, the Student Organization of Yeshiva, which is affiliated

not with YC, but with RIETS, forbade Stern College women from attending their *Chanukah Chagigah*. Our normal invitation was cordially *not* sent. This took a lot of courage on the part of David Sherman, the SOY president. However my immediate reaction was anger. What nerve they have! In order for their *Chagigah* to be better, they will prevent us from joining their *Chagigah*.

Later I realized that this was actually a godsend. Without a doubt the best Stern College Student Council activity of the semester was the *Chagigah*. Why? Because it was a *Stern College Student Council* event. Many events that the Stern Student Council presents are co-sponsored with the Yeshiva College Student Council, such as the YC-SC Shabbaton. The *Chagigah* was the most successful event that only Stern women attended, and close to one fourth of the student body was there, along with Dean Bacon, Mrs. Orlian, the assistant Dean, and Mrs. Zuroff, the director of Student Services.

The event was preceded by an excellent *shiur* given on "The

Forces from Within and from Without" by Mrs. Rivka Blau. Mrs. Blau is Rabbi Yosef Blau's wife, and the head of the Hebrew Department of Yeshiva University High School for Girls. The food was excellent and plentiful, as was the *ruach*, supplied by the Ruach Orchestra. The dancing and singing went on late into the night.

This event was organized in a very short period by Arlette Loeser and the Freshmen Class Officers, yet it was a great event and those who attended thoroughly enjoyed it and certainly were also responsible for its success.

The Student Council would like to wish good luck to all students on their finals and a relaxing yet exciting vacation. However, whether you go flying off to Miami, or skiing in Maine, or back home to see the folks—start thinking about events for next semester. It does not matter whether you are planning them, helping to organize them, or just attending and making them successful. For after all "In a place where there are other women—one must strive to be a woman."



The World Jewish clubs of YC and Stern made a belated wedding celebration for former Prisoner of Zion Josef Mendelwicz, a one-month newlywed, Dec. 23 in Morg Louisa.

Mendelwicz, who had two previous speaking engagements at YU, spoke later that evening about Jewish education and made an appeal for *Talmud Torah Morasha*, an elementary school Yeshiva in Israel under the auspices of Mercaz Harar Kook, which he feels exemplifies the ideals of a real Torah education.



## Restaurant Review

## Say Hello to Japan

by Linda Ostrow

"All I had is *chutspah*," says Miriam Mizakura, who had had no previous business training before opening the world's first and only kosher Japanese restaurant-nightclub in the world—Shalom Japan.

Located on a rather desolate street in Soho (22 Wooster St.), Shalom Japan, which opened in September, 1980, serves up authentic Japanese dishes with a Jewish flavor. Karate Choppe (chopped liver Japanese style), Kamikaze Fish (Japanese version of gefilte fish), Mount Fuji Mazo Ball Soup, several different kinds of Sushi, Maki, Teriyaki, and Sukiyaki are just some of the many delicious menu items to choose from.

The *kashrut* of Shalom Japan is under the strict supervision of Rabbi Meyer Leifer, leader of congregation Emunah Israel in Manhattan. There is a *meshgiach* in the restaurant during all open hours, all food products are under reliable *hashgacha*, all meat is *Glatt*, and all fish comes in whole and is filleted on the premises.

Shalom Japan's chef, Masao Kabeya, studies several years in the most prestigious restaurant in Japan, Kacho, and he was previously the chief chef at the Inagiku restaurant in the Waldorf Astoria Hotel.

The atmosphere is very cordial and relaxing. Diners can enjoy live piano or recorded Japanese music while dining below the round paper light fixtures, and amidst paper fish, Japanese cut out figurines and one or two pictures on black painted walls which, all combined, do their best to make one sense a Japanese environment.

Everyone joins in on the entertainment at Shalom Japan—even the chef sings! Members of the audience are invited to show off their musical talents, and the waiters and waitresses join in for the finale singing of Oseh Shalom Bimromav.

"If you're wondering who I am, I'm a Jewish girl from Japan," sings the young and adorable owner, Miriam Mizakura, at the opening of the approximately 1-hour and 15 minutes of entertainment. The show is filled with Hebrew, Yiddish, Japanese, and English songs with several "night clubish" jokes in between. "Not funny? So Sorry," giggles Ms. Mizakura after each unsuccessful attempt to humor her audience. Among the very clever Jewish/Japanese vocal compositions is most delightful rendition of "This Little Baby Loves Sukiyaki" from the popular "Mammy's Little Baby Loves Shortnin' Bread."

Ms. Mizakura came to New York from Kobe, Japan, a little over 10 years ago to study music at Juillard—so her parents thought. A concert pianist and music major graduate from the University of Tokyo, she says she never intended to continue her music studies when

she came to America—she wanted to be an entertainer.

She started out at Cafe Sabra, one of the first Israeli restaurant nightclubs which used to be on 72nd Street but has since closed. It was Cafe Sabra which influenced the style of Shalom Japan.

Ms. Mizakura now entertains all over the United States and in Israel, where, manager of Shalom Japan, Bill Hinkley, informed me, she was flown during the *Yom Kippur* War to entertain the troops. Mr. Hinkley, a Broadway producer who enjoys hosting each evening at Shalom Japan, went on to reveal to me the determined nature of his close friend. "Her dream," he says, "is to build a hospital in Israel where Japanese Jews can go to study and practice medicine."

Both of Ms. Mizakura's parents converted to Judaism. Her mother, she explains, is a very well read woman who studied several religions before choosing Judaism over the Shinto and Buddhist practices which are the native religions of Japan.

When Ms. Mizakura came to New York she found it somewhat difficult to be accepted as a Japanese Jew in the Jewish community. She was forever hearing those infamous words

"funny, you don't look Jewish." Once she learned English though and began taking classes in Judaism, she was accepted more readily by the Jewish community.

Her many religious Jewish friends were the main cause of her restaurant venture. She couldn't believe her friends had never tasted Japanese food before and she was encouraged to create a place where they could enjoy Japanese cuisine in a strictly kosher establishment.

The entertainment could be improved upon, but the food is pleasing, the prices are reasonable, and the service is accommodating. All in all I'd give Shalom Japan about a 7. It is definitely worth spending an evening there to judge for yourself—after all you owe it to your stomach to give it something a little different from the same old Chinese board. So next time you're planning to eat dinner out, think Sukiyaki instead of chow mein and head south of Houston St. to Shalom Japan.

\*Note: Miriam Mizakura is currently trying to form an Asian Jewish Society in New York. She has made 30 contacts to date and requests that if any readers know of any Asian Jews living here, please urge them to contact Ms. Mizakura at 212-925-0930.

## This Too Shall Pass

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only now in the Rav's shiur, but just got accepted into Harvard Law School and doesn't have an 'acne problem anymore! My friends and I worry about the future. Where will we live next year? What will we do? How will we support ourselves? Who will we marry? Will we ever marry?

I realize that we are experiencing a new state of appreciation. The "real world" is staring us in the face. This is our last year to take advantage of life as students at Stern College. We enroll in courses because it is our last chance to learn a certain subject under a certain Rabbi or professor. We participate in extracurricular activities because

it's our last chance to gain experience in certain areas and because we need to get as many things on our resume as we can. We make a point of visiting specific tourist attractions because we may never have this type of freedom again. We view our relationships with our friends as extra special because who knows when we'll ever be together like this again. The time is slipping away. It's scary. I'm frightened. As my freshman roommate, Linda Ostrow, says, "We must graduate as serious, mature individuals, Emma, anxious and well prepared to face reality, responsibly . . . or else . . . This has not always been the case at Stern (with all female casts) and as much as I wish YU could have a co-ed dramatic society, I'm afraid that this would only compound the existing problem, unless properly (*halachically*) supervised."

## Meal Plan Feb. 8?

continued from p. 1, col. 5

dorm has caused a sharp rise in the number of students who eat dinner in their rooms.

These factors are not causing a problem uptown. Mr. Parker noted, because the uptown campus is larger, attracts more outsiders, and does more catering.

Rabbi Miller stressed that the meal plan will not be imposed by the administration. It will be instituted only if SCW Student Council agrees.

Last week, Miss Loeser sent ballots to class officers and club chairwomen to get some initial feedback on the proposal. The ballot asked whether there should be a plan, should it be mandatory and should it start next semester.

So far the voting has gone 4-1 in favor of the plan, but Miss Loeser

cautioned, "That doesn't mean students will sign up for it."

The response so far has been unfavorable to the suggestion that the plan be mandatory. Both Miss Listhaus and Miss Loeser believe that students will object to the lack of flexibility. "You know that every night between 5:00 and 7:00 you have to be in the school building," Miss Listhaus said, "and if you miss one night you feel that you have paid for nothing."

Miss Loeser noted that many other colleges do have mandatory plans but that SCW would try to begin with a voluntary one.

One hundred and fifty students are needed to make the plan viable, and floor chairwomen will attempt this week to get a list of those students interested.

Speak Your Mind  
Co-ed Dramatics?The final scene from this fall's SCDS production, *Paganini*.

How do you feel about having a co-ed undergraduate drama society? (i.e., YCDS and SCDS performing in joint productions?)

Eileen Heinig, sr.—A co-ed theatre society, from a theatrical point of view, would be entirely beneficial. Although YCDS and SCDS have had outstanding success in converting original scripts to incorporate only one sex-role, they are still very limited. Since they can (as has been done by other schools) perform in a way that will not violate any *halachic* standards this could open many new doors and increase the scope of Yeshiva University's theatrical productions.



Freida Habbaz, soph.—Definitely collaborate the two societies—then finally SCDS would get the opportunity to act in a real theatre! Put us in a professional theatrical environment with those talented YCDS guys and then you'll be talking Broadway!

Sandra Kahn, jr.—Being active in SCDS I've shared in the frustration of the lack of variety and the sickeningly redundant subject matter that we are faced with year after year. Co-ed plays will not only give us the opportunity to learn and utilize valuable techniques from both directors, but will also eliminate such futile attempts as *Hamletta*, *Juliet and Juliet* and *Dolls and Dolls*. We've got the talent; let's use it!



Shella-Kovalsky, jr.—I feel a co-ed undergraduate drama society would have many disadvantages; the positive features would not outweigh the negative. I feel the girls would not honestly be committed to the society but would be persuaded and influenced by the social prospects it entails. We would not have the total commitment to the society and the productions that we desperately need. At this time, both YCDS and SCDS must continue to establish themselves as separate units before suggestions for a combined dramatic society can be entertained.

Shari Dash, jr.—The dramatic societies of YU should be sensitive to the fact that they represent a *yeshiva* first, and university second. The plays presented must therefore meet the religious standards that need be maintained at such an institution. This has not always been the case at Stern (with all female casts) and as much as I wish YU could have a co-ed dramatic society, I'm afraid that this would only compound the existing problem, unless properly (*halachically*) supervised.

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# Your Body Doesn't Have to Suffer

by Leah Kahn

Have you been feeling tired and irritable lately? Now that finals and term papers are being assigned, do you feel as if you'll never make it until winter vacation? A major part of your fatigue can be attributed to poor eating habits. According to a recent medical survey of the eating habits of college students, more than 50% are not receiving an adequate supply of vitamins and minerals in their daily meals. This phenomenal figure is ascribed to ignorance of basic nutritional facts.

The following is a twenty-question quiz designed to test your knowledge of some basic nutritional data. If you answer 14 questions correctly, throw this article in the trash can. If you can answer between 9 to 14 questions correctly, it would be in your best interest to take out a book about nutrition from the library, or to question whether you have enough protein in your daily diet. For those of you who are unable to answer at least 9 questions correctly, it is time for you to make a drastic change in your eating habits.

1. Can certain foods cause migraine-type headaches?
2. Are soft drinks a good thirst quencher?
3. Are soft drinks a quick source of energy?
4. Name four foods or beverages that have a high caffeine content.
5. Do cola and tea contain the same amount of caffeine?
6. Do cola and tea contain the same amount of caffeine as coffee?
7. Name at least three effects of caffeine on the human body.
8. What is caffeineism?
9. What is the best way to discontinue the caffeine habit—abruptly or gradually?
10. Is a generous helping of peanut butter equal in protein to a piece of meat or poultry?
11. Is yogurt nutritionally considered a "good" food?
12. Can yogurt be thought of as a low-calorie food?
13. Can the lactose content of yogurt be of significance to certain individuals?
14. Ounce for ounce, which gives you more protein, chicken or steak?
15. Which gives you more fat per ounce, chicken or steak?
16. Which of these three dairy products gives the highest percentage of protein, skimmed milk, whole milk or hard cheese (such as muenster)?
17. What are the four basic food groups?
18. Is breakfast an especially important meal for the student?
19. Which cereal is the most nutritious: Sugar Smacks, Fruit Loops, Cheerios, granola cereals?
20. Which is more fattening, honey, or white, refined sugar?

## ANSWERS

1. Onions, garlic, beans, cabbage, broccoli and cinnamon are foods that often cause migraine-type headaches.
2. & 3. Soft drinks are nothing more than flavored sugar water, containing up to six teaspoons of sugar in one cup or glass. Soft drinks supposedly give a quick source of energy. Those that are of the dietetic-type contain a substitute sugar, saccharin, the long-term use of which has been shown to cause cancer in lower animals. Most students drink these soft drinks because they think they are a quick thirst quencher but this is not true. The sugar content is significant enough that it actually increases one's thirst. As far as being a source of energy, this is also not true as the sugar content of the soft drinks is so high that it results in an outpouring of insulin from the pancreas which actually decreases the blood sugar level. So, the initial increase in blood sugar from the soft drink is only a temporary increase, and soon the blood sugar level is back to normal or actually even below normal, because more insulin is produced than is actually needed. The overwork of the insulin actually produces hypoglycemia, or a low blood sugar level, which then goes on to cause an increased amount of hunger or an increased need for more energy. The fact is that patients with hypoglycemia are actually treated not with sugar but with an increased protein diet so as to prevent an insulin overshoot.
- 4., 5. 6. Colas contain caffeine—about one-third the amount in coffee. The amount of caffeine in tea is about the same as in cola. Cocoa and chocolate also contain modest amounts of caffeine but much less than in coffee; nonetheless, enough that it may be one of the reasons chocolate candy is popular among college students.
- 7., 8., 9. Caffeine is a good stimulant but it is associated with heart disease, cancer and a risk to the fetus during pregnancy. It is also associated with increased GI upset such as an increase in abdominal pain in patients who have peptic ulcer disease. It has also been thought that caffeine may increase the incidence of fibrocystic disease of the breast in females, and that caffeine may cause an increase in temperature and even an increase in frequency of headache. All of this is conjectural and has not been proven to be necessarily the case. This is true for everything said about caffeine except for the fact that it is a good stimulant. If too much caffeine is ingested, such as ten to twelve cups of coffee a day, severe anxiety can occur, a phenomenon called caffeineism, and depression can result. It should also be noted that many students develop what is called "coffee nerves" where they drink lots of coffee during the week and stop on the weekend and they are actually experiencing severe headaches on the weekends because of an apparent dependency on caffeine. So, if you want to discontinue the caffeine or coffee or cola habit, you should do it slowly and reduce the amount of daily coffee and/or cola by one or two cups per day, and not suddenly and all at once.
10. Peanuts or peanut butter is a very excellent food but it is not a complete protein. Eggs, milk, fish, poultry and cheese are complete proteins. Peanuts or peanut butter do not contain methionine, an essential amino-

acid, which must be present during the same meal if the peanuts or peanut butter is to be utilized by the body. By simply adding bread to the peanuts or peanut butter, for example having a peanut butter sandwich, the methionine is added to the meal, and so a peanut butter sandwich is a complete protein food and so a relatively inexpensive, excellent source of protein.

11., 12., 13. Yogurt is a very popular food among college students and the question is "Is it really a good food nutritionally?" What must be realized is that there are some very popular versions of yogurt such as frozen yogurt and yogurt overly sweetened with preserves which contain quite a bit of calories and these calories detract from what otherwise would be a "dietetic" food. However, it should be pointed out that yogurt, even without the sweets added, is not necessarily a low-calorie food, but it can satisfy the weight watcher's diet. It should also be pointed out that yogurt is not a nutritionally complete food. Although it does contain protein, riboflavin, calcium, vitamin B-12 and phosphorus, it does not contain as much vitamin A or vitamin C as milk and it does not contain, in fact, a sufficient amount of iron, vitamin C or copper to sustain life if the yogurt is the only food in the diet. It should also be pointed out that in yogurt the lactose content is less than in regular milk and this is due to the fact that the bacteria used to prepare the yogurt has predigested much of the lactose. This may be of significance for those individuals who have diarrhea from milk products because they lack lactase and are unable, because of the deficiency of the enzyme lactase, to digest milk adequately. These same people may be able to digest yogurt more easily because of the diminished lactose content in that food.

- 14., 15. Chicken without its skin gives 64% of its calories in the form of protein and only 31% fat. This is opposed to steak which gives 80% of its calories in fat and 20% in protein. If the steak is trimmed of fat, then 50% of the calories will be protein and 50% fat. Ounce for ounce, chicken gives you more protein than steak and steak gives you two and one-half times as many calories and two times the amount of fat.
16. Muenster cheese gives only one-quarter of its calories in protein and three-fourths or 75% in fat. Whole milk gives one-quarter of its calories in protein and one-half in fat. Skimmed milk, however, gives 40% of its calories in protein and 60% in carbohydrates and virtually no fat. For those who cannot tolerate the taste of skimmed milk, by mixing whole milk and skimmed milk, there may be a savings of money plus a savings in calories and amount of fat ingested.
17. There are four basic food groups that should be part of everyone's diet: 1. Milk group, 2. Meat group, 3. Vegetable and Fruit group, 4. Bread and cereal group.
18. It should be pointed out that breakfast should be eaten and many college students fail in this responsibility and will skip breakfast and instead eat a late brunch or lunch as their first meal for the day. It has been shown that college students who miss breakfast tend to have an increased susceptibility to infection, an increased amount of fatigue, decreased attentiveness, and that when breakfast is added to the diet, grades improve.
19. Cereals are a quick snack food but perhaps they are overeaten. The more recently introduced cereals, such as Sugar Smacks, Fruit Loops, or Cap'n Crunch, give 40-60% sugar. The more old-fashioned cereals such as corn flakes, Cheerios, Wheaties, and puffed rice give less than 10% of their content in sugar. In today's market, both types of cereals are fortified with essential vitamins, but the latter do give more natural nutrients. You should be especially careful of granola-type cereal. They contain nuts, seeds, raisins, oat flakes and they may be nutritious but they have too high a sugar content.
20. White refined sugar has the same caloric and carbohydrate content as honey.

Now that you have most of the facts in front of you, when you shop for groceries during the week you will have a better idea of what to purchase, you'll be able to plan more nutritious meals, and hopefully develop better eating habits. The results may not be obvious immediately, but after a week or two of nutritious eating you will feel better.

Even when you eat out, you can still eat healthy. There are several kosher health food restaurants located in the New York City area, such as Farm Foods, The Cauldron, and Greener Pastures. You may know of others. There is also a popular local chain of health food stores, GNC Nutrition Centers, which sell a reputable brand of kosher vitamins called

## FREEDA KOSHER VITAMINS.

In conclusion, the importance of good eating habits should not be underestimated. In this age of fast-foods and chemical additives in almost everything one consumes, it is wise not only to learn how to eat well, but to incorporate proper eating habits into one's lifestyle. This type of knowledge will remain with you and benefit you forever.

## Jazzercise

It's coming Feb. 8  
Dance, exercise, and have fun  
Mon. 7-8, Wed. 5:15-6:15  
\$37.50 for 15 Classes  
(Mon. only \$17.50, Wed. only \$20.00)  
See Ellen in 8B

# Dreaded Disease

continued from p. 4, col 2

own decisions and can take care of my own body without any outside help. From now on, I diet my own way." I was going to say more, but decided against it. Brevity, I felt, would best illustrate my maturity and resolve. Also, the ice cream was starting to melt down my elbow.

Having made this strong stand, I threw myself into dieting with a passion. First, I instituted a rigorous exercise program. It included eating only crunchy foods (chewing: 30 calories per hour), heavy isometrics while watching T.V. (only police shows—worrying: 25cph, and comedies—laughing: 28cph), and keeping the thermostat down (staying warm: 15 cph). I even toyed with the idea of dressing up to go to classes—35 cph per pound of gold chains carried and 55 cph running away from muggers—but decided not to take such extreme measures.

After a few weeks with less than spectacular results, Susan came to my room to find me lying in bed.

"What's the matter?" she asked, alarmed. "Are you sick?"

"It's pneumonia," I answered.

"My doctor thinks it was brought on by my erratic eating habits and living with the thermostat at 40 degrees.

"Oh, my gosh, pneumonia!" she exclaimed, shaking her head. "Just think of all the classes you'll miss. Don't you wish you'd thought of this before you started all of these crazy diets?"

"I sure do," I answered. "The doctor says if I get sick enough, I could lose 20 pounds. I should have just swum in ice water two months ago and gotten it over with quickly.

"Twenty pounds!" I mused. "And best of all, no hospital bills!"

## Love & Marriage

### Transcripts

In March of 1981, Speech Arts Forum and American Mizrahi Women co-sponsored "Mazel Tov—A Celebration of Love and Marriage." Transcripts of the speakers, Rabbi Saul Berman, Dr. Norman Lamm and Mrs. Blu Greenberg, are now available for \$3. See Phyllis Dubinsky in 6E or call at 889-9125. Orders for the transcripts may also be given to Prof. Peninah Schram in the school building room 505. The transcripts make good wedding or shower gifts.

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