

# THE OBSERVER

The Official Newspaper of Stern College for Women • Yeshiva University

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## Unique Memorial

by Suzy Greenman

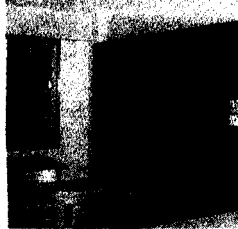
Family, teachers, and friends of Lisa Wachtenheim (A"H) gathered to pay tribute to Lisa's memory, on Tuesday April 19th, by dedicating the Stern College *Beit Midrash* in her name.

Under the design and overall planning of Mrs. Helen Schwartz and the aegis of Mrs. Sema Reich, director of the Stern College Residence Hall, the *Beit Midrash* was moved from its former location in Room 2D of Brookdale Hall, to Room 2C, now beautifully designed and furnished. While designing the *Beit Midrash*, Mrs. Schwartz had in mind that it be "a place for serious study — and yet have a warm and inviting environment for young women."

scholarship, and excellence of character.

Rabbi Reich, in addressing Lisa's family and friends, stressed the uniqueness of the *Beit Midrash* as our memorial to Lisa; since in this situation, it is Lisa's memory which makes the *Beit Midrash* special. The *Beit Midrash* assumes the identity and character which was Lisa's. He pointed out that the *Beit Midrash* is more than a room of books. It is a bridge that links the generations through the power of Torah, and it keeps her memory alive. It also serves to bridge two worlds: this world and the world to come.

A *Chanukat Habayit* for the students was held on April 27. At



New Beit Midrash in 2C

the ceremony, Rabbi Berman spoke on the topic of Talmud Torah for women. The students at the *Chanukat Habayit* realized the significance of this *Beit Midrash*. One commented, "The new *Beit Midrash* will not only further our own knowledge but will serve as a living memorial to a true *Bat Torah*."

## Fall Registration

Registration for the fall 1983 semester will take place on the afternoons of May 10, 11, and 12 for next year's seniors, juniors, and sophomores respectively. Each day the registering students will be allotted times alphabetically as follows: A-B 1:00 pm, C-F 1:30, G-J 2:00, K-L 2:30, M-P 3:00, R-Sc 3:30, Sd-Sz 4:00, T-Z 4:30.

This method is intended to eliminate the long unnecessary lines common during registration. Students who can not report at their appointed times may drop off their completed registration material in the Office of the Registrar as absentee registration to be processed at the end of the day on which their class registers.

Course schedules and registration kits will be available in the Office of the Registrar during the week of May 2.

New at registration this year, will be a four digit course numbering system. The University is switching to a universally accepted numbering system which is already being used by many colleges throughout the country. The purpose of the new numbering system is to enable students to more easily match up courses offered at Yeshiva to equivalent courses offered at other colleges.

The new schedule of courses for the fall semester will list the new four digit course numbers as well as the old course numbers (Students are to be careful when registering not to confuse the new four digit course number with the four digit course code number used by the computer to identify the course).

Once again, all students' registrations will be conditional on the fulfillment of their financial obligations. Their tuition bills will be mailed out on July 15, and payment will be due on August 15. The University will cancel the registration of any student who has not met his or her financial obligations by that date. Those whose registration is cancelled will then have to re-register on October 6, 1983 and pay a \$25 late fee. Those who have difficulty fulfilling their financial obligations by August 15 may contact the Office of Student Finances prior to that date to make alternate arrangements.

"Indeed the alumni have been very responsive to the consultant program," notes Rabbi Chaifetz. "As of today there have been 100 responses and some of them very nice."

## Alumni To Offer Guidance

by Jordana Jakubovic

At the memorial service prior to the actual dedication, Rabbi Miller, senior vice-president of Yeshiva University, and Rabbi Flaum, a close Rebbe of Lisa's, addressed those who were assembled. Both stressed the appropriateness of dedicating a *Beit Midrash* in the memory of an individual who epitomized what Stern College wants its students to strive for: excellence of

A new development in the ever-expanding career counseling programs is now being put into motion under the auspices of Rabbi Joshua Chaifetz, Director of Career Guidance at Yeshiva College and Mrs. Esther Zuroff,

Director of Student Services at Stern College.

Under the new career consultant program, alumni of YC and SCW have been invited to share their professional experiences and expertise with undergraduate students of both colleges. They have been called upon to volunteer their services in numerous ways. They may opt to correspond with students, share a "day on the job," sponsor summer or semester internships, provide for permanent job opportunities or participate in on-campus career workshops.

The program was initiated by Rabbi Chaifetz and Dr. Paul Connolly, Professor of English and Director of Academic Guidance at Yeshiva College. "I had seen something similar at one or two other universities a few years ago and it is something which I wanted to do here," explains Rabbi Chaifetz.

This program, however, was not feasible until now, as the alumni office has just updated and computerized their listings, which were "haphazard and incomplete" before. "Career assistance of this type has been done before but not on this scale," adds Rabbi Chaifetz. This is so because "more students are working... the job market is tight and there is so much fluctuation in career markets." Likewise, the need for career counseling has escalated in recent years.

The best way to build a career today, observes Rabbi Chaifetz, is through "something called networking." Networking relies on outside contacts to expand

## Poetry Evening

The Stern college Speech Arts Forum presents "Spring—New Beginnings," an evening of poetry on Thursday, May 12 at 7:00 PM in Koch Auditorium.

The program features poet Lila Zeiger, and oral interpretation performances by Judith Heineman and Jean Reynolds. Two students, Adam Charnoff and Shelley Frier, will also participate with oral interpretation of poetic works.

The program will offer an opportunity to hear contemporary poet Lila Zeiger, whose works have appeared in *The Paris Review*, *The New York Times*, *The New Republic*, and others. She is the author of *The Way to Castle Garden*, from which she will be reading several selections. Mrs. Zeiger is the

recipient of various grants and awards, including the MacDowell fellowship and the CAPS award in poetry.

Judith Heineman and Jean Reynolds, former members of the Sunday Brunch Company, have been using dramatic techniques in performing poetry for many years. She and Ms. Reynolds employ unusual methods which offer new insights into familiar and not-so-familiar works.

The event was made possible by the Creative Artists Public Service Program.

For further information, contact Shelley Frier (683-0397) or Professor Schram (481-0587).

Admission is free. The audience is invited to an informal reception following the program to meet the participants.

## SCDS "Vanities"

by Mattie Rubenstein

This spring, the Stern College Dramatic Society (SCDS) will present the play "Vanities," by Jack Heifner, which was an off-Broadway hit for a few seasons.

"Vanities" is a character study of three women growing up in a Middle America. The play explores the hopes, feelings, and friendship of the three women, Kathy, Mary and Joanne, at three particular stages in their lives. They are seen as high school seniors in 1963, College students in 1968, and at a reunion in Kathy's house in 1973, as women who have each gone their separate ways. In each stage, the play shows how the surrounding outside events of the time period affect the lives of each character.

The play reflects some of the troubles and confusion that all women face at crucial periods in their lives. Certain lines may bear a striking similarity to what many Stern College students encountered as high school seniors and college students.

As an interesting twist, in the break between acts, the audience will see the actresses change hair styles and makeup on stage in

preparation for the next phase that will be portrayed.

In this production, directed by David Kieserman, Kathy is played by sophomore Shely Kirschbaum, and Joanne is played by Zehava Soble, also a sophomore. Mary is played by freshman Amy Gordon. Tzippy Kessler is stage manager, costumes are by Rachel Ward, and the choreographer is Sharon Troy. Stern College students built the set and are doing the lighting.

The play opens Sunday, March 1, and is continuing all this week through Thursday night. Every performance commences at 8 pm in Koch Auditorium. Tickets may still be available for some performances. (\$4 in advance, \$5 at the door)

At Stern contact:  
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Rhonda 877-9144.

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# THE OBSERVER



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Mazel Tov to Mindeleah Filler, Assistant Director of Admissions and Head Dorm Counselor, on her engagement to Shmuel Pollack.

Mazel Tov to staff writer Linda Vlosky on her engagement to Howard Zack.

# Increased Space Needed For Overcrowded Library

Few students know where the periodical room in Stern College is; it sits, empty of students, on the ground floor of the old building. This room was once the library of the school, but Stern outgrew its old building and library. The new school building and its second floor library largely replaced the old facilities. As the school has grown, so have its library resources, in an attempt to meet the needs of the growing student body. The library itself has not grown however, and is no longer adequate in size to meet the needs of the students.

The growing student body, and the addition of new shelving, have cramped the library, making study there uncomfortable. There are only a limited number of single study units, and the tables have been pushed together more closely than ever. There are no quiet nooks to retreat to; the library hums with life. Furthermore, as quiet is requested, there is no place for students to study outloud together, as they would in a Beit Midrash.

Stern students are caught in a bind. Where can they study? Study in the dorm is often difficult; dorm rooms are cramped, the few study halls in the dorm are poorly and shoddily furnished, and even the new Beit Midrash is small, it has only eight chairs. If the library has also become an uncomfortable place to study, what can students do?

The librarians are caught in a bind as well. They constantly attempt to improve the service of the library, but with a tight budget there is only so much they can do. The library is bursting at its seams, and the funds necessary for expansion should be forthcoming, so that students' work will not be adversely affected.

If increased enrollment remains an important goal of Stern, this must be done quickly. Present and new students must be provided with adequate study space. The present condition is intolerable, and it will become worse during finals, when more students flock to the library to use books on reserve. Expansion is the only solution.

# Student Apathy Fades As Activities Flourish

by Esther Stiefel

We start off each year by lamenting the ever-present problem of "student apathy" at Stern and by attempting to motivate and encourage students to become involved in school functions. This year though, we started by commending the freshmen (in the first issue of *The Observer*) for the wonderful enthusiasm they displayed in the first few weeks of school. I was encouraged by their enthusiasm and hoped that it would motivate the rest of the school to become active.

Now that eight months have passed I see that something has, in fact, moved the entire school to participate in various extracurricular events. What exactly has given rise to the new enthusiasm is difficult to know for sure, but it certainly has given the student body a much needed boost.

The various clubs have been active this year. The Compu-Sci Society, for example, has sponsored many symposiums throughout the year and they have even managed to have a computer terminal placed in the dormitory.

Other clubs that had become inactive in past years, have now been revived. The Soviet Jewry Club is such a group. This year they have had several speakers on

campus, they have organized demonstrations and have conducted fund raisers for their cause.

Some new clubs were also established this year, including: the English Society and Photography Club.

The class governments, as well, were active throughout the year. The Junior Class in particular sponsored many successful events including the M\*A\*S\*H Bash, a skating party and a ski trip.

With all of these exciting events, we hardly had time to attend all of the worthwhile TAC (Torah Activities Committee) lectures or participate in functions of the Speech Arts Forum. We could have played in the student-faculty volleyball games but then we might have missed the weekly bagel sale in the lounge. We might have been tempted to play PacMan all night but were drawn away by the great movies shown on our new VCR.

Last week alone, there was at least one (and sometimes two or more) organized extracurricular school events every night of the week.

The enthusiasm seems to be growing rapidly and bringing more and more students out of their dorm rooms. Hopefully this is not just a passing fad but will remain the style at Stern for many more years.



# Letters To The Editor

## Lawsuit Dropped

To the Editor of the Observer: The Commentator Governing Board has decided to drop its libel lawsuit against *The Observer*.

Throughout our recent discussions, the *Observer* editors have maintained that their editorial, was not meant to impugn the integrity of the *Commentator* editors—either collectively or individually—by accusing the *Commentator* editors (without proof) of deliberately inserting typographical errors in certain columns. The editorial was, they claim, intended to point out deficiencies in *The Commentator's* quality control system that permitted these typos to slip into a recent issue of *The Commentator*. For this oversight, we are willing to bear responsibility, and have taken the appropriate measures to insure that such errors will not be repeated. With a more

rigorous proof-reading system now operational, *The Commentator* will continue to publish newspapers that uphold, what *The Observer* described as, the tradition of "the high quality of its earlier issues."

We regret any embarrassment this incident may have caused *The Observer*. We do assert, however, that had *The Observer* consulted with the Governing Board for a response before publishing their editorial and been more precise in the formulation of their charges, the entire misunderstanding might have been avoided.

As these are the final issues of the year for *The Commentator* and *The Observer*, we hope that this incident will be forgotten and the animosity between the two papers will be dispelled, so that both undergraduate publications may continue serving the student

body as a forum for exchange of ideas.

The Commentator  
Governing Board

*The Observer is gratified that the Commentator has dropped its lawsuit. It is reassuring to know that the Commentator was able to recognize its mistake. As was stated throughout negotiations, we continue to stand by our editorial. We hope that the lines of communication between the newspapers will remain open so that in the future such issues can be dealt with directly without having to resort to public means.*

ed.

## Cliches

To The Editor,

I'm writing to say that Rochel Gross's column entitled "Stop Cliches" took the words right out of my mouth. I found Miss Gross to be right on the money,

as she put her finger on a problem rampant in our society.

Cliches are indeed bad news. As someone once told me, they discourage original thinking. Day in, day out they come at us from all sides, and like it or not, we're stuck with them. And they're so predictable you wouldn't believe it. If you've heard one cliché, you've heard them all. They're nothing but rotten apples, the whole lot of 'em!

What's more, people couldn't care less. I've stood on my head and spat quarters, trying to knock sense into the apathetic, but no dice. My friends tell me to cool it, that there is proverbial wisdom in using only tried and true phrases. Better safe than sorry, they smugly say.

The time has come for drastic measures. If we can't nip this in the bud, let's at least cut it off at the pass. Miss Gross's suggested penalties for offenders are just what the doctor ordered, but I think I can put the icing on the

cake. I say we should take the guilty parties, dump them in a cell, and throw away the key.

But why stop there? Heavyweight experts, the likes of William Safire and Edwin Newman, can be invited to face off in a debate on the subject at hand. And why not go onward and upward to eliminate other blights on the face of the English language? Like, you know, we could get rid of people who say like and you know. And for sure, we don't have to tolerate all this preppy talk. Likewise, we might outlaw the use of -wise as a suffix on every second word spoken at Y.U. The words "basically," "quasi," and "weltanschauung" may be rightfully consigned to oblivion.

A tall order, you say? Maybe, but you never know until you try, and there's only one way to find out!

Moshe Rosenberg  
Y.C. '82  
RIETS '85

# Lost Your Sizzle? Here's Some Advice

by Sema & Mordechai Reich



Burn out is most often connected in our minds with workers and employees, but let's analyze some of the symptoms of burn out. Are they applicable to college students, as well?

—**ABSENTEEISM** where it becomes a dreadful chore to go to work, school.

—**CYNICISM**, when people don't talk about what they do for a living, what they're doing in school.

—**EMOTIONAL EXHAUSTION**.

—**ANGER** towards clients, roommates, towards the little things on the job, in the dorm room.

—**FOCUSING** in on the little hassles of life, like filled wastebaskets or minor interruptions.

Tom Nardi, a noted psychologist explains, "The first stages of burnout are emotional and physical exhaustion with accompanying physical illness such as colds, aches and pains, and insomnia. The second stage is when someone becomes very negative or cynical in attitudes about herself, family or others. A minimum of effort is exerted and yet boredom and fatigue result. The final stage is when a person becomes totally disgusted with herself or humanity."

A good solution for burnout is to get help with a counselor, psychologist or fellow student. Phillips and Marriot (1980) have gleaned from their research a list of "Helpful Hints" which suggest specific activities or behavior for individuals. We have adapted

these and added our own hints for your consideration:

1—Get up earlier to allow yourself more time before running to school.

2—Before going to school, pause to look around outside. What kind of a day is it? Give *Hakadosh Baruch Hu* some feedback.

3—Pay less attention to time when possible. Pace yourself.

4—Regulate how many things you put on your "to do" list and rate them according to priority.

5—During lunch or breaks avoid discussing school business. Eat slowly.

6—Go to lunch with an enthusiastic person.

7—Find a place where you can sit quietly for 5 minutes or take a brief walk nearby.

8—Be willing to say "no" when you need to.

9—Ask for help!

10—Focus on an immediate goal.

Work on the task until it is completed.

11—Put yourself in a position where you have to sell an idea.

12—Visit people who make you feel good.

13—Visit people to make them feel good.

14—When you're feeling low make a list of all the reasons. You don't need to feel 'down'.

15—Visit a hospital.

16—Reenergize yourself through relaxation techniques or meditation.

17—Reenergize yourself by studying Torah alone or *BeChevrusah*.

18—Talk to a "significant other"—a mortal or G-d himself.

19—Pay attention to your health, diet, and sleep. If you "don't have the time," ask yourself if you have the time to be sick.

20—Exercise daily!

21—Play with a child and take a lesson from their enthusiasm for life.

# What They Say & What They Mean

by Rochel Gross

We live in a complicated world. Nothing is ever exactly the way it seems, and the things that people say are often open to several interpretations. Even the most common words, which we hear almost every day, are in reality saying different things than we think they are. Here, is a simple guide, by category, of what people say and what they really mean.

**Roommates:**

"What time are you getting up tomorrow?" (Is your alarm going to go off at some insane hour and wake me up, too?)

"Anybody call while I was out?" (Anybody interesting call while I was out?)

"Do I look O.K. in this outfit?" (Does it make me look fat?)

"Yes, you have enough bluish on." (Now can I get into the bathroom, already?)

"I'm not going to get upset over school anymore." (I'll settle for being hyper.)

"Wow, that's so interesting!"

(Ask me if I care.)

"You got a 100 on the midterm? That's great." (You're lucky I don't have a rope handy.)

"Hey, don't worry about it. You did not make a fool out of yourself." (How could anyone do something so stupid?)

**Classroom:**

"The class as a whole did quite well." (The class as individuals, that's another story.)

"Could I see your notes for a second? Mine aren't clear on one point." (I can't read what I wrote.)

"I hardly studied for this test." (Only spent 12 hours on it.)

"You're not at all nervous?" (So how come you're gripping your pen so hard your knuckles are turning white?)

"I'm going to think this test!" (I might actually get a B.)

"Excuse me, I still don't understand what you mean." (O.K., so I'm an idiot. Talk to me like one.)

**Social Scene:**

"He's got a great personality." (Nothing special to look at.)

"I don't know, what do you want to do?" (It's gonna be a fun evening.)

"We're just too different, personality-wise." (I've got one and you don't.)

"No, I haven't been waiting long." (Just 45 minutes.)

"Well, it's getting late and I'm kind of tired." (I'm going to fall asleep in the middle of your next sentence.)

I hope this guide will come in handy and serve as a useful tool for getting some of the lead and other awkward things out of our daily conversation. Generally, I like to think my columns are helpful as well as entertaining. (They are entertaining, right?) It's been a lot of fun doing this column. (I like seeing my name in print.) Have a good end of the semester and see you around someplace. (In the lounge on a Thursday night. I'll be the one behind the Foster Grants, taking notes.)

# Saunders To Succeed Colonel

by Sara Kosowsky

After years of service to Yeshiva University as Director of Security, Colonel Robert Marmorstein, commonly known as "The Colonel", is retiring. At the present time it appears that Mr. Stephen Saunders, now the Colonel's assistant, will replace him.

Mr. Saunders has not been

officially informed that he will replace the Colonel but he comments, "They said they would like to keep me on." According to Jeffrey Rosengarten, Personnel Manager, "It appears that Steve Saunders will indeed assume responsibility."

Mr. Saunders is a retired detective who worked with the New York City Police Department for 21 years. He worked his way up the ranks in the Washington Heights area — a great advantage to him, since he comes to Y.U. well acquainted with the area and with the police department. Upon his retirement, he moved to Darwood County, Florida, where he was Deputy Sheriff. His duties there were similar to those in New York: community relations and crime prevention.

Saunders had hoped that the rest of his family would join him in Florida. His son would be entering his senior year in high school, however, and moving would not have been beneficial. Since Darwood County did not allow for leaves of absence, Mr. Saunders resigned last summer, moved back to New York, and was hired as the Colonel's assistant in August 1982. He was to assist the Colonel while his work was observed by Personnel since, says Mr. Rosengarten, "We felt he'd be a candidate for the job."

Mr. Saunders sums up his activities as, "whatever Marmorstein says I do." His duties include supervision of the college campuses and high schools, supervision of the garages, and investigation of burglaries.

Mr. Saunders admits that

nobody has given him the title yet, but he assumes that he will probably be doing what the Colonel presently does. Both Mr. Rosengarten and Mr. Saunders mention that there may be some changes with the job; certain activities may not be under Security's jurisdiction next year. Security is now involved with the bus service for the high schools and with certain aspects of the telephone service. Mr. Rosengarten says, "We want the experts spending more time on security. Our overall thrust is to strengthen day to day security."

Mr. Saunders reflects, "I had many goals when I came in August, but now I see they're not as practical." Unfortunately, the budget puts a limit on the number of guards the university can maintain. Although Mr. Saunders would like to make changes, he does have limitations. He comments, "If you are going to have security, make it look like it... we need more help because we can't be everywhere at one time."

Mr. Rosengarten stresses that Mr. Saunders has three strengths: police work, community relations, and experience. A head of security is not just a policeman or a social worker, but a combination of the two. Mr. Saunders urges students to BE AWARE at all times. Don't be out late in certain areas, he

*continued on p. 4 col. 3*

**TAC Notes**

# Shavuot Theme

by Robin Tover

In anticipation of *Shavuot*, we are presently in the midst of counting the *Omer*, a counting which will culminate in the commemoration of the acceptance of the Torah on *Har Sinai*. Simultaneous to this, we remember and mourn the loss of thousands of students of Rabbi Akiva who died during this time, two thousand years ago. The *Gemara* teaches that the reason for the deaths of Rabbi Akiva's students was "*Shelo nahagu kavod ze baze*". They did not act honorably toward each other and, therefore, were punished.

As we remember the students of Rabbi Akiva, who died because of their inappropriate behavior *bein adam le'chavero* (between man and his fellow man), we should keep in mind a *Mishna* which says, "*Ke ein adam she ein lo shaa*". There is no man who doesn't have at least one good attribute. There is no man who doesn't have at least one *midda* in which he excels and with which he can redeem himself.

attributed to every Jewish person can be learned from *parshat Kedoshim* which we recently read. *Rashi* tells us that the words "*Kedoshim Tihiyu*" were said at *Hakel*, when all the Jews were gathered together. This point is a very significant one. *Hashem* described the virtue of holiness which every Jew has at a time when all Jews were gathered together to show that every one of *Bnei Yisroel* is imbued with *kedusha*. Every Jew has that special spark in him which makes him worthy of respect from his fellow human being.

When we received the Torah on *Shavuot*, the Torah states "*Vekol haam roim et hakolot*". The entire nation saw the voices. From here it is learned that the voice of the giving of the Torah was divided into many voices which related every member of *Bnei Yisroel* according to this level of understanding. Although each person was on a different *madrega*, *Hashem* made sure that every person had the ability to

*continued on p. 4 col. 4*

**Student Council Elections will take place on May 12**

**Give the Gift of Life— Give Blood**

Thursday, May 5  
12:30-6:00

## Nurse's Notes

# How To Be Thin And Healthy

by Phyllys Samuels, R.N.

Have you flipped through the pages of this month's *Glamour* magazine, yet? Beautiful, bare legs and bikinis galore... enough to make one want to be sick, especially when looking into the mirror! These summer months are coming soon, and it's time to start losing pounds right now. Yet, good "bod" is only half the deal of dieting, good health is the other!

Did you know that obesity, much too common among Americans today, predisposes us to many health problems? The increased mortality of overweight persons is due chiefly to their excessive death rate from cardiovascular (heart) and renal (kidney) diseases. Also, high blood pressure, generally not a serious disorder among those of normal weight, is a killer of this group. From such information, one can see the truth to a statement like: "The longer the belt line, the shorter the life line." Why not stay around a bit longer? Weight reduction definitely has a favorable effect on mortality and longevity.

Dieting is a "big to-do" and a big deal. It is *not*, however, a spur of the moment decision, pizza diets, or diet pills. It is a decrease in eating, but more important it is a change in one's beliefs and attitudes about eating. Ninety-five percent of the people who lose weight regain it because they avoided the sure, slow process. Reducing is a frame of mind; psych yourself up! The three "d's" (desire, dedication, and discipline) plus a rearrangement of eating patterns, spell "DIET" correctly.

The following are facts and tips about losing weight; some of them you may already know. Nevertheless, they will better acquaint you with the "hows and whys" of the dieting process, and therefore, make your plan easier and more successful!

- 1) *The larger you stretch your stomach, the more it wants; the less you give it, the less it wants.* The first few days of a diet are not pleasant. Yet, once your stomach shrinks it becomes easier!
- 2) *Eat until satisfied, not stuffed.* This is an important distinction which each person must decide for himself.
- 3) *Eat slowly.* Most overweight people bolt down their meals. Slow eating alleviates the symptoms of hunger and hunger contractions with considerably less food than is required when the individual gulps his meals.
- 4) *Choose a high protein — low carbohydrate diet.* Protein, like hard coal, burns slowly and lasts long, giving a prolonged rise in the blood sugar level. Carbohydrates and fats, like soft coal, burn much faster and raise the blood sugar level rapidly, but only for a brief time. The level drops again quickly, starting another hunger cycle.
- 5) *Unlimited vegetables are*

*allowed.* However, avoid rice, corn, potatoes, and peas. Dill pickles, dill tomatoes, sauerkraut, and cole slaw made with vinegar, rather than mayonnaise, also count as no-calories.

6) *Avoid or decrease* the amount of the following in your diet: bread, pastries, spaghetti, macaroni, nuts, creamed or thickened soups, sauces and gravies, whole milk and its products (substitute low-fat), luncheon meats, and alcoholic beverages.

7) *Eat lean meats:* beef, lamb, veal, fish, fowl. Remove fat and skin. Meat should be baked, boiled, or broiled and not fried!

8) *Drink a glass of water before meals.* You will already start to feel full when you sit down to eat.

9) *Substitute fruits or fruit-portion for non-nutritive sweets (i.e. candy).*

10) *Avoid or decrease salt intake.* Salt acts as a sponge in your body as it draws water into tissues, leading to bloating and weight gain. Use natural flavorings, instead, such as lemon or garlic. Also, "No Salt" is now available in supermarkets.

11) *Do not skip breakfast.* Otherwise, your appetite becomes ravenous later in the day.

12) *Include foods from each of the "4 food groups".* One or more servings are to be included in your daily diet from the bread, vegetable, fruit, meat and fish groups.

13) *Diet with a friend.* How much easier!

14) *Incorporate some daily form of exercise into your plan.* Remember: to lose weight, your energy intake must be less than your output. Take stairs instead of elevators and walk instead of riding buses.

15) *No sad-diets or fasting.* Fast

ways are not *sure* ways! Your body will overcompensate for certain foods avoided, and the result will be weight gain of the pounds lost, plus more!

16) *Keep busy.* The busier you are, the less conscious of food you are going to be. Clean your room or rearrange your desk when you're bored.

17) *Vitamin pills are not necessary.* Vitamin pills are not reducing remedies in themselves, they are prescribed for correcting nutritional deficiencies. In a well-balanced, low-calorie diet, deficiencies do not occur, and therefore, vitamins are not needed.

18) *No laxatives or water pills (diuretics)!* These cause a loss of elements important for proper body functioning, especially potassium. Potassium plays a major role in heart functioning. A depleted source of this electrolyte could cause big problems.

19) *No diet pills!* They do not reduce safely or permanently, and they cause undesirable side effects. Continued use may cause habituation and addiction.

20) *No more than a weight loss of 2 lbs. a week.* Rapid reduction by crash methods often causes extreme weakness, damage to the heart, anemia, vitamin deficiencies, and intestinal disturbance. It can also make the person look older and more wrinkled, with sagging muscles and skin. Big weight losses should be monitored by a physician!

Now, you are ready to go! For actual sample diets consult your physician or librarian (the library is an excellent resource for book and magazine publications on the subject). Good luck changing to a thinner, healthier body — here's to the new you!

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warns, and if you must take a taxi, make sure it is a safe one and not a gypsy cab.

Mr. Saunders encourages any students with legitimate complaints to feel free to discuss their problems with him. He says, "I believe security should be a priority or else I would not be in this field. I want to prevent

crime, not hear about it after the fact."

Mr. Saunders, a native born Bronx man is currently living in Rockland County with his wife of 27 years and with his two sons. He was a Behavioral Sciences Psychology major with a minor in Criminal Justice. He attended City Universities, but received his degree from the New York Institute of Technology.

## Senior Dinner

June 8, 1938

Reservations confirmed upon full payment.

Couvert: \$27.00

## Bulletin Board

The Independent Insurance Agents of America have a \$1,000 scholarship available for qualified sophomores and juniors. The award is based on *academic excellence* and not financial need. Applications can be picked up in the Dean's Office and are due by July 15th.

\*\*\*\*\*

Yeshiva University will be giving two awards for the best essays submitted by undergraduates in two fields of Jewish Studies.

The Murray Baumel Award of \$400 — for the best essay on some aspect of Jewish Ethics.

The Edward A. Rothman Memorial Award of \$100 — for the best essay on the topic "Application of Orthodox Judaism to Modern Times."

Details are available from the Office of the Dean.

The University will also be giving the Murray Baumel Award for character. Anyone may nominate a graduating senior who has performed some outstanding act of moral courage that merits public acclaim by submitting the name to Dean Bacon (Midtown) or Dean Rosenfeld (Uptown).

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The following students were erroneously omitted from the Dean's List: Vida Freedman, Mattice Rubenstein.

\*\*\*\*\*

The library now has a word processor that may be used by students for writing term papers. Inquire at circulation desk.

## Man and Fellow Man

*continued from p. 3 col. 2*

comprehend the law regardless of his particular level of depth and development.

*Sefirat Haomer* is a time of year when we systematically enumerate our actions. We daily remind ourselves that the time which we have to prepare ourselves for *Matan Torah* is quickly passing by. Too often we are occupied only with mitzvot *Ben Adam LaMakom* and fail to

realize the importance of the *mitzvot* between man and his fellow man. During *Sefirat*, we mourn the terrible consequences of overlooking such an important aspect of Jewish life.

Perhaps, if we keep this in mind and remember the importance of *mitzvot* *bein adam lechavero* it will help us in our preparation for the acceptance of the Torah, once again, on *Shavuot. Chag Sameach!*

## Speak Out For Those Who Can't March For Soviet Jewry

May 22 — Solidarity Sunday

March begins at 12 noon at 64th and Madison and goes to 47th and 1st.

Sponsored by the Greater New York Conference on Soviet Jewry

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