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Milner Leaves Brookdale Residence



Mrs. Johana Milner
by Elana Ungar

"Mrs. Milner kept the dorm running. We will probably fall apart because no one can replace her," answered one student when asked how she felt of Mrs. Milner retiring from her position at Brookdale Hall. Mrs. Johana Milner, the dormitory supervisor, has been working with Yeshiva University for well over twenty years. She did not just supervise, nor simply distribute the toilet paper, as so many of the students have always thought. Each day, Mrs. Milner's job began at 5:00 in the morning and even though it was supposed to end at 5:00 in the evening, it rarely did. Mrs. Milner was usually still out helping everyone. From the maintenance crew to the residents of Stern, Mrs. Milner has always been there to get things accomplished. Broken lights, leaky faucets, bugs, broken windows, bad beds - Mrs. Milner was there to hear all of our complaints.

Mrs. Milner sorted the mail, bagged the garbage to make certain that it would be out on the street in time for collection, straightened up the laundry room, helped in repairs, and kept the lounges orderly. The list goes on and on. As Mrs. Milner said herself, "There's nothing I don't do."

Mrs. Milner first came to Stern in 1964, after doing the same job Uptown, she lived in what is now *The Observer* room on the first floor. After that, she moved to her room on the nineteenth floor. She stayed in the dormitory Sunday through Friday. On weekends and summer nights, she went to her home in Dumont, New Jersey or spent time with her children's families.

Mrs. Milner has been devoted to everyone at Stern and she will be greatly missed. Stern will try to get a replacement, yet, most students feel that it will take the work of five to fill her shoes!

Dormitory Crowded to the Limit

by Rachel Mandel

This year, the capacity of Brookdale Hall has been expanded to meet the record-breaking amount of dorm applicants. The dorm, which housed 476 until last year, will now hold 545.

To find the 69 more beds needed, all study halls except two have been converted into dorm rooms, and 15 rooms now have bunkbeds. Dorm counselors who in the past have shared a room with only one other student, will now have two roommates. Three extra roommates were added to the traditional suite of rooms that the President of the Student Council shared with one other student, and the suite of rooms the Editor-in-Chief of the *Observer* shared with two. Each room will now hold the full five people.

Sema Reich, Director of the Residence Hall, explains that although the dorm has been expanded beyond her wishes, she is "thrilled to see the school growing," but at the same time wants to "see the quality of life maintained." She describes this as being possible to adjust with the help of student input. She also comments that only first-time-on-campus students were given rooms with bunkbeds. No upperclassmen that were at Stern last year were affected by the squeeze.

This year's Student Council Pres-

ident, Elana Goldscheider, comments that the Student Council is now going to get involved in the dorm situation by having the Dorm Committee as active as possible. Naomi Kupchik, Vice President of Student Council, explains that among the duties of the committee this year will be to look into the availability of buildings or hotel rooms or floors in the area, in the event that the amount of students dorming continues to grow.

Dr. Daniel Rothenberg, Assistant Dean of Students for the undergraduate schools, says that although the dorm is more heavily populated, it should not be viewed as being overcrowded. He says that until now "the dorm was not being used to its fullest capacity." He explains that by moving many activities such as student events and offices of student leaders away from the dorm and into the school building "the dorm could be used as a dorm." He further comments, that by doing this it will allow as many girls as possible to benefit from dorm life which is viewed by many as an integral part of college life, as well as benefiting from the unique education offered by Yeshiva University.

Although many study halls, as well as the computer room have been converted into dorm rooms, Rothen-

berg explains that "attractive alternatives are being created elsewhere."

To compensate for the study halls taken away, the snack bar and video game room will be transformed into a large study hall, and the machines will be relocated to the basement. Also, efforts are being made to extend library hours until 12:30 every night, as well as increasing security for the students. Another security possibility is a shuttle bus between Brookdale Hall and the school building for students using the library during the evening hours.

As to the future availability of beds in the dorm, Rothenberg responds that Dr. Israel Miller, Vice President of Yeshiva University, Dr. Efreim Nulman, Associate Dean of Students, and himself, are looking into the possibility of renting hotel space, should the number of students requiring dormitory space increase. Rothenberg stressed that they were all "committed to the needs of the students" and want to receive student input and realistic ideas.

A main contributor to the fact that the dorms are more populated than ever comes from the Office of Admissions. Judy Paikin, Director of Admissions, states that there are 190 new students this year (80 returning from Israel). She said that this was

the largest group of incoming students ever.

Many of these new students, and many upperclassmen as well, have decided to dorm (even those within commuting distance), because, as Mrs. Zaroff, Director of Student Services at Stern College acknowledged, "Stern life centers around the dorm."

Many students have been concerned with the consequences of an additional 69 students in the building, in terms of safety - especially concerning the issue of a fire hazard. Mr. Greg Vescatel, Director of Security and Safety at Yeshiva University, says that it is "certainly not" a fire hazard for the dorm to house as many people as it does. He says that everything in the building is in strict compliance with fire regulations, and in case of a fire the building could be emptied in about three minutes. "The trick," he says, "is not to panic." He explains that as long as the women follow the fire protocol, and walk at a nice pace "there is no danger."

Although many students along with the Dorm Counselors, will have some adjusting to do, whether or not extra roommates are an inconvenience is yet to be seen.

Dr. Miller Announces New Appointments This Fall in Office of Dean of Students

by Sara Kosowsky

Dr. Efreim Nulman has been named Associate Dean of Students and Dr. Daniel Rothenberg has been named Assistant Dean of Students and Director of Guidance Counseling for Stern College (SCW) and Yeshiva College (YC) for the new academic year according to Dr. Israel Miller, Senior Vice President of Yeshiva University (YU).

In his new position Nulman will be responsible for all student affairs and activities at both SCW and YC. He will be working closely with both student councils on all events and he will help plan their budgets. Furthermore he will oversee the running of the Office of the Dean of Students.

Nulman hopes to continue the Town Hall meetings that Dr. Irving Levitz, last year's Dean of Students initiated. At such meetings the students will get a chance to meet with Nulman and share their opinions and ideas.

"My goal is to give the students a feeling that every effort will be made for them. There is someone here to be responsive. Good foundations were laid last year and now let's build on them."

Nulman served as Assistant to the Dean of Students last year and this year Rothenberg will basically assume most of the same duties.

He will be responsible for the supervision of all counseling services available to students at SCW and YC including academic advisement,

career guidance, and religious guidance. Furthermore he will handle all internal running of the dormitories, and supervise the dorm counselors with the Reichs.

The career guidance that was imposed upon last year by Ms. Cynthia Friedlander will continue once again under her direction.

"I wish to have constant contact with students; that's what I am here for. Students should feel that there is someone to talk to who will respond; someone to help them discover what their strengths are," says Rothenberg.

Both gentlemen have attended Yeshiva University graduate schools. Nulman earned his Masters and Doctorate in Social Work from Wurzwiler School of Social Work, while Rothenberg received his Masters and will receive his Doctorate in Clinical Psychology from the Ferkauf School of Professional Psychology.

Nulman will have a part time assistant to handle technical details inherent to his position. Robert Katz, a June graduate of YC will serve in that position. He will be responsible for coordinating and organizing student activity bulletin boards, creating and distributing posters and overall publicity of events.

While Katz will basically be working at Yeshiva College, both Nulman and Rothenberg will split their time between the two colleges, each spending at least one day of the week at Stern.



Dr. Efreim Nulman



Dr. Daniel Rothenberg

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THE OBSERVER

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Don't Turn Your Back

by Sara Kosowsky

Is anybody there? Does anybody care? Does anybody see what I see?

So asks the musical, 1776. Though all of us together make up Stern College for Women in New York City, often students let more of the New York City affect them than the Stern College.

In New York, people have a tendency to keep to themselves never inter-relating with those around them. If someone screams people nearby just keep on walking. Nobody wants to get involved.

In fact, not too long ago a friend of mine told me that he had been visiting with friends when shouts from the apartment next door became audible. When I asked if anyone had gone next door or at least called the police to alert them, he replied in the negative—nobody wanted to get involved.

That type of reaction is not one that should flourish at Stern. If a student sees something or someone suspicious she should not simply shrug her shoulders and move on. Each and every one of us is responsible for the next person.

Kol-Yisrael Atzivim zeh la zeh.

All I Need Is Some Room

In its Centennial year, Yeshiva University is showing the signs of growth, progress and prosperity. The Office of Admissions reports that this year's Freshman class is one of the biggest yet. Class registration is up and in keeping, so are requests for dormitory residence.

By the law of ratios, if the school is growing then the dorm should be growing as well. However, at this time Brookdale Hall continues to be the only dorming facility available to the women at Stern College.

Last year there was a problem of overcrowding at the beginning of the year. For the first few weeks of school, women were residing in the guest rooms and infirmary on the second floor of the residence hall. This year, even this will not be possible since those rooms have been converted into bedrooms.

Granted, the University is devoting large sums of time and effort towards renovating buildings and improving aspects of student life, but it is not attending

to the most vital aspect—that of student living. The residence hall size has not increased to fill the demands upon it. More people are being crammed into the dorm rooms that do not stretch to increase capacity. Rooms that were once public access rooms are now being converted into bedrooms.

There is no question about the urgent need for, either more dormitory space or fewer people granted residency privileges. Either the University must adhere to its Admissions' cut-off date or change its policy regarding those women it accepts.

Women who live within half an hour to 45 minutes commuting distance from the school should not be immediately accepted into the dormitory. Instead they should be wait-listed until all those who really do need to dorm have been assigned rooms. If the University does not want to turn away applicants, then it must find alternate housing for the overflow of students otherwise there is no way the students can prosper let alone survive under such inhumane and hazardous conditions.

As Hillel the Sage said, "If I am only for myself what am I?"

Shuttle Service Available

Transportation between Midtown Manhattan and Washington Heights has never been easy. No matter what time of day one is travelling there always seems to be traffic. To facilitate this problem for YU students, a shuttle service was begun between the two campuses two years ago. This system worked well when it first began but as more students became aware of it, the greater the demand for it became.

In addition to the security shuttle, an additional van was generously loaned to Stern College by the New Hampshire Singer family. The student council is in charge of this van and in the past it has asked that groups reserve the van when they have special events Uptown.

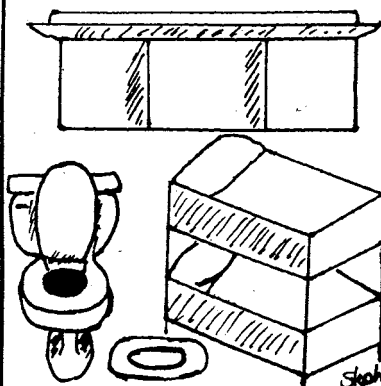
Both the shuttle and the Singer vans can only carry

15 passengers legally. Though drivers have been known to allow more to ride, it becomes a hazard if too many more board the vans. Students have become so accustomed to there being a shuttle service, that they tend to forget that it has a maximum capacity.

If students know that an event will be taking place Uptown, let them contact the Student Council. Whether it is a basketball game, engagement party, meeting or interview, if the Student Council knows about it in advance it can make additional transportation arrangements. In this way, the shuttle can continue to facilitate students and the Singer van can alleviate the excess. If students will simply cooperate and communicate their needs, faster and more effective transportation can be arranged between the two campuses.



ROOM 13 J



Bunkbeds in bathrooms?

Office Hours

- | | |
|-------------------------------|--------------------------------|
| Dean Bacon | 9:00-5:00 Mon.-Thurs. by appt. |
| Dean Orlian | 9:00-5:00 Mon.-Thurs. by appt. |
| Rabbi Kanarfogel | Mon. and Wed. by appt. |
| Student Services: | |
| Dr. Nulman | All day Wednesday |
| Dr. Rothenberg | Tuesday afternoons |
| Mrs. Zuroff | 9:30-5:00 Mon.-Thurs. |
| Dr. Sarr | 9:00-2:00 Tuesday |
| Nurse Newton | 8:30-1:30 Mon.-Fri. |
| Guidance: | |
| Rabbi Flaum | 2:00-5:00 Monday |
| | 7:00-10:00 Mon. nights in dorm |
| | 1:30-6:00 Wednesday |
| Naomi Kapp | 10:00-5:00 Wednesday |
| Aidel Buchwald | 9:00-4:30 Monday |
| | 9:00-3:00 Tuesday |
| Margo Marx | 9:00-2:00 Mon. & Wed. |
| Buildings and Lounges: | |
| SCW Building | open until 10:45 p.m. |
| Library | 9:00 a.m.-10:45 p.m. |

- | | |
|-------------------------|--|
| Cafeteria | 8:00 a.m.-2:30 p.m.
5:00-7:00
8:00-1:30 Friday |
| Computer Room | 9:00 a.m.-10:45 p.m. |
| Front Lounge | Open until 2:00 a.m. |
| Orange Lounge | Open until 2:00 a.m. |
| Student Lounge | 9 a.m.-5 p.m. (in school bldg.) |
| Security Shuttle | 7:00 leaves YC Campus
7:30 arrives Brookdale Hall
8:00 returns to YC
11:30 leaves YC
12:00 arrives Brookdale Hall
12:30 returns to YC |
- The shuttle runs Monday-Thursday nights.

Kemensky In The Registrar

by Tzippi Bernstein

With the onset of the new year, the administrative office of Stern College for Women has been joined by a new Assistant Registrar, Ms. Varda Kemensky. Kemensky, an alumna of Stern College, graduated a few years ago with a degree in Judaic Studies. She then served as the Israel Advisor to Students of Yeshiva University in Israel for the past three years. Kemensky's responsibilities at her past post were mainly those of an administrative and recruiting nature. She represented Yeshiva University in various institutions in Israel and actually implemented the Joint Israel Program. Kemensky has been well informed of the progress of the various programs of study at Stern College and has been assisting and advising students in formulating their academic careers. Although other YU administrators frequently visit students in Israel, Kemensky feels a closer bond to Israel students and hopes to be sensitive to their special needs.

In addition, Mr. Friedenberg explained that the administration sought a person who would relate well to the students and would function under pressure. These qualities they have found in Varda Kemensky.

As the Assistant Registrar, Kemensky will ascertain that the Registrar's Office is functioning smoothly. She will be processing transcripts, carrying through graduation procedures, recording grades and assisting in many other registration procedures. "I have a positive feeling about Stern College and its students," Kemensky comments. "They're close to my heart."



Ms. Varda Kemensky

Revel Stamp Unveiled

by Sara Kosowsky

Monday, September 9th, a postage stamp design honoring Dr. Bernard Revel, the first president of what would later be called Yeshiva University was unveiled in front of a standing room only audience in Lamport Auditorium at the University's Main Center. Walter E. Duka, Assistant Postmaster General for International Affairs, officiated at the ceremony as well as Jack D. Weiler, National General Chairman of the Yeshiva University Centennial, and Dr. Norman Lamm, President of Yeshiva University.

The unveiling ceremony displayed the design for the Bernard Revel

Stamp which will be part of the Great American Series, however, the actual stamp will not be issued until 1986. At that time, a special first day cancellation will be affixed to the special cover. The copyrighted cachet will contain the University's Centennial logo, silk-screened images of Dr. Revel and a Centennial medalion and a brief description of the University and Dr. Revel. Each envelope will be enclosed in a leather folder and will be signed by Dr. Lamm.

The unveiling ceremony was only part of an all day celebration marking the start of the 100th anniversary celebration of the Yeshiva University Centennial which will be observed throughout the year.

Following the unveiling a luncheon was held for distinguished guests including government and University officials, members of both Houses of the Senate and Sarah Travis Revel's family.

The climax of the day's activities was the opening of a new exhibit at the Yeshiva University Museum at 2520 Amsterdam Avenue entitled "A Portrait of Dr. Bernard Revel." The exhibit which shows all sides of this multi-faceted man was made up of memorabilia sent in from family members worldwide. Some of the items on display include: Revel's set of *Tefillin*; personal family photographs; correspondence between Revel and Albert Einstein; letters to and from various family members as well as numerous speeches and scholarly notes written by Revel.

TAC Attains New Status

by Faigi Bandman

The letters TAC are the initials of the Torah Activities Council, formerly known as the Torah Activities Committee. Each year TAC brings innovative ideas and changes to Stern's student life. This year will be no different. But there will also be changes in TAC's responsibilities, as reflected in its new constitution. TAC will continue concerning itself with the religious needs of Stern students. But it has gained new status, and thus a new name.

Formerly a club funded by the Student Council of Stern College, TAC has become an independent council with its own budget that is funded by the University. The board of the Torah Activities Council will be changed from two coordinators to a chairperson, co-chairperson and a treasurer. All clubs having to do with Jewish or Israeli affairs will be funded by TAC. Although TAC will be an independent religious organization similar to Student Organization of Yeshiva (SOY) Uptown, the chairpersons will be working very closely with Student Council executives.

In explaining why the change was initiated now, Rabbi Tzvi Flaum, TAC Faculty Advisor, states, "TAC has become much more than a club. Clubs cater to specific members whereas TAC creates a Torah atmosphere that touches the entire student body. TAC has become a major organ of the school. It's impact has become so great and far reaching that the University wants to give the organization the status that it deserves." Rabbi Flaum was appointed faculty advisor to TAC four years ago. "That appointment in itself showed that TAC had developed into a major organization," according to Rabbi Flaum.

Mrs. Esther Zuroff, Director of Student Services at Stern College explains that over the years, "TAC was consistently strong and effective in

getting students involved." She is looking forward to TAC's responsibility for insuring Shabbat programs in the dorm. This is a part of TAC's campaign to spread *ruach* in both the school and dorm.

The new board consisting of Esther Koenigsberg, chairperson, Chani Goldstein, co-chairperson and Rozzie Hanfling, treasurer, are looking forward to a great year. Esther explains that "the administration has been considering the suggestion for a change in status for some time and when TAC's constitution came up for review in 1985 the idea materialized." Esther realizes that "the Council will be setting a precedent this year. It's change in status involves new responsibility as well as a new type of cooperation with Student Council."

Elena Goldscheider, Student Council President, comments that "Although we are now separate, we hope to function as one unit with TAC, since Torah is not something separate. By endorsing and supporting each other it will be a better year."

TAC's activities include *tzedaka* campaigns, *chagigot*, *chovrot* for the *chagim*, *bikur cholim* activities, planning shabbat programs, as well as many others. TAC will continue these activities while adding new innovative ideas to enhance *ruach* among the members of the student body.

New Security Head

by Esthi Zeffren

Most people perceive the director of security and safety as one who enforces the rules and regulations set down by the university administration. The new Director of Security at Yeshiva University, Mr. Greg Vescatel, explains the more important aspect of the job. "I want people to understand that security is a protective service. So for example, when we warn the students about the hazards of toaster ovens, we aren't saying it to be mean, but rather to ensure the safety of the students. I don't want to become a policeman and tell the students what they have to do and what they can't do. We're here for the students—and to be available to answer any questions or help in any problem which might arise."



Mr. Greg Vescatel

Vescatel admits that at the present time it is hard to set specific goals, due to the fact that he has not yet witnessed the actual traffic flow of the student body. Nevertheless, Vescatel does plan on reorganizing the security department to better adjust its services to the student demand. An example of this is to improve the communication process in the Residence Hall. Dorm counselors, for instance, should be notified about any repair man in the building so they in turn can warn the women on their respective floors.

Vescatel plans on visiting Stern often and hopes that students will feel comfortable enough to approach him with any question or security problem.

Vescatel also intends to increase the level of security so that it fulfills two additional aspects as he explains, "1) to make sure that the grounds are safe; as well as 2) to make people perceive themselves as being secure." This second element of security should not be overlooked be-

cause as long as one is physically safe, but does not feel safe, he will have unnecessary paranoia and won't enjoy his freedom. "Fear shouldn't lead lives. People should use their common sense and not take risky chances—but they shouldn't be too paranoid either," Vescatel adds.

Tips on security awareness, compiled by Vescatel, will soon be available on campus. The purpose for this handout is to help make students aware of security tips, which will be included in the handout are: 1) Don't carry a large amount of money when going places where you will not need a lot of money. If you do need to take a lot of money, don't keep it all in one place. 2) Make yourself a less desirable target by going out in groups. If you are walking alone, remember to walk briskly and confidently.

Previous to his acceptance of his position as the Director of Security at Yeshiva University, Vescatel was Assistant of Security at N.Y.U. Medical Center for six years. Prior to that, he worked for the New York City Police, and he attended the FBI National Academy.

All New WYUR

by Sara Kosowsky

WYUR, the student run radio station of Yeshiva University is relocating to 64 on the AM band after being at 82AM for the past 17 years.

This change takes place according to Howard T. Konig, Station Manager of WYUR, since "By law, a carrier current radio station (any station that broadcasts to a specific radius such as WYUR does) can only be on an unoccupied frequency. A non-carrier current station is changing to the 82 frequency, therefore WYUR has to move."

Actually when the station was first started... almost became 64. The original charter request was for the 64 frequency, however, WYUR never broadcast there. Now as the station embarks on its 18th—*chai* year, it is in fact becoming 64.

This is not the only first for the radio station. Over the past years there was a problem that no sound travelled over the radio tie lines that transmit the music from the studio to the dormitories during the day.

The phone company, which controls the tie lines would check the lines during the day, hear no sound, and disconnect the lines.

This year Konig has made an arrangement with Dean Thacker, General Manager of WHTZ, Z100 FM permitting WYUR to broadcast Z100 over 64AM whenever WYUR is not broadcasting their own programming. Konig and his entire board are very excited about this new arrangement and look forward to a good relationship with WHTZ.

WYUR is an entirely student run organization being governed, engineered and de-jayed exclusively by students. Five nights a week, from Sunday through Thursday diversified programming can be heard broadcasting on the radios in Stern College and Yeshiva College dorm rooms.

WYUR is currently housed in the Student Union Building on the Uptown campus, however the station itself will also be moving soon when the Schottenstein Center (the new Student Union Building) is opened.

Wishes For A New Year



Dear Students,

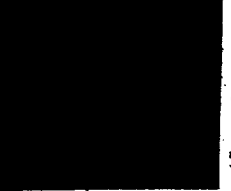
Welcome to yet another year of fun and learning here at Stern College. The Student Council has already begun the year with a bang. We helped to coordinate Freshman orientation, ran a successful *Shabbat* program with a *Melava Malka* where everyone danced to the music of *Ruach* until they dropped. Wednesday night, at the Great American Health Bar, we had a "Welcome Back Bash" where everyone came to meet the new Student Council, and to receive their free gift. It was a festive way to start the new year. It was also a time to talk to everyone, to voice opinions of new improvements for the school, and to share compliments and grievances with the council.

We the Student Council promise you a good year, we promise our dedication and our help. But, to make this year a GREAT ONE we need your help. We need each and every one of you to get involved, to give us your support and your input. We alone can make this year a good one, but together everyone can make it GREAT!!!

Sincerely,
Elena Goldscheider
Student Council President
I would like to wish everyone a Happy and Healthy New Year. I would also like to ask forgiveness, if I have wronged anyone; and may we all be inscribed in the book of life.



Improvement is Underway



A New Bunkbed

by Batya Spirn

When students left Brookdale Hall in June, two major projects were begun in Brookdale Hall residence hall—painting of rooms and replacement of old mattresses.

According to Mr. Jeff Socol, Supervisor of Maintenance at Yeshiva University, the front lounge, former snack bar, and floors sixteen through twenty have been completely repainted. "Last year, they went by the condition of the rooms (the 43 worst rooms were redone). We will now continue with the systematic method, because if we just left painting for the summers the job would never get done."

Socol added that the University just acquired its own in-house staff of painters for the Uptown and Downtown campuses, and does not have to bring in outside contractors anymore. For this reason he is confident that by mid-year the long painting job will be done.

The other main problem that concerned students last year was the condition of most of the mattresses in the dorm. Only the very worst ones were replaced last year. According to Mr. Jacob Blazer, Director of

Buildings and Grounds at Y.U., by the time the women arrived this year, 75% of the new mattresses were to have been placed in the rooms. By the end of September the rest should all be in. However, due to the increased number of women in the dormitory this year, fifteen rooms will have bunkbeds. These need special, narrower mattresses than the regular ones, and might not arrive until the first week of school, warned Blazer, so those rooms will have an additional bed in the middle of the room for a little while.

In addition to these two major improvements, a team of maintenance men from Uptown inspected the rooms, repairing chairs, cleaning the windows, changing lightbulbs and doing extensive work on the bathroom tiles. Many new desks and chests of drawers also arrived, both for the rooms that never had women in them before and for other recipients as well.

Furthermore, the Reichs will now use Milner's Market for their office, and the snack bar will be transformed into a ground floor study hall. The little piano room has become the new site of Milner's Market, and the piano has been moved to the back lounge, where it will be locked, however the key will be readily accessible.

Gurock Accepts Yale Appointment

by Susan Ungar

Dr. Jeffrey S. Gurock, a member of the Yeshiva University faculty since 1977, has been appointed Visiting Associate Professor in the Department of Religious Studies at Yale University in New Haven, Connecticut. Gurock, an authority on American Jewish History, will be teaching a graduate level seminar titled "The Social History of American Judaism." Although this course has been taught by Gurock at Yeshiva University's Bernard Revel Graduate School, it will be the first of its kind offered at Yale.

The seminar will be presented in a similar fashion as it is taught at Yeshiva University, however

Gurock anticipates that the more heterogeneous group of students at Yale may change the perspective of the course. The group of students enrolled in the course may consist of Religious Jews, Traditional Jews, Christians who are learning about Judaism for comparative studies, or History majors.

Gurock will be teaching at Yale one day a week for the fall semester and plans to continue his full-time position at Yeshiva University. This new appointment will detract from the amount of time Gurock devotes to Yeshiva University.

In 1983 Gurock was appointed Program Coordinator for Holocaust Studies at Yeshiva University. He

wants to continue in that capacity and to continue to develop memorial programs. In addition, Dr. Gurock will continue coaching basketball and coordinating a lecture series along with his many other duties.

Gurock is looking forward to his new teaching position at Yale and comments, "It will be nice for me to encounter different teaching experiences. It will also be nice for Yeshiva University, having borrowed professors from other institutions, to be able to reciprocate."

Gurock is the author of numerous articles and two books titled *American Jewish History: A Bibliographical Guide* and *When Harlem was Jewish: 1870-1930*.



Dr. Jeffrey Gurock

Student Council Beat

Successful Beginning for SCWSC

by Amy Rubin



Health Bar Welcomes Stern With Cake

Student Council began the 1985-86 school year with one successful event after another. Freshman orientation was a series of lectures, instructions, classes and social activities including a movie, dinner, Broadway play and a trip to Great Adventure Amusement Park. This year, for the first time, upper classmen explained the registration procedure to smaller groups of freshman. One freshman commented that these groups helped a great deal in understanding registration and especially Core because students were able to ask questions and review specifics that they did not comprehend. She also praised the helpfulness of all Stern upper-classmen.

Stern College Student Council's welcome back bash at The Great American Health Bar was also a well received activity. Over 200 students attended the party where refreshments were served and Stern College sweatshirts were distributed. Girls were excited by the event and deemed it "a lot of fun," "just awesome," and "really worth it." One Stern student said, "this party gave me a good chance to meet new people, and the food was great."

The success of the party was also due to Ed Kamenitzer, the owner of The Great American Health Bar, located on Park Ave., between 32nd St. and 33rd St. He described the bash as "terrific." He explains "I

wanted to do something special for the girls because they are a great clientele. They are supportive and nice, and a great example of today's Jewish young people."

Kamenitzer approached Rabbi Reich about an event and worked with Elana Goldscheider, President of Student Council, in planning the party, as well as donating food. Kamenitzer said, "I am sensitive to a student's budget, so from 2 p.m. until closing (7 p.m.) a student who presents her Stern ID will receive a discount." He is open to feedback about closing time, and will extend it to 8 p.m. if students show interest.

With these successes behind her Goldscheider comments on her plans

for the future saying "Student Council is working on an enjoyable year where clubs will work to the maximum, classes will work to their fullest potential, and all the students will be involved." Goldscheider explains that "Student Council's role is not only to sponsor major events, but also to make sure clubs and classes are running smoothly." Naomi Kupchik, Student Council Vice President, believes the welcome back party was wonderful publicity for other Student Council events and prophesizes "now students will be anxious to attend future events."

Goldscheider entreats "Student Council is open to ideas and suggestions," and hopes for "a successful year with innovative plans."



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European Vacation

by Judith S. Neaman

With their fine sense of irony, entering freshmen usually think of their first papers as essays in "how I spent my summer vacation." Like my colleagues in the English Department, I scrupulously avoid assigning this old chestnut. Still, when the Editor of *The Observer* asked me on my first day in school if I would write my own academic profile, I had that valuable kind of flashback which helps teachers to identify with students. Memories of my first freshman term overwhelmed me. But the cliché suddenly became useful; my summer vacation encapsulated all my academic and professional motivations.

Admittedly, a summer spent in London and Italy with Professor Silver is hardly the dull prospect the topic is supposed to suggest. Both of us had research to do in London, perhaps the queen of library cities for humanists working in English and allied subjects. For eight to nine hours a day we poured over card catalogues, journals, books and bibliographies. I will not steal Professor Silver's thunder by revealing her intriguing topic. Mine is, and has been, light in medieval religion, science and theory of knowledge. I once thought of the topic in terms of inner (spiritual or intellectual) and outer light or sight and insight.

Between the twelfth and the fourteenth centuries, European philosophy, theories of creation, theories of vision, of knowledge and of the composition and generation of light "grew" progressively more numerous and prevalent. In the fourteenth century Europe, there was a massive outburst of both Jewish and Christian mysticism and, simultaneously, of works about the sciences of light. It happened before, in Plato's time, and would happen again in the seventeenth century when Newton, a scientist and a mystic, would examine the rainbow, still other scientists would invent better lenses and mystical sects would burgeon in both eastern and southern Europe. It would recur in the eighteenth century, in the nineteenth and twice in the twentieth. I was fascinated not only by the topic of light and the relations among the scientific and mystical explorations of light, but also by a series of close connections among art, literature,

philosophy, religion, science and psychology in the realm of light.

Pursuit of the topic has often become too complicated. I read mystics on light in the huge British Library housed in the British Museum. When I could not find a work there, I sent to the Catholic Library of London where Franciscan friars from Boston cheerfully xeroxed parts of their mystics' collection for me. Exceptionally interesting and unusual publications in art, science and Platonism always crop up in London University's great art library at The Warburg Institute. Unfortunately, even the librarians were unaware that London's remarkable Museum of Science Library was cleaning stacks and closed for the duration of our stay. Only after a long schelp to Knightsbridge was I able to ascertain this irritating fact.

When we left London, tired and frustrated at the enormous number of books we could not finish in two weeks or fourteen, we were ready to rest. But there, in the great museums and churches of Milan, Parma, Pisa and Venice, were the painters', sculptors' and mosaicists' images of the light visions experienced by prophets and mystics. In Venice and Palermo, the creation of light was depicted as seven fiery seraphim. In Agrigento, watching the sun rise over a Greek temple enlivened and explained the Greek visions of light. Even watching a volcano erupt suddenly clarified Empedocles' theory that fire was the central and first element and the source of light. It is impossible for an enthusiastic investigator of a topic to avoid finding traces of it everywhere.

Is it hard to be back at school? Not entirely because I take my vacation with me. When my students say they "see," I watch a process ancient and medieval thinkers described in their theories of knowledge and light. I believe and I find that, by working together, my students and I come to "see," in new ways, some of the connections between the past and the present which are also the routes to the future. Sometimes, on a lucky day, we strike the spark of realization about which the mystics spoke. That is the magical spark that vitalizes and revivifies whether it bursts forth in a library, on a mountain or in the classroom.

Dr. Neaman is an Associate Professor in the Department of English at Stern College.

OBSERVATIONS



Dr. Norman Lamm, President of Yeshiva University will deliver the first Hausman/Stern *Kinut Teshuva* lecture on September 19th at 8 p.m. in Science Hall at the Main Center Uptown. On that same day, six hours earlier, Rabbi David Lifshitz, *Rosh Yeshiva* will speak at the Caroline and Joseph S. Gruss Institute in Jerusalem at 8 p.m. Israeli time. *Kinut Teshuva* lectures are traditionally delivered by noted Torah scholars between *Rosh Hashana* and *Yom Kippur* to inspire *Teshuva* (repentance).



The Max Stern Athletic Center.

which Leonard Stern donated 1 million dollars for the construction of two years ago, has been completed on the Uptown campus. A dedication ceremony will take place on November 19, 1985 at the first home basketball game in the Melvin I. Furst Gymnasium.



Registration ran quite smoothly this year despite a major technical mishap. Alternate arrangements were immediately arranged, and within an hour registration was proceeding as usual.



Stern students have a box at the

Metropolitan Opera available to them throughout the year. Since 1934, Mr. Max Stern ("T"), and after his death, his family, have donated a box for the express use of Stern women. There is a drawing in the Student Services office shortly after classes begin in September and at that time the winners for the year's performances are selected. Check in Room 110 for drawing date.



The additional matriculation fees available to assist in covering language up to rooms really facilitated the entire move-in process this year, and was a welcome change by students.



Dorm-EZ View

Navigating By The Stars

by Mordechai and Sema Reich

Beginnings are delicate affairs. At this time of year everyone is a beginner whether she is an entering freshman or a returning senior. There are new people to meet, new wisdom to absorb, and new experiences to integrate. This is a good time to step back a bit in the finest of *Eilat* traditions and take stock of what you are bringing with you to the school year and how you would like your time at SCW to turn out for you.

Chazal formulated a simple dichotomy of *bein adam lechavero* and *bein adam la Makom*. For our new students, many of whom are away from home for the first time, the challenge will be to acclimate to roommates' habits and lifestyles,

form relationships and friendships, and operate on their own power in the social sense. Veteran students need to continue to learn how to bring depth and meaning into their relationships and practice tolerance for others' customs and viewpoints. For everyone there is a need to work on *nido* and *ahavat Yisrael*.

This is also a particularly good time to contemplate one's relationship with *Hashem*. That may sound funny, but how many people apply the word "love" to their thoughts about G-d? How many people think about "happiness" and "simcha" when they contemplate their approach to *Hashem*?

Now, before you become im-

mersed in your studies—before all those all-nighters and cramming sessions fall upon you—STOP and THINK. Freshman Orientation is over, but the really important orientation that students, graduates, faculty, and all of us hominoids should do is now here. Take advantage of the time.

Also, please take advantage of the fact that you have the most wonderful, warm staff of resident assistants available to be of help to you. We are also happy to help you in any way we can.

Hatzlacha Raba in the new year. May you all be inscribed for a healthy, happy and spiritually meaningful year.

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Ohel Gets Three New Homes

(Special to *The Observer*)

Ohel Community Residences for Adults are three new psychiatric residences in Boro Park for young adults with emotional illness. The goal of the supervised Community Residence program is to provide a therapeutic milieu within which clients will learn the skills required for more independent living in less restrictive settings. What makes these facilities unique is that they are the first in the United States which offer a professional rehabilitation approach in a warm, homelike, kosher and Sabbath observant atmosphere. Residents will attend various day-treatment programs, participate in individual and group counseling sessions in the residence and will be encouraged to take advantage of all community resources. Many of the clients have previously lived in

facilities which could not fully accommodate the religious needs of Orthodox residents thus increasing the alienation of a population already under considerable stress. It is expected that the combination of professional clinical care within an environment which supports the sense of personal identity and rootedness in the Jewish community will maximize the rehabilitation goals of this new program.

The Community Residences are a division of Ohel Children's Home and Family Services, a community based not for profit social service agency which since 1969 has been authorized by the New York State Department of Social Services to provide a spectrum of residential and out-patient services to children and their families. These services include social work, vocational counseling, psychological and psychiatric testing

and therapy, comprehensive medical care, remedial tutoring, speech therapy, recreational programs and religious and educational guidance. Ohel's current programs include a Preventive Care Counseling Service, Foster Care and Adoption, a Group Residence, a Group Home for Teenage Boys and a Critical Care Facility. Additionally, their Baits Ezra Community Residence program operates for Intermediary Care Facilities for developmentally disabled adults under the authority of the New York State Office of Mental Retardation and Developmental Disabilities.

Ohel is currently recruiting residence counselors and senior counselors. For further information contact Mr. Manny Wertman, 4423 - 6th Avenue, Brooklyn, NY 11204. (718) 851-6300.

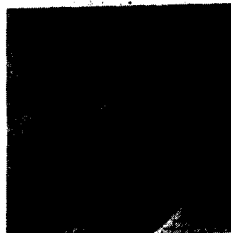
Speak Your Mind

The Newcomers' Reactions

by Batya Spirn

What were your impressions of Orientation and the Big Sister program?

Cindy Dear, transfer student from Israel, Sophomore
I thought the big sister program was very helpful. I did most of my registering in Israel, but my big sister discussed different options with me. I felt, though, that Orientation was a bit of a waste of my time mostly because I did register in Israel and a lot of orientation is registration.



Sandy Sidransky, incoming freshman

Orientation was really helpful, considering that I didn't know anything when I came here. My advisor talked to me about my major and classes. The Big Sister program, however, was a disaster—the introductions were a real mess and my big sister wasn't even there.



Sharon Sprejegen, incoming freshman

Though I didn't really meet the big sister assigned to me over the summer, I was reassigned, but she never showed up at the meeting and the one who I was shoved on to didn't really have time for me. The big sister to whom I had been reassigned came up to me the next day though, and offered to help, then. I thought orientation was good. I got useful information out of it.

Michelle Wallis, transfer student from Israel, Sophomore
I thought the big sister idea was very good; mine was very nice and helped me a lot. Orientation was somewhat disorganized though. For example, one faculty member told me first to come back at a certain time to change my schedule, and when I got to the office I was told that I would have to come back another day.



TAC Notes

Rosh Hashana Challenge

by Esther Koenigsberg

A week or two ago, I began to reflect upon the summer that was soon to end. My mind seemed overwhelmed by images of catastrophe. Yet, as I struggled to understand the past, I began to sense its message.

Not one, but three cranes had fallen in New York City. The abundant rainfall had barely even touched the reservoirs. Hijackings, bomb threats, and airplane crashes had become almost predictable. Car bombs exploded frequently in Lebanon, while apartheid created a bloodbath in South Africa.

Yet, the answer to this utter chaos

could not be depression and retreat. Though Jews have been victims of turmoil for thousands of years, our answer has never been defeatist. In essence, chaos creates a continuous challenge. We can allow the forces of disorder to engulf us or we can surround ourselves with protective walls. Yet, we also have the gift and power to form a strong net of security, while at the very same time confronting the often threatening outside world, discovering the good and working toward complete solutions. Must we create a tradeoff between personal security and concern for others? We can balance the two

extremes and grow to greater heights.

The new year is beginning, bringing with it a new set of dilemmas and frustrations. It is up to us to strengthen our Jewish identity so that we can confidently face the outside world. TAC can continue to initiate the very first step, but only if we work together. Certainly, the challenge is difficult. Yet, by its very nature, a challenge is meant to be met.

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Science Beat

Pills Don't Do The Trick

by Sharon Herzfeld

Why do we sleep? How much sleep do we need? What can be done about insomnia? Are sleeping pills dangerous? These are some questions we might ask ourselves at one time or another. This article will try to clarify some of the mystery surrounding sleep.

Sleep is produced by several structures in the brain: the hypothalamus, the reticular formation and a "sleep center" in the brainstem. Studies of sleep patterns show that the human bodies' time awake is twice that of time spent asleep.

The brain's pattern of activity changes during sleep. The brain gives off electrical signals which are recorded by the Electroencephalograph machine, commonly known as the EEG. The EEG of an awake person shows a pattern of small, fast beta waves. Right before sleep the EEG shifts to a pattern of larger, slower alpha waves. As our eyes close, our breathing slows and our blood pressure and body temperature falls.

There are four stages of sleep: the first stage is light sleep in which the EEG shows small irregular waves with some alpha. As sleep deepens, the EEG at stage 2 shows short bursts of activity called "sleep spindles". Another brain wave called delta begins to appear in the third stage, signalling deeper sleep and further loss of consciousness. The EEG in stage 4 shows pure delta waves and deep sleep finally occurs about one hour after sleep began, the sleeper being in total oblivion.

After stage four-deep sleep has lasted a while, the sleeper goes back through stages three and two to the first stage where the cycle of changes between light sleep and deep sleep

There are two states of sleep: REM sleep in which the sleeper is in light sleep and has rapid eye movements. This state is accompanied by dreaming. Non Rapid Eye Movement sleep comprises the second through fourth stages of sleep and is dream free, helping us recover from physical fatigue. Non REM sleep increases with physical exertion while REM sleep increases when a person has extra stress or undergoes major crises, emotional excitement and emotional trauma.

The amount of sleep we need varies with the individual. Infants spend up to twenty hours a day sleeping—in short two to four hour cycles. As children grow they need less sleep and their sleep pattern changes. Most people sleep between seven and eight hours per night, although it is normal to sleep anywhere between five and eleven hours a night.

People deprived of sleep experience microsleep, an involuntary, momentary shift in brain activity to the pattern characterized by sleep. Sleep deprivation psychosis occurs after a period longer than four days without sleep. It is characterized by staring, body tremors, hallucinations of movement or vibrations in stationary objects and ultimately total confusion and disorientation.

We all experience an occasional

inability to sleep due to college and family pressures, tension and anxiety. Temporary insomnia caused by worry and stress produces heightened physical arousal that interferes with sleep. The resulting frustration and anger from the inability to fall asleep starts a vicious cycle causing more arousal interfering with sleep.

One method to counter temporary insomnia, therefore, is instead of fighting it, causing more frustration, is to get up and do something productive. Some insomniacs have a drop in their blood sugar levels during the night, producing nocturnal hunger which can be avoided by having a small snack before going to sleep. Tryptophan, an amino acid found in milk, has been found to help induce sleep.

Many people who have experienced frustrating sleepless nights become desperate enough to try sleeping pills. There are many different brands of non-prescription sleeping pills, such as Nevine, Sleep-Eze 3, Nytol, Compoz, Unison.

The active ingredient in Nervine, Sleep-Eze 3, Nytol and Compoz is Diphenhydramine Hydrochloride. Nervine, Sleep-Eze 3, and Nytol prescribe two tablets before bedtime: Each tablet contains 25 milligrams of diphenhydramine hydrochloride. Compoz has 50 milligrams of the chemical and the dose is one pill before going to sleep. All recommend certain precautions: these pills are not for prolonged use; if sleeplessness persists continuously for more than two weeks they suggest that you consult a physician, as insomnia "may be a symptom of an underlying medical illness." The labels advise that pills are not to be taken if you are pregnant and they are to be taken with caution if you have consumed alcohol. Sleep medications are not to be taken by people with glaucoma or asthma.

Are these pills dangerous? What does the chemical they are composed of actually do? Are they habit forming? The active ingredient diphenhydramine hydrochloride is commonly known as Benedryl, an antihistamine which is given to patients with hay fever and related allergies. The milligram contents of diphenhydramine hydrochloride in one Nytol, Nervine, Compoz and Sleep-Eze 3 tablet is the same as one over-the-counter Benedryl pill. The side effect of Benedryl is drowsiness, and therefore sleeping pills are using the side effect to cause sleep. Unison contains 25 milligrams of the antihistamine, Doxylamine Succinate, using the same principle. Allergy patients build up a resistance to antihistamines, and so too insomniacs can develop a tolerance in which the dose will become ineffective in causing sleep. In one study, Nytol and Sleep-Eze 3 were shown to have little or no sleep inducing effect.

The side effects of sleeping pills made of antihistamines can be a dried up nose, parched lips and a possible psychological dependency on pills to fall asleep.

Prescription sedatives, often pre-

scribed for more serious cases of insomnia, can be many things: barbiturates, tranquilizers, bio-hypnotic drugs, etc. Sedatives reduce the quality of sleep by cutting down on stage four and REM sleep. A drug tolerance causes the initial dosage to become ineffective, requiring the user to take more pills to produce sleep. The result is drug-dependent insomnia which can be cured by the victim slowly withdrawing from all sleep medications under medical care.

The crux of the real underlying situation is relying upon a pill to solve problems. Tension, anxiety, stress and school pressure all make us uneasy. Learning relaxation techniques can be helpful to practice when trying to fall asleep. Some physicians advise not to do anything but sleeping in bed: no eating, TV watching, reading or thinking, and to develop a regular sleep schedule, rising and going to sleep at exactly the same time every day, establishing a sleep rhythm.

As college students we often find ourselves with masses of work to do and not enough hours in the day to do it in. Even if we are very organized it can be difficult to get the required work done and still get some sleep in. For these reasons many students drink copious amounts of coffee or take caffeine pills to keep them awake. Two brands of caffeine pills on the market are Nodoz and Vivarin.

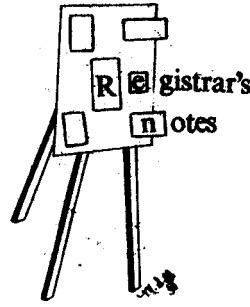
Nodoz contains one hundred milligrams of caffeine in each tablet. The label states that it is as safe as drinking coffee and that it is non habit forming. The label also states that no stimulant should be substituted for normal sleep in activities requiring physical exertion. The dose is two tablets which should "restore mental alertness." After the first dose you are not supposed to take more than one pill every three hours.

Vivarin states that its caffeine content is equivalent to two cups of coffee. Its ingredients are 200 milligrams of Stimucin, a caffeine substance, per tablet. The dose is one tablet not to be taken more than every three hours. After the initial dose of Nodoz, Vivarin has twice the amount of caffeine stimulant. The label states that Vivarin should not be substituted for normal sleep.

Instead of focusing on the controversy surrounding caffeine over how safe it really is, there are a few definitely proven things: Many people are addicted to coffee, which is a stimulant and can make people nervous and edgy. Because these pills state that they are not to be substituted for sleep, what is the quality of work done staying up all night and how does taking these types of stimulants affect our total performance and behavior? While one all-nighter might not have any negative impact on the quality of our work, substituting pills for sleep regularly could adversely affect a person's ability to function and think properly.

NOTES:

Dennis Coon, *Essentials of Psychology*, St. Paul: West Publishing, 1979, pages 141-142.



September 15-17, Sunday-Tuesday
Rosh Hashanah, No Classes.
September 18, Wednesday—Fast of Gedaliah; No Classes After 1:15 p.m.
September 20, Friday—Last Day to Register for a New Class Without Special Permission
September 24-October 9, Tuesday-Wednesday—Yom Kippur and Sukkot, No Classes
October 21, Monday—Last Day to Apply for November CLEP Tests; Last Day for Eligible Students to Withdraw with Partial Tuition Refund; Last Day to Drop a Course Without Notation on Record
November 3, Sunday—CLEP Tests Administered
November 5, Election Day, Regular Classes

Health Around The Corner

by Shalva Gottesman

The cheapest source of health information around is only seconds away from the Stern College dormitory. At 3 Park Avenue, (corner of 34th) The Health Education Center of The Blue Cross/Blue Shield provides a wealth of advice for a sound mind and body. All you have to do is walk in.

Since 1978 the Center has served the public with free lectures, pamphlets, a reference library, and easy access to "Tel-Med," a free telephone health library from Lenox Hospital. It appears to be an expensive operation for the Blue Cross/Blue Shield to maintain, but according to Eleanor Stolor, M.S., Coordinator of the Center, if the information "keeps the public healthy it keeps health costs down" as well. Moreover, this multi-media information system is an impressive "public relations endeavor."

The main program offered there consists of lectures that are open to the public. The topics range from current health issues such as Acquired Immune Deficiency Syndrome, to mental health like "Assertiveness", to diet (Nutrition and Cancer), to exercise (Physical Fitness for Exercise Haters).

The Workshop Calendar contains lecture descriptions and registration cards. If you haven't registered and there is room in the session, you will not be turned away. However, Ms. Stolor recommends reserving a spot as the lectures fill up quickly.

All lectures are free except for the "Stop Smoking" program which is presented in conjunction with the

American Cancer Society. The fee is \$35.00 for ten sessions of group therapy. There is limited enrollment for each workshop so that each member receives attention; however, new sections open as soon as there is a minimum registration.

The lobby of the Center is dominated by a large, informative exhibit on aerobics which tells you what you have to know from warming up to cooling down and taking your pulse in between.

Don't worry if you can not jot it all down. All the information provided there is compressed into the "Aerobics" brochure. Other pamphlets discuss topics such as high blood pressure and "medical age." The most comprehensive booklet there though is the index of topics covered by Tel-Med telephone library. By dialing (212) 794-2200 or by picking up one of the direct lines in the Center, you can request to hear information on any topic available. With over two hundred titles listed, each three to five minutes long, you are likely to find answers to all your questions. New topics include "Stress Testing", "Seven Paths to Cancer Prevention" and "Crying is Good for You".

Finally, in a quiet corner of the Center is the reference library where you can find books on Family Health, Physical Fitness, Nutrition, Aerobics, and General Health. Moreover, the collected brochures from various health organizations provide current findings which are vital today when new health studies are conducted every day.

On your way out, don't forget to weigh yourself and take the little quiz near the door. You just might learn something.

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