



The  
Yeshiva  
University

# Observer

The Official Newspaper of Stern College for Women

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## Metropolitan Opera Program in Jeopardy

By Leslie Ginsparg

On Thursday, September 12, at 4 p.m., the winners of the Max Stern Foundation Night at the Metropolitan Opera tickets were chosen for the last time. The Max Stern Foundation, which has been funding the free tickets for the past five decades, has decided to cancel the program at the end of this year. Current winners will not be affected. The Office of Student Services is looking for another body to sponsor the program.

Since the 1950's, the Max Stern Foundation has been awarding free Metropolitan Opera tickets to Stern College students. The Max Stern Foundation reserves a box at the Metropolitan Opera House at Lincoln Center for one

performance of every show of the season. Students are then invited to enter their names into a raffle for the tickets. In recent years, approximately 150 students have signed up for the drawing. Winners are selected randomly and awarded one ticket for a given performance.

In the September 12th drawing, six different students were selected for each of the seven performances this year, for a total of 42 winners. Among the Operas which students will be attending this year are "The Bartered Bride," "Carmen," "Hensel and Gretel" and "Le Nozze Di Figaro."

Max Stern, one of the

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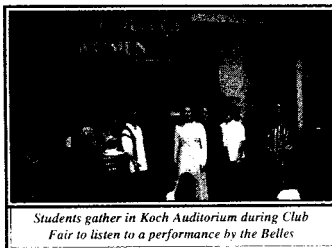
## Over 76 Student Groups Participate in 2-Day Club Fair

By Joy Basewicz

On Tuesday night, September 10, and the following day during Club Hour, hundreds of SCW students poured into Koch Auditorium, where representatives of 76 different clubs, committees, societies and publications were assembled for Club Fair. The Fair was designed to afford students the opportunity to learn about the variety of extracurricular

opportunities which will be offered to Stern women this year.

The clubs, some of which are new this year, make up the largest showing ever at SCW's Club Fair, an annual event to kick off the new aca-



Students gather in Koch Auditorium during Club Fair to listen to a performance by the Belles

ademic year. A wide range of student interests are represented by the various organizations. Each group is under the auspices of either the SCW Student Council, the Torah Activities Council or the SSSB Student Council.

One of the highlights of Club Fair was a performance of the Belles, SCW's a capella group. Music and dancing also contributed to the Fair's atmosphere.

With so many clubs being represented this year, special accommodations had to be made in order to fit representatives of each club into the auditorium. Each club got

one of the desks which were tightly packed side by side in a large circle around the auditorium walls. Despite the cramped quarters, spirits were high. Lisa Meyers, SCW '97, said, "There are a lot more people here than there have been in past years. Lots of interest has been shown. The music, singing, and

dancing is a little crazy, but it really gets people into the whole Club Fair scene. Judging by the turnout here tonight and the interest shown, it seems like it'll be a good year."

Complaints have been made in the past about poor communication between club boards and would-be members. Miriam Grossman, SCW 2000, said the Fair was "very informative," but you have to wait and see if they call you. "Grossman remembered reading, while visiting the Stern campus, an article in last year's *Observer* about how after the Fair, "no one called back" prospective members who had

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## Richard Rodriguez First Speaker of Authors in Residence Program

By Rachel Felsman

On September 9 at 8 p.m. a room in Beller Hall filled for a public lecture by Richard Rodriguez, the first of a series of lectures as part of the Authors in Residence Program at YU this semester. The scheduled topic of the lecture was "The 'Hispanic' Writer in 'Multicultural' America."

Rodriguez spoke of American culture and individual identity to the audience, which included over 100 YU students. He spoke of an America where one culture is "swallowing" another. "We are entering a new America...an America where children do not look like their grandparents," said Rodriguez.

Rodriguez is an editor with Pacific News Service, an essayist and commentator for the MacNeil

Father," one of the three 1993 Pulitzer Prize finalists for non-fiction.

"I tell you that I am you and you are me," he said. Rodriguez, who grew up in California, rejects the Mexican-American and Hispanic label, saying he belongs to "the culture of Elvis Presley and Hoola Hoops."

Pointing out the weaknesses in popular American culture,

series is a component of the Gottesman Program for Academic Excellence. As part of the program, acclaimed writers and literary celebrities come to YU weekly and teach students enrolled in a Contemporary Literature class. The series is coordinated by Dr. Joanne Jacobson, Associate Professor of English at SCW.

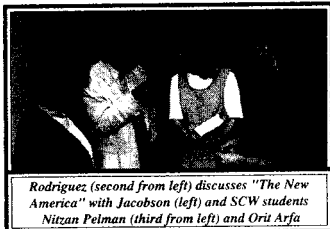
A lecture open to the public free of charge will be given by each of the participating authors.

Other participants in the Authors in Residence Program are poet and essayist Cynthia Ozick, educator and author Grace Paley, *New York Times* best-selling authors Faye and Jonathan Kellerman, Pulitzer Prize winning author Jane Smiley and William Friedkin, the Academy Award-winning film director of "The French

Connection."

The next public lecture, given by Ozick, will be held in Koch Auditorium on October 13 at 5 p.m.

The Authors in Residence



Rodriguez (second from left) discusses "The New America" with Jacobson (left) and SCW students Nitzan Pelman (third from left) and Ori Arfa

Lehrer News Hour on PBS, as well as a contributing editor to a number of national publications. He is the author of "Days of Obligation: An Argument with my Mexican

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## Minyan gathers in Stern Nightly for Selichot

By Miriam Ben Ezra

This year, for the first time, SCW students were able to say *Selichot* together on campus. Nitzan Pelman, SCW '98, Vice President of TAC, together with Shoni Mervis, SCW '97, and Evie Dabab, SCW '97, co-chairs of TAC's Tefillah/Tehillim Committee, arranged for a minyan of YC students to come to Stern's campus so that SCW women could say *Selichot*. Booklets of the *Selichot* were made up by TAC and distributed to the students every night.

Each night during the week before Rosh Hashana, a crowd of more than 150 women, together with at least ten men, attended the 12:50 am services. Dabab organized a learning group to study topics of *Teshuvah* at 12:20 each night. The *Selichot minyan* also took place during the week following Rosh Hashana at 11:00 p.m. each night.

The idea of having a *Selichot*

minyan at Stern has been considered in the past, but never put into practice. TAC President Emily J. Shapiro, SCW '97, said, "The idea had been forwarded before. Last year we were also interested, but it never got off the ground. Although it was always a nice idea, the people weren't dedicated enough to put in the effort and hard work that was necessary to arrange it. First of all, it took a tremendous amount of time. Secondly, getting the minyan was a great effort in and of itself. We are thankful to the men who were willing to come Downtown at such a late hour and sacrifice their *minyanim* Uptown to serve us down here."

Initially, the *Selichot* were scheduled to take place in the Blue Lounge of Brookdale Hall. "We thought that it would facilitate access to the greatest number of women, suiting their needs

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# Letters to the Editor

## Lefties are in Their RIGHT Mind

To the Editor:

It's nine o'clock on a Monday, regular crowd shuffles in. No, this isn't the "Piano Man" by Billy Joel. Actually, it's just an ordinary day at Stern College for Women.

Multitudes of girls push their way into the already overflowing elevator, talking about classes, schedules, and engagements. But all I can think of is making it out of the elevator with all my parts still intact, and depositing my weary body into a seat.

As I make my way into the classroom with seconds to spare, I search for a desk that may actually be suited for my needs. No, thank G-d, I'm not disabled - I'm just left-handed. However, in today's world, that is in and of itself viewed as a handicap.

You may think I'm being cynical, but as early as the 1920's, being left-handed was as something sinister or evil. In fact, the Oxford Dictionary of the English Language defines the word "left" as weak or worthless, while the actual term "left-

handed" is defined as awkward, clumsy, ambiguous, or doubtful of sincerity or validity as in the phrase "left-handed compliment."

Statistically, we lefties may be a minority in this world, but that does not make us any less significant in the larger scheme of things. We should not be penalized simply because our dominant hand is not the "right" one. I find it abhorrent that students such as myself are forced to take notes on their laps simply because there are very few, if any, left-handed desks per classroom to accommodate us. There should be no need to request something so simple as a decent number of left-handed desks in every classroom.

Yeshiva University prides itself on meeting the demands and needs of all its students. Yet, if that was in fact the case, I wouldn't be here writing this letter.

Allison Cheryl Witty  
SCW 2000

## Defending Our Mikvah

To the Editor:

On Shabbat, September 21, as we were visiting our friends for lunch, my husband and I happened to encounter a disturbing article in the weekly Forward. This article, written by a Stern Alumna, depicted a single woman who accompanied her married friend to the 78th Street Mikvah.

The author of the article, Carol Shamula, complains of the gossip that goes on in the Mikvah's waiting room. She suggests that the Mikvah is a gathering place for women who like to get updated on everyone else's life. I find this to be far from true. The Mikvah is a place where women discreetly walk in and out and come to fulfill the Mitzvah of Taharat Hamishpacha, and the waiting room is usually quiet.

In her article, Ms. Shamula writes how her friend complains about the Hungarian "Mikvah-lady" who always checks her nails and earlobes. But there is absolutely no room to complain. In fact, Mrs. Lobel, the Hungarian "Mikvah-lady" is an absolutely charming lady who assists us women in accomplishing one of our most beautiful Mitzvot. She is actually famous among religious Jewish ladies for making women feel comfortable, especially when they are *kallas* or newlyweds and might not yet have gotten used to the idea of going to the Mikvah.

There would be no use in a "Mikvah-lady" if she did not check women before their dipping. When Mrs. Lobel was checking Ms.

Shamula's friend, she was merely doing her job. In fact, according to the Halachot of Taharat Hamishpacha, every woman's body part must be clean before entering the Mikvah.

Ms. Shamula further relates that she offered her friend a ride home from the Mikvah only to find herself locked out of her car. Ms. Shamula's friend went to borrow a slim-jim from a garage attendant which would enable them to break into the car. Her friend claimed that she had not had so much fun in a long time. Because her friend has more fun breaking into the car than seemingly married to her husband, Ms. Shamula adds this factoid to her case against marriage in general.

It is hard to believe that a woman would rather be locked out of a car (a problem anyone would rather avoid), then be in her cozy home, with her husband.

The whole incident related by Ms. Shamula is for her a moment of epiphany, where she realizes how much better and more fun it is being single. But as far as she is concerned, I think she seems more lonely than anyone else.

Valerie Susskind-Roshwalb  
SCW '96

*Editor's Note: Carol Shamula attended SCW for only one semester and is not a graduate.*

## The Observer

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## Editorial

### Handicap Accessibility

On Wednesday night, September 11, Chava Willig Levy, a writer, lecturer, parent and SCW alumnus, spoke inspirationally on the topic of *Gam Zu L'tova*, this too is for good. What students were not aware of however, was the great effort employed by Mrs. Levy to appear in Stern. Mrs. Levy is Physically handicapped and, to put it mildly, the SCW school building is not very wheelchair accessible.

Mrs. Levy had to wait for a guard to escort her through a side entrance, go up in a freight elevator, and then wait for a guard to bring her back down and out the side door.

Should lecturers that take time out of their busy schedules to address SCW students be forced to go through the harrowing and humiliating ordeal that

Mrs. Levy went through? Better yet, should a tuition paying student have to?

By not having facilities for the handicapped, Stern is in effect discriminating. We would not put up with discrimination based on race, religion, or sex, so why should physical ability be any different? This is a situation which can not be tolerated. Ramps must be built to make every part of SCW accessible.

The impediment to such a change, as always, is money. Transforming the school building and dorm building into wheelchair friendly havens would definitely be expensive. What, however, are the alternatives? Can we afford to associate with a college that practices discrimination? In this case, the price of inaction far exceeds any monetary sum.

**ANY FRESHMEN OR SOPHOMORES  
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COUNCIL OFFICE, THE FOLLOWING POSITIONS  
ARE AVAILABLE: FRESHMAN CLASS PRESIDENT,  
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IF YOU ARE INTERESTED IN RUNNING FOR ANY  
ONE OF THESE POSITIONS, CONTACT ALYSA  
FRENKEL, HEAD OF THE CANVASSING  
COMMITTEE AT LEX 12B, 779-7659.**

*The Observer would like to  
extend its deepest appreciation to  
Mr. Sam Mandelbaum and  
Facilities Management for their  
tireless effort and assistance.*

## From the Executive Editor

By Andrea Snyder

Decision '96. This is a phrase that over the past couple of months we have come accustomed to hearing. As the Presidential election draws closer, we will continue to hear this phrase.

It is our job as educated SCW students to participate in the election. Take the time to decide which issues are important to you, and make your decision based on the issues. Don't vote for who your friends tell you to vote for, vote for the candidate you feel is most fit to lead our country.

There is another decision to be made by many of us this year. It is time for Seniors to decide what we will do next year after graduation. What graduate school to apply to. What to include on your resume. These are timeless questions that our predecessors faced for years, yet again, this decision should be made by putting what



is important to you first. For the first time in our lives, the next step is not automatically spelled out for us. We always knew what would come next. After middle school came high school, then college, etc. We have to decide what comes next.

Let's face it, we are becoming adults. We are deciding the future of our country as well as our own future. We are able to have a say in the events that will shape the rest of our lives.

## A Message from the SCWSC President

Dear Fellow Students,

Hi, welcome back! I hope that you have had a meaningful and restful vacation and that you are ready to get back into the "swing of things." Although it is technically the second month of school, this is the first time that we will be here for such an extended period of time, with no break. As overwhelming as that might sound, you cannot imagine how quickly time will pass us by. I therefore encourage you to take advantage of each moment. Do your work, but give yourself time to unwind and to make the most of your college experience.

Club Fair was a great success. Hopefully, you were able to find out as much as you needed to know about things that you were interested in and/or your interest was peaked in other areas that you did not know existed. You should be getting return phone calls within a week or two, but whether you do or do not is immaterial. The next step to take is yours!

A list of student leaders will be available to you outside of the Student Council's office, room 620 (near the Beit Midrash), on the bulletin board in between the elevators,



in the Office of Student Services, and in the *Guide to the Perplexed*. In addition, your student council members are valuable sources of information. These members include the executive board, as well as the representatives of each class. If there is something that they do not know, they will find it out for you. Getting involved consists of anything from hanging up signs to attending events. Your help is needed on all levels!

Good luck in school, get off to a good start, and most importantly, ENJOY!

Sincerely,  
Tami Finkelstein  
SCWSC President

## A Message from the TAC President

Dear fellow students,

Welcome back! I hope that you all enjoyed meaningful and enjoyable chagim. Although vacation arrived early in the school year, I think we needed it after such a busy and exciting beginning! As you will read in this edition of the *Observer*, TAC activities have been non-stop!

The month of Elul was a particularly inspirational and productive time at Stern College. For the first time ever, the Torah Activities Council arranged a minyan every night for Selichot... Once again, I would like to personally thank Shoni Mirvis and Nitzan Pelman for all their hard work. I would also like to thank the students of Yeshiva College for their time and effort in forming an inspiring minyan.

Elul was also highlighted by our special guest speaker Chavi Willig Levy. Chavi, an alumnus of Stern College, inspired and entertained us all with her reflections on *Gem Zu L'ova*. Finally, personalized *Shana Tova* cards, thanks to the Chagim committee, brightened the day of students and faculty alike!

It is appropriate that we return to school with the reading of *Parshat Berashit*. "In the beginning" of this school year we have accomplished a great deal, but there is much more to create. In October, Rabbi Chanoch Teller and Rabbi Reuben Aberman from



Jerusalem will be giving guest shiurim here! We will also be having a speaker from Dor Yesharim as an introduction to Tay Sachs testing. Finally, watch out for great upcoming Shabbatonim - Dr. Shatz, Dr. Fried, and Rabbi Aberman will be some of our exciting guests!

As always, we must work together to ensure that the activity that has characterized the beginning of this year continues. Every student has talents and abilities which can serve to enhance our overall experience at Stern. Please do not wait to get involved. There is a club or committee waiting for your contribution. Also, there may be one waiting to be created by you!

Good luck!  
Sincerely,  
Emily J. Shapiro  
TAC President

## Club Fair

*Continued from page 1*

signed up to participate in the clubs. She recalls reading that "the clubs said that they had put up flyers around campus announcing their meetings and it was up to the people who were interested in joining their club to assume the responsibility to come to the meetings," said Grossman.

SCWSC, which sponsors many of the clubs at Stern, has made changes in policy in an attempt to address this problem. Student Council Executive Board Treasurer Chana Katz, SCW '97, talked about some of the new methods being implemented by the Student Council to supervise and encourage club activity this year. "One thing we're doing that's new is that each member of the Student Council has been appointed to oversee about 10 clubs. Our job will be to keep in close contact with the club heads and make sure that they are keeping in touch with all of the students who signed up to become members at the Club Fair. Student Council will also keep tabs on them to make sure that every club will have activities throughout the year. This was a problem last year because they didn't have any incentive. Another important idea we had in order to make the Club Fair more accessible this year is that for the very first time, the Club Fair will be held for two days. The first time will be on Tuesday night, and the second time will be during Club Hour on Wednesday afternoon."

Students' opinions on the success of Club Fair varied. Naomi Max, SCW '97, spoke enthusiastically about this year's Fair. "It's the best one we've had so far," she said. "There seems to be an added *achdus* in the air. During school people stick with their friends and don't really socialize with anyone outside their group, but these types of occasions, when we have the Club Fair and Chagim, really make you feel like you're a part of Stern. Everyone joined together here in dancing and singing. Everyone bonded. It was a great atmosphere. The performance by the Belles was also a great incentive to come. Also, the heads of the clubs

were really friendly. They weren't just sitting around acting as if they had to be there. They were really accommodating to the students."

Eve Edery, SCW 2000, was more critical. "Too much is going on. Everyone is trying to push their clubs on you, telling you to join this and join that... You have to be able to have some intimate contact with the representatives of the clubs and you have to decide what's good for you personally, not what others want you to join."

Head of the European Club, Ilanit Ben-jamin, SCW '97, said, "The Fair is definitely better than last year. It would be even better if they would direct the new students a little more. I know how to get around and everything, but they don't. The noise and confusion can be very overwhelming for Freshmen. The microphones they're using to announce different clubs and activities can be informative and good but it does add to the noise."

The Club Fair was held again at Wednesday's Club Hour, but it was visibly less organized than the night before. Desks were strewn haphazardly throughout the auditorium, no longer in a neat circle. Not every club had a representative there. Only half of Koch Auditorium could be used, because the International Cafe was serving meals in the back. The mayhem in the crowded room did subside when the Belles reprised their appearance of the night before.

Yael Schor, SCW '97, co-head of TAC's Parsha Shiur Club, said, "Less people came today because there was an unbelievable amount of people who came last night. It's still a good idea to have it today as well because there are lots of commuters here who did not come last night and who wouldn't have been able to see and join the clubs. Also those who didn't have the opportunity to come last night because of the Sy Syms event got a chance to come today. Our club has gotten sign-ups from many people whom we would never have known about had the Club Fair only been last night. It was great."

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# Chava Willig Levy Sends Message to SCW

By Laurie Gewirtz

On Wednesday evening, September 11, a few days preceding Rosh Hashana, SCW students gathered in Koch Auditorium for a lecture entitled "Reflections on Gam Zu U'Nova," this too is for the good. The speaker was Chava Willig Levy, a writer, teenager, and parent whose life story has inspired audiences all across the Jewish world.

Although Levy is unable to move her limbs excessively and gets around in a wheel chair, her relentless optimism and unwavering faith in *Gam Zu U'Nova* shines through every word she says. She began the lecture with the words, "I have been blessed with many *Gam Zu U'Nova* stories."

One story she told dated back to 1982 and took place at a bus stop on the Avenue of the Americas. The first two city buses which passed by refused to let her on board, claiming that the key which operated the chair lift was missing. The third bus

driver did not bother to stop and talk, he simply slammed the doors in her face and zoomed away. The fourth driver luckily behaved perfectly. Levy described the inner anguish and hurt which she felt not only to

questions and doubts were answered only an hour later when she learned that the third bus, which left her stranded, had broken down and was stranded itself with all the passengers still on board.

The lecture, sponsored by IAC, drew a large number of students, many of whom felt lucky to have this opportunity to hear Levy speak. Ilana Siderer, SCW '98, said, "Chava Willig Levy came to speak at my high school a few years ago and I was so inspired by her life stories then that I was compelled to hear her a second time."

Levy concluded by admitting that in especially tragic or disappointing circumstances it is difficult to say *Gam Zu U'Nova* and truly mean it. She encouraged the audience to establish a shift in approach towards life's tests, which will ultimately lead to wholeheartedly believing what those three words mean.



Chava Willig Levy Speaks with Students after Lecturing in Koch Auditorium

wards the bus driver, but towards *HaShem*. She wondered why it was really necessary for her to wait 40 minutes for a privilege which most people take for granted. Her

## Students Join for Selichot Services

Continued from page 1

at such a late hour," said Shapiro. "That required steps to be taken, because the Blue Lounge is not ordinarily open to men after 12:30 am."

Having over 150 people in the relatively small confines of the Blue Lounge created a fire hazard, so after two days, the service was transplanted to Koch Auditorium. "We were expecting the numbers to dwindle significantly after we moved to Koch. Thankfully, even though they dwindled somewhat, it was still very full," said Shapiro.

Dabah, Mervis and Pelman arranged for special services in order to make the late *Selichot* possible. Each night, extra security personnel stayed at the site where the *Selichot* were being held. Further, van service continued later than usual, running from Brookdale to both the Stern School Building and the Main Campus for the convenience of the *minyans* men and the safety of the women. The security team was very cooperative in arranging the entire project.

Assistant Dean of Students Zelda

Braun was instrumental in helping to coordinate these services. "All these technical aspects had to be dealt with on a real, serious, university level," Shapiro said.

"I thought that the *Selichot minyan* was an overwhelming success. I was pleased with the participation of the dedicated *minyan* members as well as the enthusiastic student body," said Pelman.

Said Mervis of the YC men who came for the *minyan*, "We are very appreciative of their dedication to our worthy cause." About the *Selichot* services themselves, Mervis said, "I think [*Selichot*] is a wonderful event for Stern to have. It brought out the importance of saying *Selichot* every night of *Elul*, getting everyone in the proper spirit of the upcoming *Chag of Rosh HaShana* - a serious frame of mind." Mervis said that this will be the first step of many in a program of *Tefilah* that will be uplifting, meaningful and produce a sense of unity with *Am Yisrael*. "I hope this becomes a continuous program at Stern College; we should have *Selichot* yearly. This is only the beginning of our program. We want to bring other *Minyanim* to Stern College for *Rosh Chodesh*, times when reading the *Torah* is a significant part of the day, and other events where a *Minyan* is necessary."

Dabah explained that besides creating a beautiful community experience at Stern, it provided the opportunity to girls who might not have otherwise said *Selichot*. "Last year I went to the shul on 29th Street, and not even 10 percent of the girls came that were able to come this year. It was a great *Mitzvah* and a beautiful addition to Stern."

Despite the continually high attendance during *Selichot*, some students were disturbed by the move to Koch Auditorium. Peshia Secunda, SCW '98, said, "It was very good, but I liked it better when it was in the Blue Lounge, where there was much more *Achdus*. In Koch we were too spread out."

Others had only positive things to say about the event. "It was really meaningful. The *Ba'al Tefilah* was very moving and made it very spiritual and uplifting. I really thought it was a great experience before Rosh Hashana to have this *Tefilah* available for us. I was totally surprised and shocked at how many girls came at such a late hour

## Bubbie Adoption Campaign Underway

By Joy Banerjee

The Adopt a Bubbie Club has taken off with a bang this year. The Club, headed by Ilana Bruger, SCW '97, Susan Jacobs, SCW '99 and Ora Shinar, SCW '98, is designed to bring together older Jewish women from this community with caring students. Each student who participates is assigned to a specific Bubbie. The goal is to act as a companion to these women, who are often lonely and have little family.

"It's a two way street. You help them, but in the process it'll be a learning experience for you as well," said Shira Dubin, SCW '99, who recently joined the club. "It doesn't even take that much time, just about one hour a week, and the hours are really flexible," said Dubin.

Jacobs explained how the club works. "There are three organizations involved with Adopt a Bubbie. One organization is called Dorot and it works on the upper west side community. The second is called Penn South and concentrates on the midtown section of the community. Finally, there is the organization known as Project Ezra, which focuses on helping the elderly in the area of the lower east side."

Representatives from Dorot, Penn South and Project Ezra were present at Adopt a Bubbie's first meeting, which

took place at Club Hour on September 11, and was attended by over 40 students. They spoke to the members about the benefits they will gain by participating in this program and belonging to this club.

Dorot brought Marcella Weisberg, one of the participating Bubbies as a guest speaker. "[Weisberg] showed how much it really means to the babbies that girls should take out time and visit once a week or even on a biweekly basis," said Jacobs.

Dorot recently delivered Rosh Hashana care packages to elderly people in the community, with the help of SCW students. Other activities planned for this year by Dorot include Chanukah, Purim and Pesach Chagigot. Penn South is hosting a series of Yiddish classes geared toward elderly people who want to speak and practice the language with others. Students who speak even a little Yiddish are encouraged to join and spend time speaking with the elderly. Another way students can get involved is by volunteering to help with data entry for Penn South's office computers.

The Adopt a Bubbie Club will be hosting their own Purim and Chanukah Chagigot here in Stern, in addition to many other activities they will be sponsoring during the year.

## FYI

### Tay-Sachs Testing

An informative session dealing with the risks and methods of prevention of the genetic disease Tay-Sachs will take place on Wednesday, October 16, during Club Hour. Frances Berkwitz, M.S., a genetic counselor from Dor Yesharim, a Brooklyn-based organization whose aim is to prevent the occurrence of Tay-Sachs amongst the Jewish population, will speak to SCW students. The program includes a question-and-answer forum.

Tay-Sachs disease is caused by a recessive gene which has a high rate of occurrence among Jews of Eastern European descent. A simple test for the gene before a person marries can prevent the birth of children afflicted with Tay-Sachs disease. A Tay-Sachs testing drive to detect individuals who are carriers of the gene will take place at SCW in November.

### ECA to Hold Convention

The Educators Council of America (ECA) will hold its 19th annual convention at the Homewick Lodge, Spring Glen, NY, on October 24-27. The theme of the convention is "Respect for the Almighty, Respect for the Human Being."

Over the course of the weekend, shminim will be given by Rabbi Chaim Drickman, the Rosh Yeshiva of Yeshivat Bnei Akiva in Israel, as well as Rabbi Meir Goldvicht and Rabbi Jeremy Wiesner, both of RIETS. Professional presentations and workshops will be given on various aspects of moral and ethical decision-making and how this process is internalized by students.

Special rates are available for RIETS, SCW and YC students. For more information contact Rabbi Morion J. Summer at Furst Hall, room 413, or call (212) 960-5265.

of the night (or morning) to say these special *Tefilot*. Then they returned on each of the nights even though it was in Koch. There was a great turnout every night," said Tali Samson, SCW '98.

Rachel Frohlich, SCW '97 summed it up by saying, "I'm very happy that there were *Selichot* in Stern this year. One of my concerns for *Elul* is where I will be for *Selichot*. It was really amazing that we had a *minyan* come down every night and that we had *Selichot B'Tzibor*, as we should. The *tzibor* helped to elevate the level of *kavana* in davening. It sure beats saying it alone in your kitchen."

# Students Realize the Importance of Voting

Hana Bruger

Voting is an inalienable right that all men and women have as citizens of the United States of America. Each person that votes has an opportunity to voice an opinion to their representatives in Washington D.C. Voting gives every person a chance to play an active role in choosing their future. Organizations that promote voting has become more widespread throughout the United States in recent years. Their goal is to make voting the norm.

The League of Women Voters, based in New York City, is a non-partisan organization whose purpose is to promote informed and active citizen participation in government. It neither supports nor opposes candidates or political parties. The goal of the organization is to persuade all legal citizens to vote, through an advertising campaign using catchy slogans, such as *Your Job, Your Taxes, Your Social Security, Your Children's Education, It's About You and Your Family*. The League's aim is to incite a voting frenzy throughout New York and raise voting percentages in all age groups.

Another association, based in Santa Monica, California, called Rock the Vote, was formed in 1990 by the music industry and politicians in a joint effort to encourage young people throughout the United States to vote. With no other solutions in sight, music became a medium for eighteen to twenty nine year olds to urge their voting privileges. Rock the Vote supports the theory that "You don't let other people choose your

music. Why let them choose your future?"

According to the 1995 World Almanac, in a census taken of 43,852 men and women between the ages of 18 and 29, only 24,021 registered to vote in the 1992 presidential election. Out of these numbers, 20,158 actually went to the polls and voted for their country's next leader.

In another statistical report, it was the 18-29 year olds that made it possible for the Reagan-Bush administration to enter the White House.



Manning the Voter Registration Drive in the School Building lobby (left to right) Lisa Krutz, Marnina Allis and Shira Stieglitz

The sharp decline in voting in recent years is a problem that organizations like the League of Women Voters and Rock the Vote are trying to combat. "To not vote before an

election when you have a chance to voice an opinion and then complain about the results is hypocritical," said Shira Stieglitz, SCW '97.

Registering to vote is a simple process that takes five minutes. One just needs to fill out the application with their name, mailing address, date of birth, choice of party, and signature affirming that they are a U.S. citizen, are a resident of that county at least 30 days before an election and will be 18 years of age by the date of the general, primary or other election in which one wants to vote.

people a chance to register who otherwise would not, so they would have a say in the next election," said Leebie Mallin, SCW '97, who is Vice President of the J. P. Dunner Political Science Society.

The 1996 election year features a new National Voter Application for all those out-of-towners. For instance, a girl who lives in California cannot vote in New York to vote in the county where her father lives. Now to vote has an exception to reproduce and Malin.

For all those who will not be home on election day, an absentee ballot can be filled in lieu of coming in person. To get an absentee ballot, one can send away for it by mail from the Board of Elections Borough Office, no later than the seventh day before an election. To be counted the voted ballot must be post marked by the day before Election Day, and must reach the Board of Elections, no more than seven days after the election.

As an added incentive to go out and vote, SCW will not be holding classes on Election Day, Tuesday, November 5.

To help in choosing a candidate for president, the College Democrats and College Republicans, headed by Sharon Cohen, SCW '97, and Miriam Ben Ezra, SCW '98, respectively, are co-sponsoring a Mock Election Debate as Decision '96 nears. They will invite a staff person from each major party and will heat it out in a debate. Afterwards there will be an opportunity to voice an opinion in their Mock Election Polling and Survey of SCW students.

Another helpful aid in choosing a candidate, although sometimes biased, is the media. Reading the newspaper, listening to the radio, or watching the evening news will clarify the candidates' stance on the issues that effect you most: crime, education, taxes, the deficit, abortion, foreign policy and aid, health insurance, social security, Medicare, welfare and family leave, drugs and gun control, to name a few.

At a rally in Madison Square Garden, First Lady Hillary Clinton said that "Politics has an effect on you, it does not matter which sides of the issue you are on, if you belong to a synagogue, church, or 92nd Street Y, or a member of the PTA board, as long as you are involved in your community in some way and voice an opinion that is politics."

Affiliation with a political party is not required to vote in a general election, but is necessary for primaries.

The only people who are restricted from registering are those on parole for a felony conviction, those who are currently judged incompetent by order of a court of competent judicial authority or people who have registered elsewhere.

In order to vote in the next general elections the registration form must be postmarked no later than October 11.

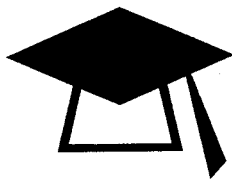
Registering has been made even easier for Stern College students by the J. P. Dunner Political Science Society. On September 17-19 a voter registration drive was held in the lobby of Stern College. The drive, which was performed with the aid of Rock the Vote, was in operation from 9 a.m. to 5 p.m. during those three days. Students were available to answer any questions about the process.

More than 150 students registered to vote as a result of the drive. "[The drive] gave

## COMMENCEMENT 1997

THURSDAY, MAY 22, 11:00 AM

THE THEATER  
MADISON SQUARE GARDEN



SENIORS, HAVE YOU  
FILED FOR GRADUATION  
WITH THE OFFICE OF THE REGISTRAR?

IF NOT, PICK UP KIT FROM THE  
REGISTRAR ON YOUR CAMPUS

## Outreach at KJ

By Aliza Ricklis

Kehillat Jeshurun, commonly known as KJ, is a synagogue on the Upper East Side where approximately 15 SCW students spend an hour of their time on Thursday nights. The students partake in the *Mitzvah* of *Kinyan R' Cholim* in a beginner's program which the synagogue sponsors. Through KJ, which is also known for its popular "Turn Friday Night Into Shabbos" program, students are paired up with Jewish women from the Upper East Side community who have a limited Judaic Studies background.

SCW student participation in this outreach program has proven to be quite successful over the past several years. The relationships between *chavrutot* often exceed beyond the time frame of the learning program. This is partly due to the fact that matches are made with careful consideration of the backgrounds and interests of both

women. In addition, the relationship seems mutually beneficial as SCW students who participate in the program often discuss the questions and insights of their study partners.

"It's a great program because we get to choose topics which are of mutual interest. The *chavrutot* inspires growth by observing the intense commitment to follow the Torah, not out of habit, but because of devotion to do what is right," said KJ Committee Head Sarah Finegold, SCW '98.

The participation of SCW in this program is sponsored by IAC. Participants are also encouraged to join in the synagogue's *chagigot* and *Shabbatonim*. This year the program will begin after Sukkot vacation. Anyone interested in getting involved, please call Sarah Finegold at 448-9165 or Aliza Ricklis at 447-7453.

## New Face in the Office of Student Services

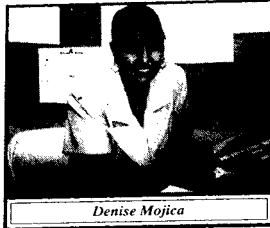
By Deborah Jeff and Bracha Rutner

Among the changes at SCW this fall is the addition of Denise Mojica, the new secretary in the Office of Student Services. Mojica is replacing Grace Rivera, who has been promoted to Executive Secretary of University Alumni Relations.

Mojica has worked at SCW for the past year and a half. She currently attends graduate school in New Rochelle expecting to graduate in May of '97 with an M.B.A. in psychology and social work. Before coming to Y.U. she worked in Maritime Reporter Publishing.

Mojica said she loves her job at SCW because it's an active environment "and a lot of different things are going on." She interacts with all different types of people and her job is never boring.

Mojica enjoys working with Assistant Dean of Students Zeldia Braun and remarked of her, "She's very sweet." Mojica said the office is very good to work with and she especially loves the rush during freshman orientation which she encountered both last year and this year. Although the situation



Denise Mojica

was rather hectic, "it was fun," said Mojica.

SCW has been a real learning experience for Mojica. She remembers her college experience and now has a completely different perspective, but is still able to relate to the students.

Before Mojica came to SCW she made certain goals for herself, and feels that she is steadily reaching them. Her goals were to gain as much experience as possible working with others by helping and directing the students. The main goal she is aiming to achieve from her work at SCW is "self-gratification."

## SCW Student Works at DNC

By Shani Katz

The entire political arena, both Republican and Democratic, was in an upheaval this summer. The two parties had political conventions to nominate their respective delegates for president of the United States.

Tali Stein, SCW '98, worked as an intern for Chicago '96, a bipartisan committee for the Democratic National Convention. The committee was formed approximately two years ago to deal with the volume of people coming to the city of Chicago for the convention.

About 5,000 delegates and 15,000 members of the media planned to attend the convention, and almost \$7.2 million was expected to boost the economy as a result.

Chicago '96 set up committees to deal with these people and the questions and difficulties that would arise from having so many people in the city of Chicago. The committees were in charge of arranging transportation, hotel accommodations and planning parties for the Democratic delegates who were expected to attend.

Stein volunteered in the events department.

She was part of the committee that planned the convention's parties. The night before the convention began, 44 parties for the delegates occurred in the course of three hours. Each of these parties was paid for by a corporate sponsor, such as Delta Airlines. The interns and volunteers, acting as the host committee, were responsible for organizing and arranging the events that took place that night. One party was sponsored by the mayor of Chicago for the delegates and VIPs. Stein organized the event with one other volunteer. "I really enjoyed that," Stein said. "It was a great experience."

At one point in the summer, Stein worked with Secret Service agents to arrange for the President's arrival and security. This was a fascinating experience for her because she saw how the Secret Service really works and all that it takes to keep the number one man in the country safe. Throughout the summer, Stein worked six days a week, 15 hours a day for two months. "I made some amazing contacts and would definitely work for something like this again."

## Teaching How to Teach: Dr. Debrah Goldberg

By Susan Jacobs

Students who are not education majors may not have noticed that this year that department has hired a new instructor. Dr. Debrah Goldberg came to SCW after most recently working for Scholastic Inc. as an educational consultant, developing a curriculum in reading and social studies for New York City Public Schools.

Goldberg has over 20 years of experience in education, after graduation from Hunter College with a B.A. in Sociology and Education. She taught kindergarten and first grade for a few years, while earning an M.B.A. from Boston University in early childhood and elementary education. From there she journeyed to Lisbon, Portugal where she was once again both student and teacher. While she studied Portuguese language and literature at the University of Lisbon, she taught education and English.

When she returned to the U.S., Goldberg taught English as a second language for a few years before pursuing her doctorate from NYU in curriculum and instruction. After completing her degree, she taught education classes at Hunter College and then Fairleigh Dickinson University before working for Scholastic, Inc.

Goldberg, who lives in New Jersey, is married to an Israeli neurologist, and they have a 12-year-old son, Jonathan.

When asked how she feels about coming to SCW, she said, "I love it. My students are very polite, [they] are very dedicated."

Goldberg joins an expert staff in the education department. "The faculty have been very warm and generous," said Goldberg. Dr. Miriam Groszof, head of the SCW Education Department, said, "I am delighted to have a colleague interested in the same things."

Goldberg discussed the importance of teaching future teachers how to teach. "It is a great responsibility. These students will affect so many pupils in the future." Methods of teaching have changed quite a bit in the more than twenty years since Goldberg earned her B.A. in education. "We realize that there must be a balance in academic, emotional and social issues for children,"

said Goldberg. "We have to focus on the whole child. In the past the emphasis was more academic. Now we view a child like a mobile which has to be balanced for the child to succeed in school." Goldberg also noted the importance of parental involvement for the success of children in school. "We [in education] are talking more about parental influence. We are trying to get them more involved in school."

The American public school system is



Dr. Debrah Goldberg

often referred to in negative terms, and there is a perceived "crisis" for current and future students. When asked what can be done to remedy this situation, Goldberg responded, "Education needs to keep good people. For economic reasons people are leaving, and they need incentives to stay. It is up to the government to provide this." She noted that private schools are succeeding by recognizing the need for higher salaries and providing smaller classrooms and fewer students.

There is a concern that teachers are no longer effective, or that their teaching methods are antiquated; to this Goldberg said, "[They need to know they] can make a difference. I think it is vital to keep up with continuing education workshops. Sometimes teachers don't know how to change. Workshops help educators improve their instructional styles. I am a strong believer in reading journals and reading research to see what can be improved."

founders of SCW, started the free opera ticket program because he felt that Stern College students should have a cultural experience while living in New York City. Assistant Dean of Students Zeldia Braun, who attended the Metropolitan Opera while she was a student at SCW said, "I grew up in a small town where I was raised on the classical music station. Coming to Stern and winning a Metropolitan Opera ticket was a most exhilarating experience which I remember to this day."

Over forty years since Max Stern originated the program, students still feel this need for cultural experiences. "I know very little about the opera and it's [the free opera ticket program] a great chance to expose myself to culture in New York," said Jessica Weller, SCW '98, who will attend "The Marriage of Figaro" in February.

"Stern girls don't usually go to the opera," said Miriam Berman, SCW '98, who attended "Romeo and Juliet" last year. "A lot of girls I went with and talked to about it would not have gone to the opera on their own, never would have had the interest in the opera. It [the free opera ticket program] definitely exposed them to culture that they wouldn't have otherwise [been exposed to]," said Berman.

## Hatarat Nedarim Performed on Campus

By Rachel Rothman

During club hour on September 18, several days before Yom Kippur, a Hatarat Nedarim ceremony, open to all students, was held in Koch Auditorium.

Rabbi Hochberg, the Mashgiach Muchani at SCW, delivered an introduction, explaining how the ceremony allows individuals to nullify any outstanding vows made, even those they do not know about. This ceremony is done before Yom Kippur so individuals will not be held accountable for any vows they did not keep.

The three *aidim* were Rabbi Hochberg,

Rabbi Metzger and Rabbi Oratz.

Many students were grateful to SCW for offering them the opportunity to perform the ceremony before Yom Kippur. Dalia Jacobs, SCW '99, said, "It's a good thing that Stern is offering this to us because otherwise I would not have been able to do Hatarat Nedarim."

"The overwhelming crowd at this ceremony shows how important it is to the student body. Hatarat Nedarim should be done every year at Stern," said Ariella Zlata, SCW 2000.

## Top Ten Things to Know In New York City

By Laverne and Shirley

10. Impromptu singing on the street will not be profitable.

9. Never forget your ultimate goal - getting to your destination alive.

8. If you see a celebrity on the street do not expect him to recognize you just because you recognize him.

7. No one with an American passport really shops at Macy's Herald Square.

6. If your being mugged (G-D forbid) don't bother screaming. It's not like anyone is going to care. Besides, who wants a sore throat on top of everything else?

5. Just because it's falafel doesn't mean that it's Kosher.

4. If you want to brush up on your Hebrew language skills, walk into any electronic store.

3. Never Apologize.

2. Do not ask people for directions. They will think it is an invitation to hit on you.

1. Approach every day like a war: Have battle plans, strategies, and if necessary, weapons.

## SCDS to Produce Kindertransport

By Nechama Goldfinger

This Semester, the Stern College Dramatics Society will be putting on the play *Kindertransport* by Diane Samuel. Professor McGovern will be directing the play, which is about the operation to rescue Jewish children in Nazi Germany by sending them to foster homes elsewhere and the aftermath of its effect on one such girl.

Tryouts were held on September 17. The following women will appear in the play: Sabina Krich as Evelyn, Chani Krich as Faith, Dina Bogner as Lil, Joelle Bollag as Helga, Ilana Adler as Eva and Rachel Sadres as The Ratcatcher.

The Movement for the Care of Children from Germany was created in 1938, in response to Kristallnacht. Separated from their parents and sent from the growing rumblings of war to places like England and Scotland, almost ten thousand children were saved from Hitler's hell. Survival, however, did not mean security, and many of these kinder faced alienation, loneliness and terror. While some were lucky enough to be reunited with family who had somehow also escaped or persevered, their years as part of other nations and families has irrevocably altered them. Coming to grips with the past and looking ahead to the future threatened to shatter the sheltering present. As such, their phantoms haunted their children as well.

*Kindertransport*, based on the experiences of several of these children, tells the story of Eva Schlesinger. Sent from Ger-

many to England in 1938, she deals with her past by burying it from everyone, including her daughter Faith. The truth comes out and Eva, now Evelyn, must confront her daughter and herself.

McGovern, who will be directing the SCDS play for his third season, said "Kindertransport is not about the Holocaust itself but about the echo, the reverberation of the Holocaust into one person's life, into her daughter's life."

The gravity of the issue is a far cry from last year's hit performance of *Steel Magnolias*. "It's not going to draw a lot of people like a comedy would, but it's a lot more touching. Every one of us can identify with one of the characters in some way, whether it be through direct Holocaust influence, or just the mother-daughter relationship," said Dina Galinsky, SCW '99.

About 15 women returned the night after tryouts for call-backs. Feigy Glicksman, SCW '99, said the tryouts were "good, but [we] should have the scenes available before." Galinsky added that the tryouts were "a little too public. Girls were intimidated by the others' performances and would promptly leave before even trying out. If they were done privately, it would be more time-consuming, but definitely more comfortable and profitable."

*Kindertransport* will be performing December 8-12.

## There's No Such Thing As Too Much TV

By Dina Bogner

I love to watch TV. I will happily, unabashedly admit to that fact with a grin on my face and a glaze over my nearsighted-from-too-many-years-of-watching-too-much-trash eyes. Now, I understand that I am supposed to be the "Cultural Arts" Editor, and some of my devoted readers may take offense at my considering television worthy of discussion under that heading. Well, too bad. I am pretty sure that I would not be wrong in assuming that television is the form of entertainment most often indulged in among the Yeshiva University student population. I am sure many people actually do read (as I do, constantly) and some of you may even see a play, opera or ballet every once in a while. But somehow, thanks to its relatively universal availability and cheapness, we all watch *some* TV. I do recognize that not everyone is as, shall we say, devoted to the boob tube as I am. I am assuming that not everyone out there measures major events in their lives by television. I, for example, will always remember that my twin sisters were born around 6:20 p.m. because I was watching "Three's Company" when we got the call (it was the one where there was some sort of misunderstanding). I remember various years of my life by the show I loved that year. Quick rundown: Nursery- "The Magic Garden," Kindergarten- "Wonder Woman," Third Grade- "Silver Spoons" (I love you Ricky), Sixth Grade- "Growing Pains" (I love you

Kirk), Tenth Grade (and the rest of high school for that matter)- "Beverly Hills 90210."

As for what I watch now, there are various categories involved in my television viewing hierarchy. There are the *Shows I Must Watch* and the *Shows I Really Like But Never Get A Chance To Watch*. Let's delve into each of these categories separately.

### Shows I Must Watch

By this I mean, I will schedule all major events around these shows. In the event that something pressing must occur at the time of a particular show's airing, the show must be taped. If it is not, I become slightly hysterical until a copy of that show on tape is procured. These shows can be broken into two categories as well:

A. Shows I watch because they are really good and involve good looking young men (see above, third to tenth grade) AND

B. Shows I watch because they are just really good

By really good I mean (and follow me here, it gets a little complex):

a. It makes me laugh

b. It makes me cry

Now that we have delineated the various categories involved in the *Shows I Must Watch*, I will tell you what those shows are: "Mad About You," "Party of Five," "Friends," "Seinfeld," and "ER." Not that bad. Five lousy shows per week. Two for crying, three for laughing. All but "Seinfeld" and "Mad About You" involve men who are, not coincidentally, not too tough on the ol' eyes. Does attract my attention. I'll admit, but notice that I do not include "90210," "Melrose Place," or "Lois and Clark," all of which have their share of comely gentlemen. Remember, the show must be really good, too. For all of you out there who pretend not to like "Friends"- LIARS! You know its funny. You probably have your parents tape it and watch it Friday afternoon. I can understand why those of you who are cold and heartless do not like "Party of Five." Their parents died! Least you can do is watch their show. I also believe a factor involved in getting on my must see list is that I have to want to have some aspect of the characters' lives.

For example, I want Monica and Rachel's apartment (and Rachel's boyfriend), Paul and Jamie's relationship, Julia's brothers and Dr. Ross's.... well, let's not go there. As for "Seinfeld," I watch that show in utter awe of their dysfunctionality. Its almost like slowing down to see a car accident. Jerry and the gang are just really, really screwed up. At least we get to meet Jerry and George's parents, so we know why they're cookoo-bird. But what about Elaine? How nuts must have her upbringing had to be? An unofficial survey shows that most Stern College students cite "Seinfeld" as their favorite show. I guess we all like to feel relatively normal every once in a while.

These shows, as long as they continue their excellent quality of writing, will continue to be obsessively watched by me. I am a very loyal viewer. Case in point- I tried very hard to continue watching 90210. But it sucks. So I stopped.

### Shows I Really Like But Never Get A Chance To Watch

Now, I try very hard to watch these shows. I really do. But I am only one woman. And I presently do not own a VCR. So, oc-

asionally, there are shows I do not get to watch. I actually have not started watching ANY new shows for a couple of years now. My time is booked. So until one of my must-sees gets cancelled or starts to suck, all new TV shows must apply elsewhere for viewers. As for the shows that I try to watch because I really like them, they are "Roseanne," "The Nanny," and "Moesha." Do you see a trend? It seems to me that I tend to prefer shows with strong female characters. Always have. When I was little I would only watch "Batman" if the opening credits showed Batgirl kicking some guy in the face (that's how you knew she was going to be in the episode), and I would only watch "He-Man" with my brother if Tela or the Sourceeress was on my favorite episode was the one when we found out that the Sourceeress was really Tela's mother. It was so cool! But I digress. I really do love "Roseanne." Its consistently very funny, and the characters are very real. But I do not want any part of anyone's life on that show, so that must be why I am not compelled to watch it all the time. "The Nanny" is also always funny. Well, not FUNNY funny, but amusing. The Jewish jokes actually make me laugh (which they rarely do on any other show) and Fran Drescher is my hero-she's stunningly beautiful and still manages to be funny. A rare feat in JAPland. As for "Moesha," I've actually only seen it once, but it was really great. That Brandy is just so CUTE. You can't help liking her and wanting to watch her. And I like telling people that I want to watch "Moesha" because then I get to say "Moesha"- and its fun to say.

I haven't even touched upon daytime TV. In a nutshell I hate soap operas and I love Oprah and Rosie. I mean I REALLY love Rosie. She actually gets paid to stalk out celebrities and sit and talk to them, telling them how wonderful they are. I do that for nothing all the time. I am also a huge Letterman fan, though I am not quite sure why. He fits under none of my categories. I guess he was just ingrained in my psyche as a small child, when I would be awoken by my father's sometimes explosive laughs while he watched Dave. And I like the way he says "How about THAT guy?" I don't know why.

Last but not least, my ode to reruns. I love them. Four p.m. to eight p.m. was prime TV time to me as a kid, and I still have the frightening ability to laugh at very mediocre comedy. Especially if I've seen the episode 12 or 13 times. Quite frankly, if I had my way, I would just spend the entire day watching them. There's nothing like a really bad episode of "Full House" to numb your mind after a hard day at school. The characters on these awful sitcoms have become my friends. I miss Jack Tripper, Tootie, Arnold and Willis, Mr. Rourke and Tatoo, the entire crew of the Love Boat. They might not have contributed to my life in any significant manner, but they were always there for me. And if they were preempted for a boring presidential address, there they were the next week, doing exactly what they were supposed to be doing the week before. And if they left a show, or if a show was cancelled, sure enough (after failing miserably in the movies), there they were on some other show. I could go on forever, but its getting late and I have to go watch "Friends." Believe me, they'd know if I wasn't there.

# SCW SPORTS

## Tennis Captains Selected

By Sheara Fredman and  
Cheryl Younger

As evidenced through a past tennis game when the women played through wind, snow and rain, the Stern College tennis team truly exemplifies the word dedication. With three newly appointed captains and a coach Evan Goldstein, the team hopes to sweep all four of their scheduled matches this year. The captains of the team are Alana Feder, SSSB '97, Jennifer Jaye, SCW '98 and Yael Malik, SCW '97.

Alana Feder has played on the Stern team for two years and has been playing tennis since birth. Feder plays doubles and her record from last season was one and zero. She stresses the importance of working hard and has specified that this year she plans to focus on improving her volley and her serve.



Jennifer Jaye

since age seven. Last year her personal record was one win and two losses, which she is hoping to better through hard work and continued practice. Though she is unsure of the specific skills the team needs to improve she knows with diligence and practice that the team will succeed. Her main goal as team captain is to establish a "name" for the team among their competitors, so they become a team that people fear.

Yael Malik has played on the SCW tennis team for three years and has been playing tennis for eleven years. In the past she has competed in tennis clinic which are summer programs geared for tennis. She views this year's team as stronger than any other year and wants to make the team into one tight bond and utilize the new people to gain support for the team. Malik believes the team needs to improve their all around consistency.

All three captains view coach Evan Goldstein as the guiding force behind the team. Goldstein stresses the importance of working on stroke and serve, as well as the importance of constant practice. Feder emphasized the extent to which Goldstein has helped her to improve her team play.

"He has taught me that tennis isn't only



Alana Feder

As team captains she plans to work on strengthening the team's organization and unity which is done both on the playing court and on the van rides to and from the court. Feder plans to continue playing even after graduating from SCW and is grateful for the close friends that she has created due to her work on the tennis team.

Only a junior, Jennifer Jaye has been on the tennis team playing singles for two years and has been playing tennis

## Fitness Flash

### You Can't Starve A Fat Cell

By Michal Greenwald

Most girls assume that not eating is the key to losing weight. But little do they realize, you can not starve a fat cell. There is a built in mechanism that ensures their survival. When one goes on a diet, the red warning lights flash and the biochemical changes begin. First, the fat enzymes are activated and multiply. This is to ensure that the body will be better equipped to store fat after the diet. Fat cells feel threatened by the loss of fat in the diet, and will respond by becoming much more efficient at storage. Therefore, the next time a person diet, the fat cells will be much more likely to survive. They will be larger, stronger and more stubborn.

While it is true that you will lose some fat by restricting calorie intake, the fat cells become less efficient at losing the fat. This is evident from the fact that, when on such a restrictive diet, one tends to lose fat at a slow rate, while gaining fat at a much faster rate.

Dieting in this fashion will also cause muscle cells to become smaller and

weaker. Though fat cells won't starve, muscle cells will. The muscle cells will shrink in order to expend the energy necessary for vital needs, and reduce your metabolism. Remember, the less muscle, the slower the metabolism, the less one can eat, and the less weight one will lose.

To lose weight, one should follow these health tips:

1. Stop dieting and start eating.
2. Eat until you are comfortable. Not until you pop.
3. Eat more meals, and less at each meal.
4. Exercise 45 minutes a day at a regular intensity, at least three times a week.

Following these simple procedures will condition stubborn fat cells and help the body lose weight in a healthy and efficient manner.



Yael Malik

strength, but strategy and brain work. If you really concentrate on your game, then things will go far," said Malik about Goldstein's impact on her.

The other members of this year's tennis team are Heidi Baker, Dena Forman, Shaindy Frankel, Yedida Goldman, Shira Hecht, Pessi Kessai, Miriam Safer and Liora Shoeng. With the help of coach Goldstein and the three new captains, the SCW tennis team hopes to make this year the best ever.

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