



The Yeshiva University

OBSERVER

Volume LVI, Issue 1 AUG. 23, 2010

Rabbi Josh Joseph Promoted to Vice President of Yeshiva University

Estie Neff

In June Rabbi Josh Joseph was promoted to vice president of Yeshiva University (YU) by President Richard Joel, placing him on the forefront of campus development while he continues managing the president's office as chief of staff.

"It's not about me," insists Rabbi Joseph, who received *smicha* from Rabbi Isaac Elchanan Theological Seminary (RIETS) and a master's in Jewish Philosophy from the Bernard Revel Graduate School. "It's about making YU the best YU it could be, to make President Joel the best leader he could be," he says.

Rabbi Joseph's new position will ensure the best functioning of the YU leadership team. His previous duties as chief of staff were vital to the uninterrupted flow of events within and without the university, requiring him to manage President Joel's office. "I think an hope that [my activities] helped to the point that I was then able to work with others in the leadership of the university" as vice president, stated Rabbi Joseph.

In addition to working with the YU leadership, Rabbi Joseph hopes to have a more involved role in issues that may arise. "It's about making that transition from be-

ing reactive to people's questions and problems to being proactive and hearing...first-hand, on the ground, in the grassroots - what's going on."

Rabbi Joseph already has a history of proactively effectuating growth at YU. He first became part of the YU administration after meeting President Joel at the Orthodox Caucus - where Rabbi Joseph served as executive director from 2003 to 2004. The two men kept in touch, and eventually Rabbi Joseph was asked to become director of special projects at the Center for the Jewish Future (CJF) in 2004, his first position at the university. There he headed student social entrepreneurship to further the creation of student societies, an initiative that gave birth to the medical ethics society.

During his second position as chief of staff in 2006, he began a government-relations task force along with Vice Presidents Andrew Lauer and Jeffrey Rosengarten, charged with developing and maintaining communication channels between the YU community and the government. President Joel asked Rabbi Joseph to direct the presidential fellowships, and he remains director still with the

vision to "encourage and develop the future of the Jewish community, both on the lay and professional leadership side," he says.

Rabbi Joseph's other objective as vice president, along with continuing to supervise the President's office and actively reaching out to deans, faculty and staff, is to reach out to the students themselves.

"I'm feet away from all these *batei medrash* [and there are] classrooms all around," says Rabbi Joseph, who spent four years learning at Yeshivat Har Etzion in Israel, yet, "if I don't hear what's actually going on, then how can I make it better?"

In years past, Rabbi Joseph visited the Stern College campus to meet with the heads of the student council committees. "As a small school, we have a chance to work with students to help them figure out who they are and develop themselves," he says.

"Now Josh is going to go to [YU leadership and students], hopefully, and sit with them in their office," to listen to their issues, comments Daniel Gordon, presidential fellow to the vice president.

As a senior undergraduate student at the University of Penn-



Rabbi Josh Joseph, vice president and chief of staff at Yeshiva University

sylvania, Rabbi Joseph shared an independent study with Frank Luntz, a famous pollster and political consultant, putting together a

survey of all the Ivy League universities that was covered by *US News & World Report* and *The New York Times*, among other major media

continued on page 8, Joseph

Now You Know Enters Second Phase

Renee Kestenbaum

Yeshiva University (YU)'s department of Communications and Public Affairs (CPA) is set to launch the second phase its Now You Know campaign under the guidance of Moshe Isaacson, CPA-director of interactive media.

"We wanted to contrast people's experience of Yeshiva University in previous years with the experience of today," said Isaacson about the campaign's initial launch in May.

However, this semester Isaacson and his team of design geniuses plan to take their campaign one step further. The second phase will allow students to interact with the campaign by sharing their personal experiences at YU and describing what YU means to them, in the hopes of spreading a sense of good will, school pride, and ownership toward the university.

Now You Know began as a challenge posed to the communications department by CPA Vice President Georgia Pollak, according to Isaacson. She requested

that they build an ad campaign to showcase how the university has changed over the years.

In the first phase, a webpage was developed to house statistics about YU, illustrated with bright colors and simplistic, geometric graphics. Some of the statistics are very creative, like the number of pieces of gefilte fish eaten by YU students each year (13,000). The department of CPA approached each department around the university for unique statistics that could give the public an idea of what YU has become today.

The first-stage webpage also has quizzes about the statistics and a form where users can submit their own trivia. Some of the graphics are animated and were spliced together into videos, which are also available on Yeshiva University's YouTube channel.

The goal of the first phase was to show alumni and others who are familiar with the traditional YU what the university looks like to-

day. The site takes changes in the physical campuses, faculty, and student activity into account, as well as how YU has become oriented more toward customer service and engaging an audience than in previous years, noted Isaacson. The campaign's objective is captured by the slogan "Perception, meet reality."

Now You Know's primary audience for the first phase was anyone affiliated with YU, including alumni, donors, parents and current students. Even prospective students were provided with Now You Know campaign brochures in university information packets. Creative Services Director Judy Tashji, Media Relations Associate Matthew Yaniv, and Director of Events for CPA Aliza Berenholz all played major roles in its development.

Isaacson considers the statistical series "a good first step," although it leaves a lot more work to do. The campaign's initial effec-

tiveness can be tracked through web analytics and personal feedback, yet Isaacson preferred not to judge its true success until the process is turned over to the student body. This will be phase two.

When asked to describe the new phase, Isaacson simply responded: "fun." It will be advertised in Stern College for Women (SCW)'s student newspapers to encourage each student at Stern College to submit her YU story and to share what YU means to her. Students

will be rewarded for participating through giveaway contests later in the year. User input will be collected and showcased on the Now You Know webpage.

The Now You Know campaign is only one of the department of CPA's numerous projects. The department of CPA works with other YU departments to publicize their events, disseminate their announcements, provide web and

continued on page 8, Now You Know

INSIDE:

- So What's the Hock? What to Expect from The Observer This Year Shared on the Shuttle
- How to Avoid the Freshman Fifteen
- A Message from Richard M. Joel, President of Yeshiva University

Editorial

So, What's the Hock? What to Expect from The Observer This Year

Estie Neff, Editor-in-Chief

The word "hock" made its debut in my life during summer camp several years ago, as I listened to a friend talk about what counselors usually did in their free time. "People buy stuff at the canteen or check their email," she said. "Or they just hang out on the main road. That's where all the hock is."

If she had only used the word once, I may have forgotten all about it. But that summer, all anyone spoke about was "the hock." The hock? I didn't get it. I might have heard the word tossed around a couple of times in high school or during my year in Israel. My parents come from several generations of Americans, so I had no European bubbes or zaides to ensure that I was well versed in basic Yiddish terms. It's a crime, I know.

By summer's end, I had heard the word "hock" pretty often - from all types of people in many different ways: "So, what's the hock?" "He's such a hocker!" "We were totally hockin' it up." "Nah, too much hock for me."

Eventually, I began using it myself. I got a feel for the word and threw it into conversations like a real pro. Then somebody asked me what it meant, and I had no answer. So I decided to look for a concrete definition. This is what I found:

The prevalent spelling of this term is actually associated with an English word. According to *Webster's Encyclopedic Unabridged Dictionary of the English Language*, "to hock" means to pawn an object for a desired amount of money or

goods. It comes from the Dutch word "hok" which, informally, means a "miserable place to live, prison." It originally referred to a person in debtor's jail who needed to hock something - jewelry, clothing, etc. - in order to repay their debt and go free.

Loosely translated, the Yiddish word "hak" or "hakn," has various meanings - all related to talking - depending on the context. Philologists, a Jewish language columnist for *The Jewish Daily Forward*, provides several different contexts for "hakn": *hakn mir a tshaynik* - literally, to hack at a teakettle, in which hakn means to pester or harangue; *hakn in der velt arayn* - to talk to no purpose; *hakn ligns* - to tell lies; and *hakn vi in kroyt* - to spout words (which literally means: to hack as though [in a field of] cabbage).

Having done the research, I concluded that the average American Jew uses the word "hock" as a combination of the two definitions above. The English version connotes the give and take of information in a verbal marketplace, with the adjective "hocker" describing someone who pawns gossip and seeks to barter his vast knowledge in exchange for more details.

Thus, someone called "a hocker" has perfected the art of talking, as the Yiddish version implies. He can talk endlessly, and his talkativeness can endear him to people, drive them crazy - or accomplish both.

I have often heard people debate whether "hocker" is a positive or

negative label. The moniker obviously implicates someone who thrives on gossip, a direct violation of the prohibition of speaking *lashon horah*: "You shall not go as a peddler of gossip among your people" (*Sefer Vayikra* 19:16).

Yet *Chazal* (our Sages) teach that we can always use our traits for the good, even if they seem to be wholly negative.

That said, what is the positive side to a hocker?

Hockers use their penchant for information to make people more aware of their surroundings, deftly pulling people together in one long string of connecting details. They therefore make a sleepy neighborhood become an exciting mix of individuals and their unique tales. They transform the school from a building of classrooms and desks to a network of students who are alive with interest in their fellow classmates. They give camp counselors a good schmooze at the end of a long day to keep them upbeat and energized.

In all seriousness, the hock can be a wonderful thing.

Therefore, I am pleased to introduce the *Observer's* theme of the year: "What's the Hock in Stern College for Women?" (We thought of doing "Year of the Yentas," but decided against it for obvious reasons.) This year we will endeavor to report news directly related to our campus and write features that peak your interest as a Stern student. For the first time in this newspaper's history, we will have a sports column to increase school

spirit. Every issue will include the "VIP" column, an opinions piece by a YU leader to foster communication with our administrators. Pictures of students around campus will appear on our "Student Snapshots" page so you can connect the school with the women who make it thrive.

And there's more...just take a look inside!

Some of you may be doubtful, wondering how much a newspaper can write just about Stern; after all, our campus is not the most happening place in midtown. To this I respond with an anecdote:

My brother spent the past year in a yeshiva that was located in a particularly remote area of Israel. He told me that some of his friends would entertain him once in a while by telling him all the hock that was going around yeshiva. He commented, "Even in a place as isolated as my yeshiva, if someone's a hocker, they'll find hock anywhere."

As journalists who are naturally nosy and curious, we might not be bona fide hockers, but we can come pretty close. This year, we will channel our thirst for information in a positive way by strengthening the wonderful Stern College community, which is often overlooked. Looking forward to an exciting year!

The *Observer* is always open to new ideas and writers. Please do not hesitate to contact us at scwobserver@gmail.com if you would like to get involved!

The Yeshiva University
OBSERVER

Estie Neff
Editor-in-Chief

Rivkah Rogawski
Assistant to the Editor

Tamara Freiden
News

Simi Eisenman
Suzanne Mazel
Features

Ilana Hostyk
Opinions

Sari Margolis
Devorah Zharnest
Arts and Culture

Lauren Burstein
Israel

Ahuva Freilich
Helen Unger
Science and Health

Meira Lerner
Sports

Talia Kaufman
Style

Dina Horowitz
Photography

Ariella Gottesman
Chani Markel
Aimee Rubenstein
Copy

Renee Kestenbaum
Ann Levenson
Layout

Gila Mandelcorn
Advertising

Chana Salomon
Business

Hannah Robinow
Web



The *Observer* is published monthly during the academic year by the Stern College for Women Student Council. The staff of the paper retains the right to choose newspaper content and to determine the priority of stories. While unsigned editorials represent the views of the *Observer's* editorial board, all opinions expressed in signed editorials, columns, letters, and cartoons are the opinions of the writers or artists and do not necessarily reflect the opinions of The *Observer*, Stern College for Women, its student body, faculty, or administration. All *Observer* content is copyrighted and may not be reprinted without permission.



Want to write for The Observer?

Well, WE want you to!

whether it's News, Features, Arts & Culture,
Science & Health, Sports, Style, Israel, or Opinions
- there's something for everyone!

Email scwobserver@gmail.com TODAY!

News

Students Unhappy About Dorm Situation

Tamara Frieden

The coming school year marks yet another recent adjustment in residential housing at Stern College for Women (SCW), but this time students who were affected by changes did not take the ramifications so lightly.

The eight apartments located at Lexington Plaza, part of the Independent Housing Program (IHP), were made unavailable for students this fall, upping the competition to live in the remaining apartment buildings. This is not the first time the IHP has been downgraded. With the removal of the Windsor Court dormitory at the beginning of last year, the only apartments in IHP that remain are those at 251 Lexington Avenue, the building that houses the office of the Center for the Jewish Future, as noted by an article in The Observer last semester.

The few rooms at 251 Lexington along with those in the 35th Street dormitory leave students vying for one of the select apartments remaining, which include a kitchen for students to cook their own meals and a small breakfast area for recreational use.

In fact, the desire to reside in the larger, homier apartments at 35th street was so great that more than double the amount of possible potential residents applied. "There are 27 apartments in 35th Street, and more than two people applied for each bed," says Rachel Kraut, director of University Housing and Residential Life. This may have been unexpected as there were apartments vacancies in the building the previous year.

With such an overload of requests for the apartments of 35th street, many wondered why the IHP lost Windsor Court and Lexington Plaza to begin with. "It was a financial decision," affirms Kraut,

noting its coverage in The Observer last spring. "Once we had 35th, we had more beds, so we didn't need the beds in those apartments anymore. Part of university housing is that when someone dorms in a college, there is community life, and that's what dormitories are all about," she adds.

"I was initially upset when I first heard Housing wouldn't be offering it as an option, but I understand where they're coming from," says Suzanne Mazel, a senior at SCW. "It is expensive and if this is how they need to cut corners then so be it. Either way, I hope they can bring back the independent housing option sooner rather than later so more Stern women can enjoy the same experience I had."

While conceding to the rationale of diminishing the IHP, students still felt they were dealt with unfairly when they had been notified about the results of housing in early August. More than half of the students who put 35th street as their first choice for housing were let down, and many wondered how university housing distributed these sought-out apartments.

"Seniority," said Kraut, though she confirmed that "there were definitely special circumstances as well. But 98 percent was seniority."

Still, some students were not convinced by Kraut's answer. "If you put all the seniors in a basket and pull them out randomly, no juniors should be in there," says Dinah Davatgar, a senior at SCW.

Davatgar was not the only senior who felt resentful. "My roommates and I were all seniors who stayed on campus for the past two years. I know one room in 35th Street was given to at least more than one girl who stayed Shana Bet (a second year in Israel). I wish they'd be more clear in how they distributed

housing," says a Stern senior that wishes to remain anonymous.

The special circumstances Kraut alludes to include medical issues. "I was originally rooming with a junior and wasn't going to get in," says Talia Kaufman, a senior at SCW, "but then, because of my health issues, housing was very accommodating and placed me in 35th."

But many students felt that other factors should have been taken into consideration as well. "I think I should have gotten it because I lived in Brookdale [a dormitory usually given to first year students] for two years," says Davatgar a senior who will be living in the 36th Street dormitory this coming fall. "I'm an out-of-towner who stays in a lot and thinks a few rooms are being wasted on girls who go to their home every week-

end. Imagine having to be on a *shabbaton* every weekend with no option of staying home to relax," she points out.

This is not the first time students have complained about the SCW's lack of consideration for its out of town population. "I firmly believe in [Yeshiva University (YU)] as an institution, and appreciate everything I have gained from Stern College," says Avigail Varnai, an SCW senior from Chicago. "But if YU prides themselves for getting students from all over, they should start catering to their needs if they want us to continue coming."

Despite some of the negative speculation, other students felt there was not much to be done about the situation. "Although it is disappointing to hear that many seniors didn't get placed in 35th street," says Mimi Lieberman, an

SCW senior who did get her first pick in housing, "it's also important to realize that it is a very small building and cannot possibly accommodate all who wish to live there."

Where will the seniors who did not get their choice in apartment buildings live instead? Many will reside in the 36th Street dormitories, which include two bathrooms, a master bath, marble floors, and spacious two person bedrooms, similar to the 35th Street apartments.

The seniors will share communal bathrooms with their floor-mates. "Now, in my senior year, my dorm life experience is taking a turn for the worse as living in 36th Street comes with public bathrooms only," says Shalvi Berger, a senior at SCW.

'Statement of Principles' Posted as Guidelines

Estie Neff

Under the supervision of Rabbi Nathaniel Helfgot, chair of the departments of Tanakh and Jewish Thought at Yeshivat Chovevei Torah Rabbinical School, a "Statement of Principles on the Place of Jews with a Homosexual Orientation in Our Community" was posted on a blog in July 2010.

"[This statement is] not a *teshuvah*; it's not *halachic* in that sense... it's more a statement of principles and guidelines," noted Rabbi Helfgot in an interview. "Hopefully it will spur more discussion and more sensitivity" toward Jews with homosexual tendencies, he said.

A similar article titled "Torah View on Homosexuality," was already published earlier this year on TorahWeb.org, an online resource for written and audio *divrei*

Torah; the article was authored by Rabbis Hershel Schachter, Mordechai Willig, Michael Rosensweig, and Mayer Twersky, all of whom serve as Yeshiva University Roshei Yeshiva.

Both documents concur that the Torah unequivocally prohibits homosexual activity, and that members of the Jewish community should treat those who feel same-sex attraction with respect and compassion as long as they are "discreet, unconditionally *halachically* committed Jews who do not practice homosexuality," in the words of the TorahWeb.org article.

Rabbi Helfgot's statement differentiates itself by addressing practical situations in an effort to create "a consensus - not the consensus" of guidelines for Ortho-

dox leaders and educators dealing with this issue, he said.

After revising a first and second draft during March and May of this year with the input of several others, Rabbi Helfgot, together with his co-authors, Rabbi Yitzchak Blau and Rabbi Aryeh Klapper, submitted his statement to the public via blog post. Orthodox Rabbinical leaders, educators and professionals are able to sign their names at the bottom in agreement with the statement's guidelines.

Rabbi Helfgot explained that the choice to use a blog format - certainly an original approach - was a financial one. The effectiveness and validity of this method is uncertain, as it is an entirely new way to communicate matters that have *halachic* bearing.

Counterpoint 2010 Goes to Dimona

Elana Goldberg

This past summer, Counterpoint Israel (CPI) summer program sent 20 college students to run a summer camp for teenagers in Dimona, a development town in southern Israel. The CPI program was founded five years ago by the Center for the Jewish Future (CJF) and is largely subsidized by organizations and private donors, with the locals paying only 300 NIS for the entire length of the camp.

The 2010 CPI counselors were Yeshiva University (YU) students with the exception of two participants from the University of Maryland. Head counselors Sahar Zaghi and Eric Israeli also hailed from YU, having graduated in the spring of 2010.

Under the guidance of CPI Directors Gila Rockman and Shuki Taylor, the counselors first met in New York at the close of the school

year for a five-day training session, undergoing various seminars and creating the English sessions for each morning in the camp. While the main objective of the camp is to teach English to the campers, there are also many daily activities run by professional instructors meant to build the campers' self-confidence.

Upon arrival in Israel on July 12, the counselors underwent further extensive training for a little over a week, prior to the camp's actual beginning.

"I feel that training really put camp into perspective," says Ilana Brandt, a junior at Stern College for Women (SCW) and CPI 2010 staff member. "It taught us methods of dealing with the campers and prepared us to a certain extent for the challenges we would be facing as counselors for Israeli teens."

With weeks of rigorous preparations under their belts, the 20 American college students stood facing approximately 110 Israeli teenagers at the Zinman School in Dimona, home of the CPI camp and a second home to most of the campers throughout the school year.

Campers were split into two groups - the first for of 7th and 8th graders, and the second for high school students ranging between ages 15 and 17. Their different style of dress and little knowledge of English presented a challenge to the CPI counselors.

CPI's program combined educational learning with enjoyable activities for the campers. The morning began at about 10:00 am with English sessions, in which every two counselors were given a classroom with specific camp-



Campers connect, have fun and grow on CPI 2010

ers. English sessions involved vocabulary words and themes such as violence, time management and *Shabbos*, with central messages reinforced by video clips and interactive games.

Following the English sessions were 2 activities ranging between art, dance, drums, fashion and rap. Although the camp day itself ended at 2:30 pm, counselors often

continued on page 8, Dimona

News

YU Students Travel to India, Learn About Global Healthcare

Shara Feltheimer

Six Yeshiva University (YU) students traveled to India this past summer to witness firsthand the effects of globalization on health care as part of one of YU's summer courses abroad, spending time in Mumbai and the Indian Institute of Health Management Research (IIHMR) in Jaipur, India.

The students were first introduced to the medical aspects of global healthcare during two weeks of classes at Albert Einstein College of Medicine. They then departed to Mumbai for a week and a half. Dr. Sonia Suchday, co-director for the Institute for Public Health at Einstein, organized all lectures and planned the entire mission.

The course requirements for the first part of the mission, both at Einstein and at IIHMR, included attendance at all lectures and debriefings as well as two research papers, the completion of which earned participants three credits in biology. Dr. Suchday put together a group of dynamic faculty members from different specialties to teach the students the breadth and depth of global health issues. The lecture series was open to undergraduate and graduate students and was designed to prepare them for what they would encounter in India.

The second part of the trip began in Mumbai where the group took a general tour with a Jewish-Indian guide named Yael and saw several historical landmarks including the Gateway of India, the Sassoon School, and the Sassoon Synagogue.

The mission spent two *Shabbatot* in Chabad Mumbai and visited the old Chabad Narriman House, which was attacked in the famous November 2008 assault by Pakistani Islamic terrorists. Two *shlichim* (messengers) from Chabad took the members of the mission on a tour inside the old Chabad House where the students saw for themselves the destruction that had captured headlines across the world.

"India is one of the few countries that hasn't persecuted Jews within its shores," commented Dr. Suchday. "The fact is that within India, the destroyed Chabad House was universally mourned," she said, adding that the Hindi people showed their remorse and condemnation of the attack by circling the thousands of bullet holes in red.

After the first weekend in Mumbai the group took an hour-long plane ride to Jaipur, located in Rajasthan - one of the seven states that comprise modern India. The mission made their way to IIHMR to participate in lectures along with Indian students interested in

medicine, psychology, and hospital management.

At IIHMR the group learned about different recent epidemics in India. AIDS is a major healthcare setback, but is making strides. "At the end of 2011, drugs used to cope with AIDS will be free [of cost]," promised P.R. Sodani, dean of IIHMR. "Now it's twenty dollars a month."

Diabetes is considered a prevalent epidemic in India as well. According to Dr. Judith Wylie Rosette, professor of epidemiology and population health at Einstein, "India is the new diabetes capital of the world."

Research in health care shows the poor reality of the public health sector. "In India, health insurance is relatively rare when compared to most developed countries; only ten percent of the population has private coverage," declared Dr. Komal Bajaj, a faculty member at Einstein. "This increases to approximately fifty percent when surveying upper-middle class Indians. As a result, the majority of a patient's expenditure is still out-of-pocket."

The group visited a community hospital with communal wards for male and female patients and no air conditioning. Doctors see between 200 to 300 patients a day and make diagnoses by methods that are not conventional Western techniques. In contrast, the private hospital the group visited in Mumbai five days later was immaculate with sterilized rooms, marble floors and air conditioning.

A health care professional in the private hospital pointed out a sign that delineated the illegality of gender selection - aborting a child based on its sex. The Indian government tries to prevent this by blacking out the gender of the baby on the amniocentesis test results. Another gender selection issue arises with vaccinations. A male child is often vaccinated before a female child when there are limited resources because of the widespread preference for males in the Indian culture. Therefore, the Indian government takes necessary precautions to ensure the equality and fair treatment of women and children.

The educators at Einstein demonstrated how the disciplines of science and psychology are both vital to the medical field. Having the appropriate decorum and understanding the culture is not just respectful, but a necessity to function properly in any profession. As Dr. Suchday constantly emphasized, "There needs to be awareness that the world is not as big as we think."



Shalombombay

Glatt Kosher Indian Cuisine



**STERN AND YU
STUDENT & FACULTY SPECIAL**

**\$9.95 DAILY
MEAT AND VEGE LUNCH BUFFET**
(Reg. \$12.95)

ALSO:
15% OFF DINNER
(WITH YOUR YU ID, STARTING 9/1/10)

- Succulent Sizzling Meats Cooked in a Tandoori Oven
- Mouthwatering sauces
- Traditional Indian Breads
- More than 20 Vegetarian Dishes

344 Lexington Ave.
Between 39th & 40th Streets

Available for Catering, Delivery and All Simchas
Student and Faculty Discounts
Under the Strict Supervision of the U
e-mail: shalombombay@yahoo.com
Tel. 212 922-0224
www.shalombombay.com

Bullet holes circled in red on the door of the Chabad Narriman House



Features

Welcome to Features

Simi Eisenman

Hello and welcome to the *Observer's* features section!

For many of you this may be the first time you have ever read an article in the *Observer's* features section—whether you are a new student; have recently learned how to read; or perhaps are from a village that has yet to be connected to electricity, let alone have a village newspaper.

In any of these cases, you probably need a short lesson on the significance of the features section of this paper. I am here to provide you with just that. You can thank me personally the next time you see me crossing the streets between 215 and 251 Lexington.

I am sure that the number one question on everyone's mind right now is, "What is the purpose of this section, exactly?" (The next two questions obviously being "Will I gain wisdom and knowledge this semester that will build the foundation for a successful and well-balanced life?" and "What will they serve for lunch in the caf today?") That, my dear readers, is an excellent question.

The features section exists solely for one objective: to talk about

nothing. Now, I'm sure you can find some pedantic journalist who will argue the exact opposite—that the features section is the perfect forum in which to pontificate about anything and everything. They would say this pretentious statement because the truth is, most any topic is acceptable in this brilliant section.

Want to talk about your new pen which, aside from writing in blue ink, also lights up, blows bubbles, and stamps a pretty picture? (My friend actually has one. To put it mildly, I'm extremely jealous.) Or perhaps you've been dying to ramble on to anyone who will listen about the merits of Paskesz versus Liebers. Well, the features section of your nearest *Observer* is the perfect place to let loose about it.

Socks that get lost in the dryer, pet peeves, ugly carpeting, Bananagrams competitions—all of these are fair game. Slow moving traffic, eyebrow waxing, jumping in puddles, mental illnesses...well, you get the picture. Try and connect this nothing to Stern or life in New York City, and you get a gold star on top of being published!

I suppose that technically one

could say that a features contributor could write about anything, while a features reader is lucky enough to be able to discover any number of fabulous articles on any topic under the sun. They wouldn't be wrong. However, I still like to say that the features section is the ideal place to read and write about nothing. Kind of like the famous and popular sitcom *Seinfeld*, we are all about that perfect, relaxing, intriguing sort of nothing that everyone needs in their day.

So come one, come all, and share your thoughts and research on the latest tidbit of nothing! For those of you who prefer to experience nothing in a more untroubled manner, simply pick up a copy of the excellent *Observer* and curl up in bed. Slip off your shoes, pull the covers up to your chin, and enjoy!



Shared on the Shuttle

Edited by Aimee Rubenstein

Once, during my first year at Stern, I was on the shuttle heading uptown. Apparently there was a lot of traffic on the FDR because the shuttle driver decided to drive uptown via local streets. There we were, riding merrily along, albeit stopping every five seconds at traffic lights, when suddenly... CRASH! Our shuttle got into a minor fender bender. Baruch Hashem no one was hurt, but the shuttle driver left in order to sort things out with the driver of the other car, firmly locking us passengers in the shuttle before doing so. First, we sat and waited. Soon, however, the hunger pangs started. Talk turned to mutiny. We could "borrow" the shuttle and drive it uptown, before the driver even realized we had left. Unfortunately, the shuttle driver had been wise enough to take the keys with him when he left the shut-

tle. Eventually, one bold shuttle member decided to force open the shuttle door (which was easy, considering that they do unlock from the inside), and made a run for the nearest subway. We cheered in encouragement. He was nearly two feet away from the shuttle before the driver realized what was happening and ordered him to return to his seat. Head bowed in shame, he did so. All talk of escape ended; meek and defeated, we sat in silence. Fortunately, soon after, the shuttle driver returned as well, and we continued on our way. We were tired, hungry and certainly glad to be moving once again...after all, it had been a very trying 15 minutes.

-Devorah Zharnest (SCW '11) is an English literature and biology major

Sitting on a downtown shuttle one Purim, I overheard a YU bochur make the following insightful comment: "They should have a shuttle just for drunk people. They could call it...the Druddle!"

-Anonymous

I just bought a new bag for school, and a married student on the shuttle complimented me: "I like your bag; it would be a great diaper bag."

-Aimee Rubenstein

We were on our way to the Macca-beats concert and I turned back to see a girl chasing the shuttle. A boy (who was riding standby) got off for her. Gotta love the Macca-beats!

-Mimi Lieberman (SCW '11) is a biology major

To submit your Shared on the Shuttle story, email SharedOnTheShuttleYU@gmail.com

At a Glance: Classes to Check Out this Semester

	Professor Linda Shires	Class Description	What's in it For You?
STUDIES IN CULTURAL REPRESENTATION: REMEMBERING THE HOLOCAUST	<ul style="list-style-type: none"> Serves as professor and chair of the English department at Stern College She was educated in the Classics and in English Literature at Wheaton College (magna cum laude, Phi Beta Kappa), Brown, Oxford (St. Hilda's College), and Princeton, where she earned her Ph.D. She is married to a Holocaust refugee who was born in Munich, fled from Vienna with his parents, and grew up in Bolivia. 	<ul style="list-style-type: none"> Concerns the twentieth and twenty-first century accounts of the meanings of the Shoah through specific institutions and kinds of media - how it has been witnessed, remembered, processed, presented, suppressed, and silenced Learning how film, literature, memoir, museum displays, and other cultural representations enter debates about Holocaust meaning 	<p>Professor Shires: "This course treats how we remember and process the most important and complex event of the Twentieth Century. It therefore carries a very special responsibility for teacher and students. Even though we shall approach our subject from an interdisciplinary perspective in the hope of a 'fuller' view, we still will be left with more questions than answers. I hope that the emotional and intellectual experience of this course will reinforce each student's desire to pursue justice in our present world."</p>
SOCIETY AND POPULATIONS WITH SPECIAL NEEDS	<p>Dr. Gail Gumora</p> <ul style="list-style-type: none"> Creator of the Academic Advisement Study Clinic for the purpose of helping Stern students excel academically Has taught at Stern for the past seven years, and has been a teacher for the past 35 years in a variety of settings, including New York City public and independent schools Received doctorate from Yeshiva University's Ferkauf Graduate School of Psychology 	<p>Class Description</p> <ul style="list-style-type: none"> Covers the concept of disability, the historical treatment of disabled people, the growth of the special ed. movement, and personal and cultural perspectives of special needs populations Students administer a survey to 10 people and record their responses to a series of scenarios involving individuals with special needs 	<p>What's in it For You?</p> <p>Dr. Gumora: "The course is unique in its commitment to sensitizing students about life lived in society as an individual with special needs."</p>
MANAGEMENT OF NONPROFIT ORGANIZATIONS	<p>Professor Ellen Bayer</p> <ul style="list-style-type: none"> Founder and president of Framing Change, a business planning and executive development consulting practice On faculty in the Leadership and Human Capital Management Division of NYU's School of Continuing and Professional Studies Served as Executive Director of the Drisha Institute for Jewish Education 	<p>Class Description</p> <ul style="list-style-type: none"> Understanding the scope of the voluntary sector - its constraints, opportunities, structure, and ethical issues Exploring power issues and the challenges of public vs. private good Students will engage in case analysis 	<p>What's in it For You?</p> <p>Professor Bayer: "I hope that students will embrace the idea that the nonprofit sector is vital to the vibrant functioning of a democracy, and that it provides important protections for the most vulnerable members of society as an expression of our core Jewish values. Students will have the chance to experience real cases and apply core management theories to the optimal functioning of nonprofit entities."</p>

Arts and Culture

'The Particular Sadness of Lemon Cake' By Aimee Bender

Leora Stroh

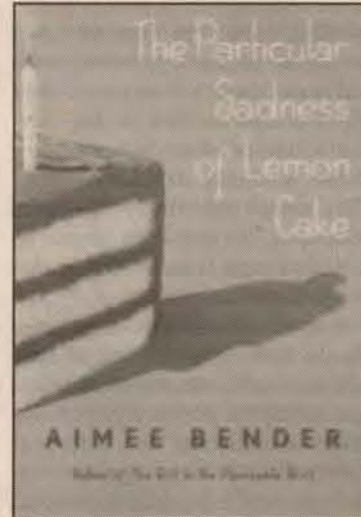
Meet Rose Edelstein. She's just a typical almost-nine year old, with a typical family, and a typical life. However, Rose's life becomes far from ordinary after biting into her mother's delicious lemon chocolate cake. To her surprise, Rose finds that she is able to detect her mother's emotions in the cake—drastically altering Rose's perspective of her family and world. Through tasting the cooking of others, Rose uncovers secrets that

destroy her sweet innocence and affect the Edelstein's once blissful family dynamic. "The Particular Sadness of Lemon Cake" by Aimee Bender records Rose's journey through childhood, adolescence, and young adulthood as she struggles to cope with the burden of the secrets she discovers.

The novel's language is clear and descriptive, allowing for a graceful flow from one scene to the next. Because the reader experiences the

story from Rose's perspective, the vivid imagery of the narrative is painted with childlike innocence, wonder and fervor. "The bowl of icing was right there on the counter, ready to go, and cakes are best when just out of the oven, and I really couldn't possibly wait, so I reached to the side of the cake pan, to the least obvious part, and pulled off a small warm spongy chunk of deep gold. Iced it all over with chocolate." As described through Rose's eyes, Bender's vibrant descriptions easily absorbs the reader's, to the extent that one could almost feel the cake batter resting on the tip of one's tongue. The novel raises feelings of nostalgia with its pace, diction and subject matter; after all, who doesn't remember becoming excited over a birthday cake as a child?

However, it is hard to believe that Rose ages more than ten years over the course of the novel since her thought processes do not mature significantly in conjunction with her physical growth. By the end of the novel, the reader is still feels as though he is residing in the mind of a nine-year-old girl, albeit one who lost her innocence and continually bears the burden of se-

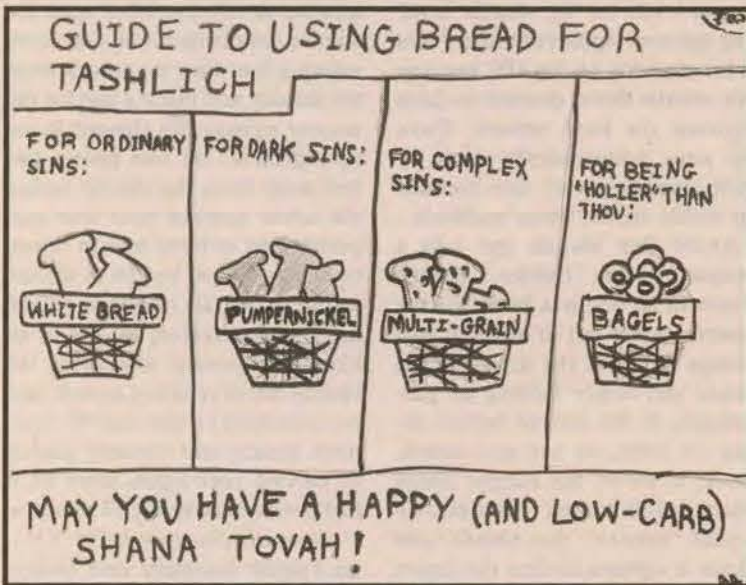


crets that shattered her childhood. In fact, the character who seems to develop the most as the book progresses is not Rose but George, her brother's best friend, who helps Rose deal with her magical gift. In contrast to the members of the Edelstein who family remain static and largely unfulfilled, George comes to terms with his identity and eventually matures into an ambitious young man.

Following Rose's discovery of her ability to determine the emotional state of others through food, her gift becomes superflu-

ous and possibly even unnecessary given the overall progression of the novel. Rose's initial flash of insight into her mother's unhappiness after biting into the lemon-chocolate cake is the only time in the narrative when Rose's gift is actually employed by the author as a key plot tool. Instead, much of the plot development reverberates from the original instance when Rose bites into her slice of cake, without further focus on the resulting magical talents that Rose acquires. The author might have made more use of Rose's supernatural gift as a means to propel the book in a more surreal and fantastical direction.

Aimee Bender's "The Particular Sadness of Lemon Cake" explores the complexities that arise in knowing too much about the people we care for, dismantling the pedestal upon which we place our loved ones. Though its plot could use further development and enrichment, the reader will easily be drawn into the bittersweet story it tells of a young girl struggling through the painstaking process of reevaluating her preconceived notions about those she treasures the most.



Student Scoop

Devorah Zharnest

A conversation with Lauren Tesler, senior, psychology major and avid "crocheter."

When did you learn to crochet? Was it hard to figure out the basics?

I learned to crochet in Israel when I was at Baer Miriam for the year. It seemed like ALL the shana bet (second year) girls were making these amazing massive granny square blankets, and I was in awe of their quick skill and how beautiful their blankets were! I made up my mind to leave seminary with not only Torah knowledge but with a new crafty skill as well. I asked a shana better [with whom] I was close to show me the basics... it was super frustrating at first. I nearly gave up, but decided to stick it out despite starting off slow and tedious. Thankfully, I finished a scarf and most of a blanket while I was [in seminary]. I've been crocheting ever since! I'm hooked - pun intended!

One particular item which you've been known to crochet is your beautiful "siddur purses." How did you come up with the idea to make them?

I started making a book cover and decided that it would work much better as a cute mini purse instead. They're lots of fun to make, especially when I decide to play around with stripes or color-

ful yarn [to create] different looking bags. They're...perfect for shul on Shabbos and [prevent me from losing] my siddur My siddur didn't really fit into my coat [pocket] so a purse or bag [seemed] the best option! It became a really practical idea and so I started to make [siddur purses] as gifts!

Favorite place to shop for yarn? Favorite item to crochet?

I'm in love with the Lion Brand Yarn Studio, right off of Union Square on West 15th [Street]. The workers [there] are really friendly; [also] on the last Thursday of every month they show a movie that has a scene with either knitting or crocheting in it...anyone can go - you can RSVP on their website - and everyone brings their knitting or crocheting [to work on] while having lots of fun! Such a cute place. They also have a yarn of the month that's discounted for that month.

My favorite item to crochet would probably be the Lion Brand pattern called the Cardiff Cowl. It's so easy and turns out very elegantly without all the work. Perfect for the summer [if you use] cotton bamboo yarn, and also good if made in alpaca (fiber taken from a South American species of camel) for the winter!

Any words of advice for someone who would like to learn how to crochet but isn't quite sure

how to get started?

The best advice I could give is to not get discouraged! Keep crocheting...persistence is key. Start with a simple yarn - nothing fancy with funky pieces in it, or a yarn that's particularly furry - because it's easiest to see where your stitches are and where to go next with them. You can ask me to teach you at anytime! Find me around Stern!

What is your favorite thing about Stern?

My favorite thing about Stern is the Drama Society. In joining it, I met the sweetest, friendliest, most talented people I could ever hope to meet. It's amazing to share the stage with girls who are as passionate about Judaism, Eretz Yisrael, acting and singing as [I am]. That kind of thing is only possible at a place like Stern, and I'm so blessed to be a part of it.

To contact Lauren for more information about siddur purses, or crocheting in general, please email LaurLaurN@gmail.com or visit her facebook page- "Siddur Purses by Lauren."

Do you want to be interviewed for Student Scoop?

Have a friend in mind that you'd like to see interviewed?

Email: dzharnest@gmail.com

Around NYC

Have some extra time between classes? Looking for a change in routine? Check out our recommendations for fun activities this month!

Through Sunday, August 29, 2010

Stern Senior Art Show

Yeshiva University Museum at the Center for Jewish History

15 West 16th Street, NYC 10011. (212)-294-8330

Visit www.yumuseum.org for Museum hours.

Note: Students with valid ID enter for free.

Thursday, September 2, 2010, 6:00 PM

Thursday Yarncraft Night

Lion Brand Yarn Studio

34 West 15th Street, New York, New York 10011. (212)-243-9070

Visit www.lionbrand yarnstudio.com for further information.

Sunday, September 12, 2010, 9:00 AM

2010 Komen NYC Race for the Cure*

74th Street Central Park West

Visit www.komennyc.org for more information.

Note: There is an option to join Sharsheret's team.

Visit www.sharsheret.org for additional details.

Tuesday, September 14, 2010, 7:00 PM

Barnes and Noble Knitting Club (at 86th & Lexington Ave)

150 East 86th Street, New York, NY 10028. (212)-369-2180

Meet at reserved tables in the café.

Ongoing through March 21, 2011.

Pictures by Women: A History of Modern Photography

The Edward Steichen Photography Galleries, third floor, Museum of Modern Art

11 West 53rd Street New York, NY 10019. (212)-708-9400

Visit www.moma.org for Museum hours and pricing.

Science and Health

'Science People are Crazy!'

Avigail Soloveichik

The third annual World Science Festival took place in New York City this June. Brian Greene and Tracy Day founded the event, which began in the summer of 2008. The pair—Greene, a physicist, and Day, a television journalist—drew inspiration from a 2005 visit to a public science festival in northern Italy, which has become increasingly popular since its inception.

"Rethink Science," the New York festival's website states; indeed, the event aimed to present scientific ideas in a novel and accessible format to the general public. This year's festival featured forty events, ranging in subject from "The Science of Star Trek" to "Bio-Art and The Limits of Understanding".

On Sunday, June 6, approximately 350 people filled New York University's Rosenthal Pavilion for "Astronaut Diary: Life in Space". I was fortunate to be a member of the audience as Miles O'Brien, an experienced space journalist, moderated. He began with a video of Tracy Caldwell Dyson, one of six astronauts currently aboard the International Space Station. She discussed her job as a flight engineer and answered questions that were previously submitted by over one hundred schoolchildren.

This event was oriented toward children, yet people of all ages attended. "Do you feel like a superhero in space?" a first-grader asked. "What is the justification for human space exploration?" posited an eleventh-grader. To answer the latter question, Dyson stated: "Life itself is very time-consuming and expensive, and exploration is a very important part of our human history." O'Brien then asked for the number one question about life in space, and someone boldly called out, "How do you go to the bathroom?" Over laughter, O'Brien replied, "In a word, it sucks."

This last question segued into the main portion of the session, during which astronauts Leland Melvin and Sandra Magnus spoke about daily activities that become complicated in space. Melvin recounted short trips where he would spit toothpaste into a washcloth, close the cloth until all the liquid was absorbed, and let it dry before throwing it in the trash. He also Velcroed his pillow to his head and buckled himself into his sleeping bag strapped to the wall. "You short-timers," Magnus chided, explaining that on longer trips one learns to swallow the toothpaste and forgo the pillow. Shampooing hair in space is an art that took Magnus a month to master. "I didn't have that problem," remarked Melvin as he rubbed his

balding head.

Magnus and Melvin also spoke about the fun you can have in zero gravity, like flipping a coin that never comes down, and more serious aspects, such as the two hours of daily exercise required to prevent loss of muscle and bone mass. They also mentioned the beautiful view of planet Earth and the cloud formations visible from space. "You're never bored," Magnus commented.

The astronauts described the inspiration intrinsic to their work. "Different races, cultures, creeds are working together," Melvin said, "for the benefit of mankind." Magnus agreed, describing the International Space Station as "a model for how we can all work together." Melvin, recounting his own history as a football player, added words of encouragement. "Make sure to study," he advised, "because...if you pull your hamstring, you still have the opportunity to become an astronaut."

Dava Newman, an aerospace engineer, spoke next about the different research studies being done to prevent musculoskeletal loss. An MIT graduate student modeled a new astronaut biosuit that will replace the old, bulky, gas-pressurized suits; the old ones, although rich in sentimental history, are cumbersome and incon-

venient. The talk concluded with a question-and-answer session, which ranged from a child asking, "is [sic] there aliens in space?" to an adult's curiosity about how astronauts dispose of garbage.

The festival also featured a child-friendly Street Fair, which stretched for a few blocks near NYU and Washington Square Park. Kids pet a Great Dane while the dog's owner waited his turn at a canine-neuroscience booth. More children lined up to peer through a telescope at a large poster of a star-filled sky. Other activities included an arts and crafts table, a bubble-blowing booth, a replica crime scene investigation, and a booth devoted to moving clumps of dirt with magnets.

The next two events that day took place in Lower Manhattan. The first, located in the Broad Street Ballroom, was an exhibit titled "Astronomy's New Messengers: The Exhibit—Listening to the Universe with Gravitational Waves". The subject of this small but informative exhibit was the Laser Interferometer Gravitational-wave Observatory (LIGO), which is located in Louisiana and Washington State. LIGO is a machine that, similar to a large telescope, observes gravitational waves instead of viewing light. Gravitational waves are the result of two black

holes colliding or of a large hole swallowing a smaller one; since light wants to take the shortest path possible but can be bent by gravity, disturbances in a laser's normal light pattern can indicate the presence of these waves. A gravitational wave causes space to stretch less than the width of a proton; and, even with LIGO, very few objects are large enough to cause waves to be detected. Scientists, therefore, expect to see results only once every ten years. Studying gravitational waves can help us elucidate the nature of gravity, test Albert Einstein's theory of relativity, and investigate black hole collisions and supernova explosions.

Next was Battery Park, which housed life- and tennis-court-sized models of the James Webb Space Telescope, the successor of the Hubble Space Telescope. This new telescope, made of beryllium and sheathed in a film of gold, has a much larger mirror than does the Hubble, weighs approximately 14,000 pounds, and is scheduled to launch in 2014 aboard an Ariane 5 rocket. The telescope's mission is to provide visual access to the origins of galaxies and to search exoplanets for biotracers of life, such as oxygen, methane, and carbon dioxide. NASA scientists—including 2006 Physics Nobel Prize winner John Mather—spoke with

the small group of visitors.

The World Science Festival was founded to bring science to the public, and it is as much about the public as it is about the science. I left with wonderful memories: the friendly woman who told me about previous events while we waited on line for standby tickets to the "Life in Space" talk, and the man dressed in a bulbous red kidney suit who tries to educate people at the festival about Polycystic Kidney Disease, which he has. The World Science Festival is about meeting different types of people and hearing their stories.

Inarguably, the best part of the festival was when I overheard a young boy exclaim, "What the heck? Science people are crazy!" I am not sure what inspired this particular outcry—perhaps the man in a pink jumpsuit wearing two-foot-long horse-hoof-like stilts, or the fake person stabbed with a pen in a forensic science booth—but it made me reflect for a minute. Maybe we are crazy, but we are proud to be that way.

Avigail Soloveichik hails from Chicago, IL and Queens, NY. She is majoring in chemistry and English literature.



Science and Health

Science Career Spotlight: Nutrition

Rachel Daniels

When I tell people that I aspire to be a nutritionist, they often-times find it necessary to point to themselves and comment, "Oh, I'll definitely be your first client." In the moment, I can only nod and smile. However, after giving this comment greater thought, I usually wonder if I should assure these people that they look great or put them on a growing list of individuals whom I expect to see as clients in a few years. That being said, nutrition is only a part of the growing field of wellness, and, as I learned this summer, nutrition is not solely limited to weight loss or even gastrointestinal health.

Many people with various gastrointestinal issues seek medical help from general physicians and gastroenterologists. What is unique about stomach illnesses, such as Irritable Bowel Syndrome, is that there is sometimes no obvious solution, no miracle drug or surgery. Doctors and patients often play a frustrating guessing game involving invasive tests and medications, as well as natural remedies. Some patients are lucky enough to pinpoint problems, which can then be solved, but there are others that must simply try their best to avoid eating foods that trigger their symptoms. When that is the case, the counseling of a registered dietitian (R.D.) or nutritionist is usually helpful to the patient. By studying patients' eating habits and patterns of pain, these experts are able to pinpoint certain problems and work to solve them.

As I started to read more about food and health in general, I decided that I wanted to learn more and pursue a career in nutrition and exercise. This summer offered me the perfect opportunity to become more familiar with the field. The dietician whom I shadowed introduced me to some of her colleagues, and by working with them, I gained exposure to many different facets of nutrition. One very exciting opportunity that I had was creating a food-related segment for NBC and watching it air in the news studio. I also edited recipes and articles for a diabetic cooking magazine, updated some handouts about healthy eating for cancer patients, and shadowed personal trainers. As the summer went on, my outlook on the role of a nutritionist truly broadened.

One of the most exciting aspects of the field of nutrition is that the possibilities are endless. Every person has his or her own unique resume and specific talents. Amy Baltes, Registered Dietitian (R.D.), whom I shadowed, amazed me with her list of occupations the first time we met. In addition to working in a private weight management clinic, she advises cancer patients privately, sells vitamins, administers hormone tests, and is a certified personal trainer.

As I met her associates, I realized that a career in nutrition can truly be what each person makes of it. A woman who studied journalism first and then nutrition can use both skills to publish a bi-

monthly magazine for diabetics. A nutritionist who is personable and highly experienced can have a spot on the NBC news every other week, promoting healthy eating and fun recipes. Someone who enjoys a more hands-on approach to health can work at a gym, training clients and guiding them with dietary advice. Meanwhile, a mother with three young children can work in private practice part-time as an R.D. and still consult via email from her home.

Each of the highly qualified individuals with whom I met with shed more light on the field and explained to me how they are able to take their own love of food and health and use it to help people achieve wellness. Thus, whether nutritionists work in private practice, hospitals, school cafeterias, or for an online journal, they are truly making a difference. Nutrition is a field that is constantly evolving, growing, and changing to further wellness in our community, and I am excited to be a part of that mission.

Continued from page 1

Joseph

outlets. "Through that process I got to see a lot of campuses and meet many students," said Rabbi Joseph. In his opinion, none of the student bodies surveyed compared to the YU student body. "I can honestly say that I've never been around a more engaged, thoughtful, energetic, creative and talented group," he asserted.

Rabbi Joseph believes that his previous experience as a community rabbi lends him important personal skills to deal with all sorts of people as vice president and chief of staff. He is also grateful for his experience on Wall Street running a hedge fund, which taught him lessons in organization and professionalism.

"I've spent some time both on Wall Street and in the Rabbinate and have worked with amazing people doing fascinating things; but the opportunities, talents and passions I see around me at YU are some of the most breathtaking and overwhelming I could ever imagine," Rabbi Joseph said.

Above all, Rabbi Joseph considers himself fortunate to work closely with President Joel, whom he describes as, "a president who gets it, whether 'it' is *avodas Hashem*, Torah learning, student life, messaging, corporate culture, customer service, the personal touch, the 'West Wing,' and on and on."

President Joel released a statement in June announcing Rabbi Joseph's promotion. "All of you who have had dealings with Josh know he is the best of colleagues and an effective leader, valued for his sound judgment, discretion and insight," he wrote in the statement, which was sent to YU staff. "I know you join me in wishing Vice President Joseph every success."

Now You Know

print assistance, and generally help decide how to best present YU and its departments to YU students, alumni and donors, as well as external media.

The department of CPA plans to unveil the dynamic, student-oriented second phase of the Now You Know campaign near the beginning of the fall semester.

Dimona

worked late into the night, attending meetings and making preparations for the following day.

CPI counselors interacted with the locals on a daily basis and became immersed in the everyday life of Dimona. Counselors even stayed in the local *ulpana* (dorming high school for girls), rather than a motel or hostel. The goal was to make the counselors feel as at home in Dimona as possible to encourage the formation of strong connections with the campers.

After two weeks, camp culminated in a final performance, showcasing the campers' achievements and talents. Highlights included a runway fashion show, a drumming performance, an intricate dance, and a display of the campers' artwork.

CPI staff members met with parents to sing their children's praises, and the entire evening was infused with a bittersweet atmosphere: campers and counselors alike were both elated by their joint achievements, and simultaneously saddened by the prospect of leaving one another. Amidst a flurry of tears, hugs, and passionate declarations to keep in touch, the CPI 2010 summer program came to a fulfilling end.

The importance of the CPI program stemmed from the dual objective it strove to achieve. CPI attempted to provide Israeli teenagers with skills for both inside and outside the classroom. The camp lent its participants an outlet for expression and uncondi-

tional encouragement, incurring a heightened level of self-esteem. At the close of the summer, not only do the campers leave with improved knowledge of English, but with the confidence necessary to utilize their newly acquired skills.

In addition, the campers' heightened self-confidence contributes to a refreshed outlook on life. Campers leave with an improved sense of self, a renewed belief in their ability to strive and succeed; the parting gifts given to the campers range far past the art projects and drum lessons.

Of course, the campers are not the only ones who glean valuable life lessons from the summer camp: each counselor of CPI 2010 was profoundly affected by their time spent in Dimona. Not only did the counselors receive a unique opportunity to improve upon their Hebrew skills, but they were able to grasp a wider perspective on life. Placed in a relatively rustic setting with few amenities and challenged to forge connections with willful Israeli teenagers, counselors learned to push their limits past what they had thought possible.

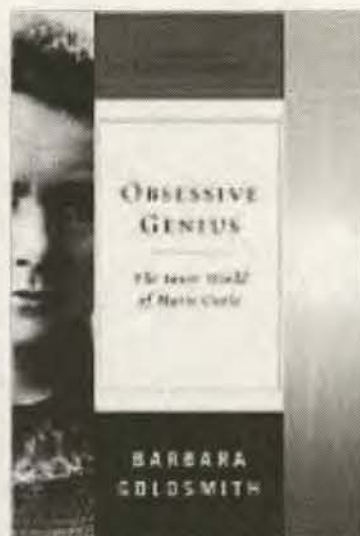
Despite the exhausting hours and taxing efforts required from each and every counselor to create a successful CPI summer, every staff member would agree that, when gazing into the face of a smiling and grateful Israeli teen, every ounce of effort was unequivocally worthwhile.

Marie Curie: The Woman Behind the Legend

Helen Ayala Unger

"Nothing in life is to be feared. It is only to be understood," the title woman of this month's featured science read once stated. *Obsessive Genius: The Inner World of Marie Curie* by Barbara Goldsmith is a meticulously researched biography of one of the world's most renowned female scientists. The book provides an intimate look into Curie's life, a view that both clarifies myths and captivates the reader.

Marie Curie (1867-1934) rose from humble beginnings as a governess in Poland to become one of the most influential physicists in history. Together with her husband, Pierre, she isolated two new elements, polonium and radium, and the couple teamed with Henri Becquerel to discover radioactivity. In 1903, she became the first woman to win a Nobel Prize for her work in Physics, and earned



a second Nobel in Chemistry in 1911. As her career progressed, "Madame Curie," as she was frequently called, became the paradigm of a woman in science.

Throughout the years, Curie's

story has become the stuff of a modern legend, leading many to believe that she went through life in a series of successes without hardship. Goldsmith aims to portray Curie as she truly was—a brilliant woman who often faced both financial woes and gender discrimination. The book succeeds in giving the reader an opportunity to discover her strengths, lament her weaknesses, and marvel at her accomplishments. This month's science pick shows the inner essence of an eminent scientist, making her contributions to the outside world all the more intriguing.

Helen Ayala Unger is a sophomore at SCW from Cleveland, OH, majoring in Biology. She enjoys lab research and getting recommendations for science books to review. Go Cavs!

Science and Health

How to Avoid the Freshman Fifteen

Rivkah Rogawski

The first year of college is associated with many key, formative experiences. Unfortunately for many, the gain is not only in knowledge but also in pounds: the notorious "freshman fifteen."

The undergraduate lifestyle, with its erratic schedule, new social milieu, and increased workload can often cause behavioral changes that lead to weight gain. Additionally, many different stressors can trigger anxiety disorders and depression, which can in turn cause overeating. Fortunately, research has shown that awareness of this phenomenon accompanied by certain key behaviors can prevent both the "freshman fifteen" and the associated decrease in physical health. While living in Manhattan presents a unique set of challenges, Stern College students definitely have the ability to stay healthy while they enjoy the undergraduate Yeshiva University experience.

Researchers exploring the "freshman weight gain phenomenon" have found the risk to be real. As a group, most college students are physically inactive - only 50 percent participate in any form of physical activity whatsoever. Additionally, weight gain in 18- to 24-year olds has been shown to be significantly higher than that of older age groups, indicating that this age bracket is a particularly important time to establish adult weight patterns.

However, research finds that those who practice positive health behaviors, such as engaging in healthy nutrition and forms of exercise, have higher levels of self-confidence and self-esteem. The

impact of exercise and proper nutrition can extend beyond physical health and affect many areas of a student's life.

A recent research report released from Drexel University chronicled researchers' attempts to discover which style of dieting could predict freshman weight gain in 69 freshman women. Researchers used measures of cognitive restraint (an individual's mental control over their eating), disinhibition (loss of control over food intake), and emotional eating (eating to assuage negative emotions, such as sadness or anger) to assess which dieting patterns were associated with freshman weight gain.

Although one would imagine that increased levels of emotional eating and disinhibition might predict weight gain, researchers did not find that this was true. Rather, a history of weight loss dieting and weight suppression (a current weight much lower than a highest-ever weight) were positively correlated with weight gain during freshman year. Individuals who said they were currently dieting to lose weight actually gained twice as much weight as former dieters and three times as much as those who had never dieted.

The researchers hypothesized that this might be because such individuals have a predisposition towards weight gain. An inconsistent dieting history might indicate a tendency to perpetuate a weight gain cycle. Awareness of one's particular weight and dieting history can help individuals plan for their year at Stern College. Freshman year might not be the best time

to try to lose those last pounds of puppy fat.

Developing a strategy for health maintenance throughout the year may seem obsessive-compulsive, but it can be effective. Researchers at the Harvard School of Public Health conducted online focus groups to identify barriers to healthful weight management amongst college students. The participants' goals for the semester were those familiar to any Stern student: lose weight, get in shape, get good grades, and maintain an active social life. The researchers grouped their findings along two axes; barriers versus enablers of weight maintenance, and intrapersonal versus interpersonal factors affecting weight maintenance. They found that on an intrapersonal level, stress, boredom, lack of discipline and unhealthy cafeteria foods contribute to weight gain - fairly predictable findings.

Interestingly, however, researchers found that social situations in which students were pressured to eat, such as parties or dinner dates, can contribute to weight gain; conversely, social support was seen as increasing weight loss and physical activity.

Making a commitment to a friend is one of the best ways to maintain physical fitness in a college environment. Penina Radinsky, a Stern College senior majoring in biology, says that she is "much more likely to work out if I know that I am letting a friend down if I don't go to the gym with her." All of the Stern dormitories have exercise rooms, and Central Park - a brisk one mile away - offers beautiful, clean running paths. Making a once-a-week

workout date can be an excellent way to make gains along both "intrapersonal" and "interpersonal" axes.

For those who prefer working out alone, it is worth the time to tinker with one's workout in order to find a routine that suits one's individual lifestyle. Michelle Wolff, a personal trainer at LA Fitness, states that "People are motivated by different things; some of my clients are motivated by energy levels, some by looking good, and others by the fact that they can eat an extra Milky Way bar after they exercise." Wolff stresses the fact that, depending on individual energy levels, some people burn the most calories in the morning while others are able to achieve peak performance at night. The medically recommended exercise intervals are 30-minute bouts of moderate intensity cardio most days of the week, but a weight training that increases muscle tone can help burn calories throughout the day.

For post-workout snacks, stock up on healthy and simple snacks, such as instant oatmeal, rice cakes, yogurt and dried fruits. This can help deter late-night visits to the Brookdale caf store, which rarely offers anything other than prepackaged cookies and Chinese food loaded with MSG. There is a D'Agostino's supermarket located at the corner of 35th and 3rd streets, just down the block from Stanton Hall, that carries a standard range of healthy snacks. For the more nutritionally ambitious, take a brief subway ride downtown on the 6 train to Union Square where an enormous, double-story Whole Foods Market and an open-

air farmers market on Friday afternoons will produce many healthy options.

Exercise also yields benefits besides looking trim in a denim pencil skirt. Recent studies indicate that exercise may be effective in treating depression and anxiety disorders. Researchers compared two groups of depressed patients; one group was assigned to walk on a treadmill for 30 minutes a day, and the other group took standard antidepressants. Evidence indicated that the exercise group experienced a greater reduction in depression than the group that underwent drug therapy.

This leads one to consider another facet of college health: maintaining mental equilibrium amidst a stressful academic and social environment. The Stern Counseling Center offers individual therapy, psychiatry services, referrals, groups and programs on campus. Program offerings include educational workshops on stress management, time management, test anxiety and communication skill building. Dr. Yael Muskat, the center's assistant director, explained that their goal is to "help students maximize their potential and receive quality mental health services as needed." They work with students on a wide range of issues, from temporary emotional stressors to continuous counseling care.

By applying these tips, Stern College students definitely have the ability to stay healthy while they enjoy the undergraduate Yeshiva University experience. Come May, when it is time to reflect on the year's gain, it will be internal rather than external.

Sports

Sports at Stern College?

Meira Lerner

If you are not a sports enthusiast, you may wonder why some students willingly devote up to four hours each night to their team.

The answer lies in the fact that, to these students, sports are not simply time commitments. They learn many life lessons for from the sports arena, such as teamwork, discipline, and perseverance. They enjoy themselves in a healthy way. Yet, the most attractive part of a good athletics program is the unity and pride it provides for the entire student body.

There is no better feeling than belonging to a group of students who cheer their teams on through victories and defeats and wear team apparel to boast after wins and spread hope after losses. These moments of true unity build a strong student body, strengthening the students to face any type of crisis. The students realize that they can face together any obstacle together. As one large team.

Simply put, sports bring people together. They provide an understanding between strangers whose only known connection is a Bos-

ton Red Sox hat or a New York Yankees jersey. Similarly, college sports unite student bodies and provide an arena for expressing school pride.

While students around the globe may struggle to fit into college environments, we have the advantage of being suited for Yeshiva University since birth. Judaism, the unbreakable bond that exists between us, connects the Stern College student body in a way that few other colleges could hope to achieve.

That said, our pride and unity

are in no way perfect. We could all still use a good dose of team building and bonding to truly view each fellow student as a member of the team.

Each month, the sports column will feature the following four sections in order to recognize the achievements of Stern athletic teams and increase school pride through sports: articles covering school teams, a schedule of upcoming games, sports quotes, and a column about famous Jewish athletes.

I advise that we, as a student

body, connect more with our peers by increasing our efforts to join clubs and teams. If none of the clubs or teams interest you, or you cannot make the time commitment, attend a club event or a game to cheer on your fellow students! They will be ecstatic to have fans and, besides adding a bit of enjoyment to your life, you will also unite under the pride we all share as students of Yeshiva University.

Israel

Israel: Coping with a Biased Media

Lauren Burstein

On Monday, May 31, MSNBC.com reported: "Israeli commandos repelled down to a [Turkish activists'] aid flotilla sailing to thwart a Gaza blockade...clashing with pro-Palestinian activists on the lead ship in a botched raid that left at least nine passengers dead."

On Tuesday, June 1, CNN.com published an article that chronicles some of the "activists'" eyewitness testimony. "Huwaida Arraf, one of the Free Gaza Movement organizers, told CNN Israeli troops roughed her up when they responded aggressively to her ship...she said, 'they started beating people. My head was smashed against the ground and they stepped on my head.'"

In the days to follow the UN condemned Israel for the attack. The Turkish government withdrew their ambassador from Israel.

Clips of the Israeli raids were shown throughout the remainder of the week on all of the prominent news networks including NBC, ABC, FOX, and CNN. The videos show Israeli military entering the flotilla and opening fire.

Americans watched these clips and read these articles. Somehow, along the way, a story was crafted: a group of people, good people, humanitarians on a mission to bring food to the hungry and clothing to the poor, were attacked by a

militant army; they were attacked, defenseless, by a vicious group of people, by soldiers with guns. Innocent people were killed. Others were wounded or psychologically damaged. There is only one party responsible: Israel.

Other articles were published which sought to understand Israel's motives and alleviate some of the blame that was thrown upon them. On June 1, Colum Lynch of The Washington Post begged the question, "[H]as Israel broken any laws?" He continued to argue that Israel had the right to defend itself against violent behavior. "Israel is required by law to respond with the proportional use of force in the face of violent resistance," wrote Lynch.

Yet articles such as Lynch's are not always taken into full consideration by the American public. After all, why would a prosperous, luxurious Israel institute a blockade against a poor, desolate Gaza in the first place? Why would Israel deny innocent people basic civil rights? Americans root for the underdog. We try to seek justice for all people, because we are a democratic nation, and because we are a People who try to preserve an ethical and moral code of behavior.

Sometimes, however, people miss important pieces of information that merge together to form

the whole truth. How many Americans considered the fact that Israel had the right to institute a sea blockade on Gaza? How many people realize that Egypt also has a land blockade? How many people know that the Israeli Defense Force warned the boats to turn around and not enter Gaza, that they tried everything before resorting to entering the boat? Israel's intention was not to open fire; they were forced to use their weapons in self defense. How many people understand the amount of money that Israel gives Gaza to supply aid? These facts are presented in the news as secondary facts, as the information after the headline.

The list of facts that are not always given proper deliberation seems endless. Americans are quick to judge. We are quick to form opinions from the little we see and hear on the news and what we read in the papers.

On the other hand, it is hard to blame the public for believing what they hear. Who would blame someone for feeling anger toward Israel after reading the headline, "Israel's Deadly Attack"? If you cannot trust your newspaper to deliver an unbiased view, then what can you trust to provide information about the world?

The David Project and other similar organizations aim to elimi-

nate the existence of anti-Israel bias on college campuses. One of the David Project's main prerogatives is to inform the majority of college students who are unaware of the basic facts about the State of Israel's history. They believe that if correct information is disseminated on campus, students will be more inclined to consider the new information and reconsider their own bias.

While The David Project has succeeded in conquering at least some anti-Israel sentiments on college campuses, and while they have done an extraordinary job in teaching students strategies to challenge these biases, it seems unlikely that their efforts will always prevail against a biased media. Why would the average American student listen to another student over a segment of the news that was shown on CNN, a supposedly factual source of information? How can the media change its bias? How can people change their views that have been so deeply rooted? The solution is yet to be discovered.

A group of Israeli singers collaborated after the flotilla incident to express their feelings about the media bias. They performed a song called, "We Con the World." The song, displayed on YouTube.com, is a spoof of the song "We are

the World," which American artists originally created to benefit the Haitian earthquake victims. In "We Con the World," the singers satirically express the skewed facts surrounding the flotilla incident:

*There's no people dying
So the best that we can do
Is create
The greatest bluff of all.*

The singers also mention that "the truth will never come to your TV," singling out CNN. The chorus of the song includes the words, "We'll make the world abandon reason." These words are painstakingly true. At times it seems as if logic has been abandoned by the world. One viewer of the video comments that, "they might have made it funny, but it's actually true 100% too."

One way to cope with the frustrating bias and intolerance is to sing about it. Another way is to hope for an improvement in the future. However we choose to cope with the current situation, we must remember that it is crucial to continue discussing these issues with our friends and peers. It is the only way to remain cognizant of the problem and be aware of its effects on the world.

Stern Students' Summers in Israel

Lauren Burstein

The summer semester allows college students the opportunity to intern and explore various professional avenues. It also allows students to participate in social justice awareness programs. Many Yeshiva University (YU) students take the opportunity to explore these options in Israel. A handful of Stern students spent most of their summers working and learning in different parts of the country. Four of these women spoke with *The Observer* about their experiences.

Dena Katz, a senior at Stern College for Women (SCW) and a psychology major, spent her summer interning in an occupational therapy clinic in Jerusalem. At Herzog Hospital, Katz was able to interact with patients and watch and assist in the therapy sessions. She believes that the experience solidified her desire to enter the field. "It has opened my eyes to new possibilities within the field of occupational therapy. I am really going to miss it there!" said Katz, who was accepted into the internship program through Yavneh Olami, an organization that helps American college students obtain summer internships in Israel.

Mijal Bitton, a senior at SCW,

was accepted into Counterpoint Israel, a five week program sponsored by the Center for the Jewish Future (CJF). Bitton, along with 21 other YU undergraduate students, taught English and promoted Jewish values to teenagers living in Dimona, a city located in the Negev desert (see the article on page x). Bitton was enamored by the entire experience. "I loved every second of it," she stated. "At points I couldn't believe how much I was getting from such a program - from the kids, the fellow counselors, the staff - they were all so amazing." Counterpoint Israel's mission, according to the organization's website, is to "empower the Israeli teens by discussing with them important and relevant issues pertinent to their daily lives, like substance abuse and peer pressure, while teaching them English so they can develop those crucial language skills."

(See "Counterpoint 2010 Goes to Dimona" on page 5 for more details about the program.)

Shoshana Balk, a senior at SCW, double majoring in Judaic studies and psychology, lived in Jerusalem for the summer and worked as the counselor for the Shaare Zedek Hospital Summer Interns program. The program, which ran

for the first time this summer, allowed eight incoming high school seniors the opportunity to work in an Israeli hospital setting. Balk interned in the Pediatric Neurology department where she tested patients for learning disabilities, such as Attention Deficit Hyperactivity Disorder (ADHD) and administered medical treatment to other such patients. "My purpose in choosing this program was to 'get my foot in the door' of the field of neuropsychology, which is a tentative career interest of mine," noted Balk. "What made it a most special and unique experience was doing the internship in a Jewish hospital that operates according to *halacha* (Jewish law) and what I have seen to be an exemplary institution."

Dena Shayne, a senior at SCW, started each day at 4:45 am this summer, waking up in Tel Safi Gath. She learned about Hazael's destruction of Gath as she explored and dug through pottery and other ancient remnants. Shayne, along with other undergraduate student from YU and colleges around the world studied on a program ran by Bar Ilan University. "In a typical day

continued on page 14, Summer

East or West, Home is Always Best

Rebekah Friedman

I am standing outside with my sister on a sunny morning in Jerusalem, waiting for my chariot to take me to work. The number seven bus, which I have proudly named "The Jerusalem Geriatric Express", is the slowest bus in all of Jerusalem. The reason for this is that every senior citizen in all of Jerusalem chooses to take this bus line. Walkers and canes clank on the bus at every stop, slowing it down. After taking this bus line for the last two weeks, I have got used to its pace and began to enjoy listening to the older men banter about politics and watching the older ladies drag their bubby destined for Machane Yehuda.

Today, however, was a different bus ride all together. I sat on the bus minding my own business, when an older man with a cane almost toppled over me while the bus was moving. I helped him to his seat and he immediately began to open the windows in front and behind him. I proceeded to mind my own business when this elderly stranger began to speak very slowly in Hebrew. I looked at him and smiled while he began to tell me what should be done if someone else on the bus was sick: open as many windows as possible. I smiled and put my earphones in

my ears, but then I noticed he was still eager to talk. He told me about his career and his family. I was enamored by the way he discussed his career as a professor, and the way he recounted every degree and job that every member of his family had.

I asked him where he was from. "Baghdad," he responded. With great sadness in his eyes, he began to recount the tale of his life's journey: "I escaped Baghdad at the age of 14; I left everything behind. My father was dead and I received a ticket to Palestine, and I had to leave my sister and mother behind. I will forever regret that decision. If I would have stayed a little longer I may have been able to get them out," he admitted. "When everything had settled I was able to reach my uncle in Baghdad and pleaded with him to locate my family. He never found them." He looked down at his feet and then looked up at me with tears gleaming in his eyes.

I was infused with curiosity about his life, and even though I knew it was hard for him, I asked him to tell me more. "I arrived in

continued on page 14, Home

Israel

Where are the Pro-Israel Students at Stern College Hiding?

Aimee Rubenstein

On July 25 through July 28, 2010, the American Israel Public Affairs Committee (AIPAC) Saban Leadership Seminar held its second conference of "intense grassroots advocacy training" in Washington, D.C., with more than 400 student activists from 140 campuses participating. AIPAC is a bipartisan pro-Israel lobby that strives to secure Israel with strong American support. AIPAC is also a major force in pro-Israel political activism on Capitol Hill, and is effective with top Washington policy makers. *The New York Times* names it, "The most important organization affecting America's relationship with Israel."

Yeshiva University (YU) is no stranger to the threats Israel faces. Stern College certainly has a high percentage of students who strongly support Israel, yet ironically, many students are not politically involved in actually advocating for Israel. The Yeshiva University Political Awareness Club (YUPAC) cadre, who attended Saban, has hopefully shifted the emphasis on our campus from apathy to activism with its involvement in AIPAC.

At Saban, Jewish and non-Jewish students were intermixed in groups to understand the importance of cementing the U.S.-Israel relationship and becoming leaders in that mission. The fact that there were numerous non-Jewish students, and even more so, Jewish students, who were ready to hit their campus and make smoke, underscored my impression of how little our student body does to help Israel. "The nature of a YU student is that he or she cares about Israel," notes Alison Silver, last year's co-president of YUPAC. "In one way or another, most students on YU's campus want to do what they can to help Israel," she says; but what great accomplishments have YU's thousands of students made in furthering Israel's cause?

YUPAC is a group on campus that, according to Silver, is "not on many students' radar". Naturally, every club is going to attract a certain group of students, but YUPAC has previously attracted less than it should. Noelle Forde, a political science major at Stern College, thinks the problem is "twofold... students don't have the pressure

to defend Israel. There is nobody challenging our stance. And, with the Israel Club on campus, students assume that being a member is being active enough."

Fortunately we are all pro-Israel, but there is still more work to be done. As a result of YUPAC's delegation's participation at Saban, students have returned equipped with the necessary strategies and passion to channel the students assumed apathy into a machine of passionate and confident advocates.

YUPAC has had a few successes in the recent past. Last year, YUPAC stormed the nation's capital with 140 students lobbying for IRPSA (Iran Refined Petroleum Sanctions Act). This bill was passed on December 15, 2009, just 13 days after the lobby mission. The bill "gives President Obama the authority to tell any company that sells, ships or insures refined petroleum to Iran that it cannot do business in the United States," explains AIPAC's 2009 Near East Report. Recruitment on the YUPAC board worked relentlessly in their lobbying efforts for this mission. Most students on cam-

pus just don't understand what YUPAC does and are scared to get involved in politics. Through having individual conversations (and interpersonal relationships) with students, we had the opportunity to explain that politics aren't scary. The YUPAC lobby effort was the largest in YU's recent history, and will hopefully have a ripple effect on the intensity of this year's political activism.

I am not here to preach, but rather to motivate the students who are simply lackadaisical. Our pro-Israel student body must become more politically active on campus given today's reality. With a nuclear Iran drumming to its unknown future, it is time that we, as Jews especially in a Jewish university, take action. I am confident that students out there, somewhere in YU, want to get involved. Forde, who was also president of the J. Dunner Political Science Society, agrees that there are political science students who are politically proactive, just not through Stern organizations. "Students will go to the [Ahmadinejad] rally, but may not necessarily be proactive on a pro-Israel campus," she says.

So I urge you to step out of your bubble and make some waves.

For those skeptical readers who simply cannot fathom that their actions will have an impact, Ethan Wasserman, a junior at Yeshiva College who worked for Congressman Robert Wexler last year, has the experience to prove that you alone can make a difference. "I worked in the congressman's office, and I can tell you that people and students make a difference," says Wasserman.

Assumptions are left behind with inceptions. People forget that almost nobody takes the time. Be that somebody. As Jonathan Kessler, AIPAC's leadership development director, and mentor to thousands of successful student activists explains, "It's not who you know; it's who knows you".

Aimee Rubenstein is director of strategic planning and relations in YUPAC. She first discovered YUPAC when participating in their D.C. lobby mission, and was intrigued to find a club that was successful in its pursuits. Aimee is awaiting your email at arubenstein.yupac@gmail.com.

ACADEMIC ADVISEMENT CENTER

Your Resource for Everything Academic

We are here to help you with:

- Achieving Academic Goals
- Graduation Requirements
- Scheduling
- Junior and Senior Checks
- Exit Requirements
- Choosing Your Major
- Internships
- Summer School
- Joint Programs

Our Study Clinic will enhance your:

- Critical Reading Skills
- Test-Taking Strategies
- Time-Management
- and much more!

215 Lexington Ave.
12th Floor

Make an appointment now at:

www.rich65.com/you2

Contact us at:

212.340.7701

Pass/No Credit

Shaped Majors

Add/Drop Courses

Study Clinic



Mrs. Miriam Schechter
Director



Mrs. Rochelle Mogilner



Dr. Gail Gumora

Opinions

The Inherent Powers of Disagreement

Ariella Gottesman

I get a lot of surprised looks when I tell people what I'm learning these days. I suppose it is out of the norm. I don't quite understand why- it's a very basic sefer that is sourced quite often and vital to the religious practice of Jews today.

I had a daily skype-chavruta with a fellow student through June and July learning *Igrot Moshe*. Written by Rav Moshe Feinstein (1895-1986), it is the collected response of all of the *halachic* questions he answered in writing, covering every topic of Jewish law both conceivable and inconceivable. I'm not entirely certain why people are surprised (although their jokes of "it's not '*Igrot Moshe*,' it's '*Igroys Moyshe*'" are amusing). It's *halachah*- I like learning *halachah*. It's relevant- I like topics that are relevant. It's reliable- I like learning ideas that I know I can trust.

Perhaps people are surprised that I want to learn works by a Haredi Rav, instead of more modern-oriented *halachic* com-

pendia, with which I am certain to agree, and from which I can draw directly actionable answers. My religious ritual practice generally does not follow Rav Feinstein's rulings, since I tend towards a more lenient ritual approach. That criticism is correct in that I draw very few ideas from *Igrot Moshe*, either philosophically or ritually, that I could wholly embrace. Yet, though the *halachah* itself is inapplicable, the thoughts in the *teshuvot* are quite important.

An inherent empowerment results, deliberately or otherwise, from exploring ideas with which one disagrees. For example, one of the topics in the *Igrot Moshe* that we covered was feminism. While I enjoyed learning Rav Feinstein's view on the topic, I was neither surprised by the answer, nor entirely swayed by the argument that feminism is a futile attempt for women to change roles defined by G-d. I chose to respectfully disagree. Similarly, a few weeks later,

I read "The Feminine Mystique" by Betty Friedan, a great work in feminist literature, arguing that women are stifled of all creative energies if they stay at home. I enjoyed reading the work, and while I do maintain its place on the reading list of Jewish women as it deals with the common questions of motherhood versus career, I was neither surprised nor swayed by her arguments. I chose to disagree.

Yet the experience of learning such polar views of feminism and womanhood expanded my own viewpoint of the subject. Prior to reading these works, I knew very little of feminism, beyond teachers of my yeshiva high school strongly belittling the movement ("Feminism is women wanting to be like men"). I did not trust my teachers' view, and rejected it out of hand- I could not believe that a movement so strong in numbers and so proudly praised could be

continued on page 14, Disagreement

Nurturing in a Natural Setting

Abby Vishniavsky

Human milk is one of the most directly nutritive and immunologically protective substances, yet people still feel shameful and nervous merely discussing the topic of nursing in public (even if the mother takes every precaution of modesty). If nursing women felt supported by society and not shunned, they would be able to feel free to nurse in public.

Human milk is important for infants nutritionally. No formula can compare to the real thing. Breast milk changes and grows with the baby, providing the exact nutrients that the child requires at its particular stage of development. For example, human milk is high in fatty acids to help promote brain growth and provide energy for the infant and increasing during periods of growth spurts. In addition, breast milk provides the right amount of hard-to-digest proteins, fats, minerals and vitamins, as well as enzymes in just the right amounts allowing for the highest rate of absorption in order not to overburden the baby's fragile digestive system and kidneys, which help deal with toxins from proteins.

One of the greatest components of breast milk is its built-in immune system. The immunological quality of the milk begins in the first few days after birth, with special milk called colostrum. Colostrum milk is specific for a newborn with more protein and less fat and carbohydrates, and also acts as a laxative to help excrete surplus bilirubin and decrease the risk of jaundice. Human milk provides the infant with its only source of antibodies. Babies do not produce

adequate amounts of antibodies until six months to a year.

Milk contains a carbohydrate called oligosaccharide that is not digestible. This carbohydrate mimics the cell wall of the small intestine, where viruses and bacteria attach in order to enter the body. The viruses and bacteria mistake the oligosaccharide for the cell wall of the small intestine and attach to them instead. The antigen is then flushed out of the system along with the indigestible oligosaccharide. These are just a few examples of the great immunological function of breast milk.

Because of breast milk's importance for infant health, nursing should be encouraged. Forty-nine states and the District of Columbia have laws to promote and legalize nursing in public for this reason. Since mothers must nurse their babies every two to three hours, women who go out in public for more than two to three hours at a time must be able to nurse accordingly. Although some public places provide private rooms for women to nurse, such rooms are largely unavailable. When women do not have a private place set aside for them to nurse, they may feel somewhat punished for promoting their child's health by breastfeeding. Alternatively, if women have access to a secure location within the public realm, they will feel that society is condoning their choice.

In our reality, many people are uncomfortable with women nursing in public even if it's in a discreet fashion. In 2006, Rebecca Cook of Wisconsin entered a Victoria's Secret store to shop. In the middle of shopping her baby became hun-

gry and needed to nurse. After the store clerks did not allow her to use a changing room to nurse, she said she would sit out of the way at the end of the hall of the changing room to nurse her daughter. The store clerks also refused to let her do this because of the possibility that her breasts might be exposed, offending customers - as if there were no pictures of scantily clad women displayed on the walls! A Victoria's Secret spokesperson apologized for the incident and stated that the company has a policy that allowed for mothers to nurse in their stores.

This story exemplifies the general sentiment toward nursing, and especially nursing in public. The American public is not offended by women displaying their cleavage with low cut blouses walking down the street or bikini clad women on television, so why should they be offended by a woman modestly nursing in public? If it is not sexually offensive, what is the problem? Society should not stuff nursing mothers into bathroom stalls or tie them down to staying at home. What woman would want to breastfeed with all the restrictions?

Breastfeeding in public should be done discreetly and modestly, and, as such, should be taken in stride. A mother wearing a baby sling, a special nursing top or a shawl is able to nurse modestly in public. An onlooker could easily think she is just holding a sleeping baby. Taking that for granted, there are still public situations that are not appropriate for breastfeeding. To gage its appropriateness, perhaps, think about whether you

VIP A Message From Richard M. Joel President of Yeshiva University

Though I have been asked to offer some thoughts as President of the University, these ideas stem from my roles as a father, and now a grandfather. I spend a lot of time thinking about the world my granddaughter, Kelila, will live in, who she will play with, and what she will learn from her peers and teachers when she goes to school.

The women currently studying in Stern College for Women, and their counterparts at Yeshiva College, will comprise the backbone of the human infrastructure that will inspire and educate Kelila and thousands of other children within our community and beyond.

Over the summer, an article entitled "The Case for the \$325,000 Kindergarten Teacher" by David Leonhardt ran in *The New York Times*. The author reported on a recent economic study that inferred that kindergarten teachers possessed a far greater impact on their students' future lives than initially thought.

The data from the study inferred that adults who had better kindergarten teachers performed the same in grade school and high school as those that did not, but afterwards, a notable difference emerged. The students with better kindergarten teachers on average proved more likely to go to college, less likely to become single parents, and earned more money in the workforce than those with underwhelming teachers.

This article helped confirm something that I already strongly believed. We all have the capacity to profoundly influence the lives of the next generation. If kindergarten teachers can assist their students educationally and vocationally, then teachers and parents, lay and *klei kodesh* all have the ability to instill in Kelila's generation the ideas and ideals needed for them to take our people to

would feed your child a juice box or give an infant a bottle in the same situation.

The health value of mother's milk is important for an infant's health; for this reason it is important to promote breastfeeding in every way. An important part of promoting breastfeeding is society's acceptance of nursing in public. If women cannot comfortably breastfeed in public they will be less likely to breastfeed and will turn to alternative ways of feeding their baby that do not contain the same health benefits as human milk.

Abby Vishniavsky is a Senior at Stern College, majoring in Biology.

Alfano, Sean. "Woman Fights For Breast-Feeding Rights: Wis. Mother Protests Victoria's Secret For Asking Her To Nurse In Rest-

their next place.

We all bear the responsibility to advance the Jewish future. The unique education offered at Yeshiva University can enrich your life with the wisdom, meaning, and passion needed to ensure your positive contributions to our mutual tomorrow. Try new things, think new ideas, gain the skills of Torah and the disciplines that will ensure your success.

Myriad possibilities await you. From your first semester through your last, I encourage you to visit the Career Development Center to assist you in charting a course to future achievement. But, you need not solely look that far in advance. Make the most of the classes, clubs, and experiences offered each semester, as they are certainly ends in themselves.

We delight in the *Shabbat* environment on campus, so whether your parents live 30 minutes or 3,000 miles away, you can gain much from the *ruach* and robust programming each week. I know I do when I spend *Shabbat* on the Beren and Wilf Campuses.

Inside the classroom and out, Yeshiva's educational atmosphere will equip you with the tools to construct a community where our children and grandchildren can thrive. You are a part of an unbelievable tradition that must grow stronger and stronger as civilization needs us more and more.

A recent Yeshiva conference bore the title "Remember the Future". I implore you to learn from the great books and the great teachers, your experiments and your experiences. Remember that all the wisdom that you attain ensures your future. Welcome home.

In every issue, look for a YU "VIP" who will share their thoughts and opinions with our readership.

room" CBS News 2 July 2006. 22 June 2010 <http://www.cbsnews.com/stories/2006/07/02/national/main1773867.shtml>

La Leche League International. "What is colostrum? How does it benefit my baby?" La Leche League International 14 October 2006. 22 June 2010 <http://www.llli.org/FAQ/colostrum.html>

National Conference of State Legislation. "Breastfeeding Laws." National Conference of State Legislation March 2010. 22 June 2010 <http://www.ncsl.org/IssuesResearch/Health/BreastfeedingLaws/tabid/14389/Default.aspx>

Newburg, David. "Do the Binding Properties of Oligosaccharides in Milk Protect Human Infants from Gastrointestinal Bacteria?" *The Journal of Nutrition* 127, no. 5. May 1997. pp. 980S-984S.

PERCEPTION, MEET REALITY.

www.yu.edu/nowyouknow

Coming 5/10/10

Opinions

Relating to Tisha B'av Today

Leora Perlow

Most summers, when the period of mourning for the *Beit Hamikdash* arrives, I find myself not exactly looking forward to the strict laws against eating meat, buying new clothing, or bathing for pleasure. The destruction of the First and Second *Batei Mikdash* always feels so far removed from my summer vacation, a typical suburban summer filled with ice cream trucks, pool passes and chalk sketches. But this summer, for the first time, I found myself able to relate to the feeling of tragedy. During the nine days preceding *Tisha B'av*, news reached the Chicago Jewish community of several tragedies. First, we learned of the death of Rav Yehuda Amittal, the founder of one of the largest *hesder* yeshivot in Israel and of the Meimad political party.

A few days later, we received news of the death of a member of the Skokie community who was killed in a plane, which he piloted. Three of his visiting Israeli grandchildren were killed when the plane crashed. The community was still reeling from the shock of this disaster when we learned that a boy only two grades below me in high school had passed away in his sleep on *Shabbat Chazon*, the *Shabbat* that marks the week in which *Tisha B'av* falls. He was eighteen years old and had intended to leave in less than a month for a year of study in a yeshiva in Jerusalem. I had attended his high school graduation a little over a month before. At his funeral, I witnessed my brother burying his classmate, a *rav* burying his *talmid*, and a father burying his son.

Never before have the "nine

days," as we often refer to them, seemed so real. The catastrophes which were mourned this *Tisha B'av* were not thousands of years old—in fact, they were not yet even days old. For the first time, the ancient tragedies such as the destruction of the *Batei Mikdash* did not seem so ancient.

It was then that I began to wonder: why is *Tisha B'av* a day historically prone to disaster? And why are those same misfortunes that befell Jews generations ago still affecting us today? The *Talmud Yerushalmi* explains that every generation in which the *Beit Hamikdash* is not rebuilt is equated to the generation in which it was destroyed. Even if the *Beit Hamikdash* existed today, it would be destroyed for those same reasons that it was destroyed thousands of years ago. But what can we do to stop the sins that caused the destruction of the *Beit Hamikdash*?

On *Tisha B'av* I attended a lecture by Rabbi Daniel Raccah, leader of Sephardic Community Shaarei Mizrach of Chicago. He explained that the *Beit Hamikdash* exists for two purposes; firstly, to serve as a place for the Divine Presence to dwell, and secondly, to unite Jews, especially on the three pilgrimage festivals. Thus, the First *Beit Hamikdash* was destroyed because Jews committed the three severest sins: idol worship, immoral sexual acts, and murder, driving out the Divine Presence. During the time of the Second *Beit Hamikdash*, although these sins were not committed, the lack of unity prompted its destruction. Despite people still coming to the *Beit Hamikdash* to perform sacrifices, they remained

distant from one another. Baseless hatred ruled relationships between people, and thus the Second *Beit Hamikdash* was destroyed because it ceased to serve as a place of bonding between the Jewish people.

During the year I spent in Israel, I had the fortune of spending *Shabbatot* all over the country and experiencing the customs of all different types of Jews. The communities in which I stayed ranged from a kibbutz with monkeys in the Galilee, to affluent relatives in Hertzilia Pituach, to a Yemenite community in Mitzpe Ramon in the middle of the Negev. I had the opportunity to meet countless types of people and to witness the way in which they observed *Shabbat*.

Yet my favorite memory of *Shabbat* in Israel is not of davening at the Belz shul on a Friday night, or staying in a community of Gush Katif evacuees and hearing their stories; rather, my favorite memory of *Shabbat* in Israel is of *Kabbalat Shabbat* in Me'arat HaMachpela. There I experienced genuine unity within the Jewish people. I remember studying the men's head coverings while they prayed. I saw fur shtreimels, army-green berets of soldiers, colorful knitted *kippot*, black velvet *yarmulkas*, and sweatshirt-hooded heads. Of course, there were those with no head covering at all. The joy in the room was tangible, with spontaneous dancing between every prayer, and songs according to the Carlebach tradition. As I witnessed the wide spectrum of head coverings all swaying together to the rhythm of song, I understood what it meant to be a united people.

Two days after *Tisha B'av* this year, I attended a parsha class given in my neighborhood by Rabbi Moshe Soloveitchik. Rabbi Soloveitchik described a duality that we all have in our relationship with G-d. As we state at the beginning of every *Shemoneh Esrei*: "*Elokeinu v'elokei avoteinu*," ("Our G-d and the G-d of our ancestors"), we all have two ways of relating to our Creator. We can look at the connection as an ancestral one of the past, or as a personal sanctification of the present.

The epitome of the blending of our ancestors' past relationship with G-d and our present relationship with Him was the *Shabbat* service in Me'arat Hamachpela - a place which pulls us together because of our ancestral connection, but where we can also form a connection with G-d in the present, making this a most appropriate place to experience a uniting Friday night service. It is the burial home of the ancestors of all of the Jewish people, and so it is a place infused with meaning for us as a people today in the year 5770. Me'arat Hamachpela, as the resting place of our ancestors attracts all different types of Jews. Yet we must recognize that the bond connecting *Am Yisrael* is not only one of the past. Despite the variety of head coverings and ideologies, as a People we have more in common than we often admit. We all worship one G-d and follow His Torah, which we all accept as unchanging. We all believe in *s'char v'onesh* (reward and punishment) for our actions. We all hope and pray for the same *Mashiach* to redeem us. Our souls exist as a united nation.

Yet it is because of our failure

to realize this very unity that the Second *Beit Hamikdash* was destroyed. As a People we should look to that Friday night in Chevron and recognize that the greatest enemy to us today is not the development of nuclear weapons in Iran, nor is it giving away Israeli land, nor attacks by terrorists; rather, the gravest threat to our people is the disunity among us. Our enemies perceive the lack of concordance and recognize that even if they would not lift a finger, this disunity has the potential to wipe out our nation, G-d forbid.

The nine days preceding *Tisha B'av* this year was a time in which tears flowed freely in Chicago. When I think of that Friday night service in Me'arat Hamachpela and of the freshly dug grave site of my brother's classmate, I remember the nearly tangible expression of unity among our people. If we strive for such unity even when we are not at the graves of our shared forefathers or community members, we will realize that we share more than just an ancestral connection. Although every *Shemoneh Esrei* begins with beseeching *Hashem* to heed our prayers for the sake of our forefathers, this prayer ends with focusing on our relationship with Him, for it is we who have the potential to improve the world.

With *Hashem's* help, we should breathe life into that unity which stems from the resting place of our ancestors so that it becomes a connection of our own, a connection of the present with both our Creator and our fellow Jew.

Leora Perlow is the editor of *Derech Hateva*.

More than One Way to Help

Rita Carla Bron

Adults often state that youth is wasted on the young. Yet, most of the young might not have the foggiest idea what this wasted youth entails. After all, they have the intelligence, newfound vigor, and above all, the determination to make a difference in the world. The young are the ones with an idealistic view of the world, for the most part un-calloused by the acceptance of reality. What "wasted youth" do their wiser and more experienced counterparts refer to? What "great but unrealized potential" do the young currently possess, only to wake up one day to find its absence?

I consider myself a contemplator and an amateur logician. Let us contemplate at the beginning. Young adults in their twenties and thirties often have one of two attitudes. There are those who live as if time has stopped. Only today exists, only the beach, only the moment. Others gallop as young colts, blinders and all, eyes solely

focused on the finished line - finishing a degree, finding a job, or rising up the corporate ladder. A third and rare category exists of those who see laterally, who see the parallel young in less fortunate situations, and never don the blinders worn by their peers. These individuals are found globally, by nature of their mission, helping others. And while each group does have its positive qualities, every category lacks a crucial ingredient. Someone forgot to mix in the dash of experience and perspective.

This reminds me of the time I forgot to add salt to the *challah* - all of my human guinea pigs immediately realized the missing sodium chloride, ruining the culinary experience, though the *challah* did physically satisfy my friends' stomachs; likewise, each group of young adults accomplishes some type of goal (even the "in the moment" group - are they not happy in the moment?), but the taste is

missing.

The young lack the prowess, the macro view of the world, to put things into proper perspective. A Rabbi once spoke about the son of a rich man. This son was inspired; he wanted to help the world by delivering aid to the medically unattended in Africa. Instead of continuing in the family business, making a fortune, and paying for ten doctors to give medical assistance in Africa, he decided to go to medical school himself and become the doctor in Africa. He traded in the opportunity to provide tenfold aid for a medical school certificate! While in the short term, and in his own perspective, pursuing the financial route seemed selfish and counterproductive, becoming a doctor was an active step, a direct action that would result in a direct improvement. In this person's situation, perhaps the longer and less direct route would have been a better choice. But it is difficult for the young to give up the

self-satisfaction of directly helping someone for the distant knowledge that one's daily un-idealistic routine could help even more.

This phenomenon - that the young believe the only way to help someone is to deliver immediate help - is plaguing our generation. With the utmost respect, one cannot deny the reality that many teachers have their hearts in the right place but have skills elsewhere. One cannot deny that in Stern College, pursuing academic majors to qualify for people-helping professions can become a trend, but sometimes those students could better help by not helping (no offense - I have realized this about myself and am therefore majoring in math).

The missing ingredient is time - time to develop, to see the overall picture, to grow into an experienced human being. This time leads to perspective. Broad perspectives allow for the proper framework for individual and ev-

eryday occurrences. For the less motivated, that means focusing on the future results of an action. For the more motivated, that implies a constant reminding of living each moment in the present. For all, that signifies the necessity of approaching every action with the mindset of helping others.

Perhaps that is what is meant by the saying, "youth is wasted on the young." Despite the physical capabilities and the quixotic mindset, the young lack perspective. Accordingly, the young lack patience to see the time-delayed results of their actions, and maybe even an acute awareness of their true potential.

Rita Carla Bron is a senior at Stern College majoring in mathematics. Her future plans involve applying her math skills to a career in finance, which she intends to use to help others.

Style

Bag Ladies: Why We are Willing to Drop More Dough on Our Totes Than We Can Afford to Put in Them

Talia Kaufman

It is amazing how many people are still under the naïve impression that the fashion industry is all about the clothing. Any lady who has ever stashed her credit card bill in her crocodile bag knows that in our world of capitalistic insecurities, clothing is merely the accessory to the handbag. Though the tote bag styles are rapidly evolving, our love of the grown-up goodie bag is forever in our hearts and displayed on our arms.

Purses let us feel like little girls again. A big-girl version of blankies, they are that little piece

of comfort that helps us face the world.

Unlike other items of clothing, our purses are always there for us. They will always forgive us for those extra desserts, provide us with our plastic for our little sprees, and serve as a convenient place to rummage in a desperate attempt to avoid awkward confrontation.

They sell faster than an Hermes Birkin at a Barney's warehouse sale. A handbag takes the most practical item and turns it fabulous with sparkle and flair.

They are perfect for any aspiring fashionista on the mass market: the girl who wants a full-time designer commitment but who can only afford to play the field.

Purses are the perfect investment item. They serve as a wardrobe go-to without making one an outfit-repeater. They are made to last; one lady's investment can become her vintage piece the day her skin becomes more leathery than her bags.

Sporting a Prada tote is a fabulous way of subtly exclaiming "I can afford a Prada Tote." True, Forever 21 will be knocking it off in about a month, but there is something about the melodic click of the golden turn lock that makes us want to commit to Mr. Jacobs forever and always.

Purchasing your purse admits you to a sorority. Along with that sorority there is a certain lifestyle involved. Marc Jacobs is reminiscent of Soho hipsters and their wannabes who probably cannot afford a Jacobs wallet. {this doesn't make any sense}

But a girl's best friend was originated as what is now a woman's biggest warning sign: the man bag. Until the 1900s, only men carried purses. If a woman wanted something, she had to ask him for it.



Trends may go from couture to the can but one thing stays true: our passion for the purse.

Fashion forward feminists ended that trend at the turn of the twentieth century, when they strutted out into the world toting their own belongings. The handbag has since become a sign of female independence and fabulousity.

Our handbags are filled with statements about the wearer, personal style, lifestyle and income. As for what the trends are saying in 2010, it's all about Romantic

Gagaism: Going bold and going glam.

And so, whatever, you will be feeling in 2020, as long as it is accompanied with a desire to drop some serious cash in 2010, there is a bag to express that. Because purses are a place to keep everything; lipstick, keys, wallets, secrets, and above all, a desire to be fabulous. After all, isn't that everything a girl needs?

Hot: Avante Garde Individuality	Not: Punk Rock and Conservative Conformity
Monotone metallic's, primarily golden	Silver Mesh and Anything Grafitti
The mix of earth tones, pastels, matte bright jewel toned colors and tribal prints	Patent and high shine leathers
Elegant rich textures with ironic twists, novel embellishments, woven fabrics, suede, exotic materials, fringe, raffia and embroider	Fluorescent colors, pyramid studs and zippers that do not zip

Fall Head Over Heels

Aimee Rubenstein

Beware of screeching students as they run to reunite with their friends on 34th Street. As the girls run in exasperated motions, take note of their precipitous ped-wear. Possibly lethal on move-in day, killer heels will most definitely be making their debut in painfully tall heights. Although the summer heat wave continues to peruse through the skyscrapers of New York City, driving us all mad, students can rely on the New York scene for some fashion sense. Taking a cue from Lady Gaga and fellow urbanites, expect heels to be the new tool in our climb to success this fall.

The stiletto heel, named after the stiletto dagger and also known as the spike heel, is a style that was born in the early 1930s and has been growing, literally, ever since. The latest heels are platforms that can never be too high; a staggering four or five inches is the new norm in the heel business. Stern College students will be seen sporting such heels at a *Shabbat* dinner or a night across the town. Tan-colored heels are most pragmatic because of their neutral color; they give the allusion of a longer leg and match all seasonal colors.

Lady Gaga dares to wear ten-inch Alexander McQueen stilettos in one of her music videos. Yet she crushed the hope that it is possible to fill such big shoes when she tripped and fell in Heathrow Airport.

Stern students may think twice about the practical advantage of their heels as research has shown that height plays a role in the workplace. Heightism is a form of discrimination based

on height, and in the fast-paced workforce women need to stay on top. Heels give extra inches of confidence to control one's surroundings and think creatively.

As the skyscrapers defy gravity, soon so will we. It seems most appropriate that the Big Apple, of all places, will have platform-heeled glamour girls strutting to conquer their goals. If the sky's the limit, then we are five inches closer to reaching our dreams.



Lady G makes her audience go gaga in ten-inched heels.

continued from page 10, Summer

we found at least 5 buckets filled with pottery shards," said Shayne, who was able to see and touch historical findings that could impact knowledge of Jewish history. She is ecstatic about having lived through such an experience. "The dig was definitely one of the coolest things that I have ever done," Shayne said. "I was actually experiencing the *Tanach*, not just reading it. To me, it felt as if the book of Kings was coming alive in my hands. Each pottery shard or loom weight that I excavated was part of something bigger than just a house. I was excavating Philistine history. Things that I had learned about, I was now holding!"

Many YU students can spend their summers in Israel, teaching and learning from others. In a time of economic and global crises, as well as social and humanitarian needs, it is wonderful that students are able to help in many different ways. With the help from organizations such as Yavneh Olami and the CJF, students have the opportunity to find programs that best fit their needs and desires.

continued from page 12, Disagreement

simplified to that single axiom. My knowledge of feminism was therefore nil. When I opened *Igrot Moshe*, and then "The Feminine Mystique," I opted to learn from two writers who I felt I could trust, though I would disagree with their teachings. My understanding of feminism is now more nuanced, my handling of the topic more deliberate. Though neither gave me the answer of "this is feminism, this is right and this is wrong," I am now in a better position to find my definition of feminism, in what I believe in and what I reject.

The only way I, or anyone, can forge their own path of opinions is to read and discuss ideas which they might ultimately reject. Even continual rejection opens the

continued from page 10, Home

Israel in 1947," he continued, "I had nothing but my name and the clothes on my back. I made a life for myself. I have been through three wars and I have lost everyone close to me," he said. "All my friends and family have been taken away from me through war. I have felt sad for a long time but I rebuild all the people I lost by creating a family for myself and watching them flourish and live a fulfilling life in Israel."

I looked at him, myself tearing up. He held my hands and said, "My stop is next. It was lovely to speak to you, and I hope to see you on the bus more often." I told him my name and said that it was a pleasure to meet him. He started to walk off the bus, then turned to me and said, "Rivka...east or west, home is always best."

I watched him walk off, wishing he were aware of how much he affected me. My sister came out of her iPod-induced trance and turned to me, asking, "What's wrong?" I looked at her and said "I'm good. Actually, I am great!" I got off the bus and started my walk toward Meah Shearim, telling myself that I was exactly where I wanted to be.

viewpoint to new possibilities, and rejection of these possibilities strengthens a growing, even if basically unchanging, viewpoint.

Ariella Gottesman is a Junior, double majoring in Political Science and Judaic Studies, and loves reading both Judaic and secular literature.

**THE OBSERVER
WISHES YOU
A
K'SIVA D'CHASIMA
TOVA
AND A
SHANA TOVA!**