



The Yeshiva University

OBSERVER

MINI EDITION

The United Nations: Did Netanyahu Go Far Enough?



guardian.co.uk

RACHEL DELIA BENAIM Welcome back! After a month of praying, eating, relaxing, and recouping from the first month of school, it is time to hit the ground running in high gear (literally—the something weird is going on with the elevators in Sy Syms!). Midterms are coming up, not to mention great events and the presidential election. Before we get stressed about it though, let's review what happened at the UN over vacation:

Over the break, PM Netanyahu (also known as new Internet meme hero) took center stage and reiterated his warning about the Iranian nuclear threat.

Netanyahu demanded the world set clear red lines to stop Iran from developing a crude nuclear bomb. He went so far

as to literally draw a red line on a poster of a bomb to show the world exactly what must be done to stop Iran.

Bibi's force and charming presence was unparalleled. He had the whole room silent. While every other delegate spoke that day, the GA hall was noisy; people were on their cell phones, talking to the people next to them, and strolling in and out at their leisure. However, while Bibi spoke, he had the world at attention.

Netanyahu was strong, forceful, and decided, but did he go far enough?

Iran is, arguably, the strongest and most viable threat that the State of Israel and Jews everywhere have faced since Nazi Germany. Supreme leader Ayatollah Khomeini publically proclaimed that Israel "must be wiped off the map." President Ahmadinejad blatantly denies the Holocaust and calls for the elimination of the Zionist regime.

As an aside, notice the word "eliminated." When Iranian leaders discuss Israel, they only ever call for a final solution. Never negotiations—let alone peaceful negotiations. The Iranian regime want Israel obliterated, and they're not afraid to

literally scream it on stage before the entire world. If that's not making their point crystal clear, I'm not sure what else would.

That being said, Netanyahu called for red lines to be drawn in response to Iran's uranium enrichment program. And what are those red lines? To oversimplify it a bit, he called for more finger wagging at Iran: "Don't you continue enriching uranium another 20% this year..."

How is that more of a strict response to the Iranian threat than any of the other 6 major sanctions placed on Iran is the past 6 years? The UN alone placed six major sanctions on Iran as a result of their nuclear program in the past 6 years, and what have those accomplished? Why add more?

Everyone knows the saying "fool me once shame on you, fool me twice shame on me." Well, fool me 7 times—that's an international crime.

Continued on page 4

Look Good
Feel Good
Responses
Inside!

A Prayer Heard Round The World

NAOMI SCHWARTZ Jews pray for the Messiah on a daily basis. But on September 23, 2012, a synchronized Tefillah effort swept the globe. Over 2 million Jews, from Australia to France to China, all said the same prayer at the same time, crossing not only physical borders, but spiritual borders as well. In the first such attempt in Jewish history, non-affiliated Jews, Ashkenazim, Sephardim, Chassidim, and more joined together with the same prayer for peace and redemption. The 35-word prayer was translated into Hebrew, Russian, Italian, Spanish, and more, in order to make the prayer more meaningful to whoever was saying it. Under the title "All Jews as One," a team of dedicated

members, remaining anonymous for reasons of modesty, prepared extensively, choosing the Sunday before Yom Kippur as the powerful target date.

With the blessings of many well-known Rabbanim (including former Chief Rabbi Yossef Chaim Sitruk of France, Syrian Sephardic Rabbi Yosef Galamidi, and Rabbi Chaim Kanievsky), they began spreading the word by email, poster campaigns, Facebook, and a ten minute YouTube video, delivering the holy Chofetz Chaim's words: "If only thousands and millions of sincere Jews would show G-d that they truly desire Mashiach, he would surely come that moment."

Continued on page 4



The Yeshiva University
OBSERVER
WWW.YUOBSERVER.ORG

Editor-In-Chief
Rachel Delia Benaim

Managing Editor
Hannah Dreyfus

Copy Editor
Arielle Katz

Opinions
Tali Adler

News
Chana Brauser

Features
Miriam Dubin
Bequi Frankel

Arts and Culture
Aimee Rubenstein

Science and Technology
Alana Genuth
Tova Joseph

Sports
Meira Lerner
Lindsay Wess

Layout
Avital Tzubeli
Rachel Lester

Photography
Julia Siegel
Irit Greenboim
Adina Minkowitz
Emily Wolmark
Rochel Spangenthal
Elisheva Aeder
Chaya Wiznitzer

Social Media
Lindsay Wess

Web
Shaindee Hirsch
Ellie Sonnenwirth

Business Manager
Sophie Felder

PR Manager
Courtney Thomas



Founded by the women of Yeshiva University's Stern College in 1953, *The Observer* is the official newspaper representing the student body of Stern College and Yeshiva University. *The Observer* is an independent student publication, self-funded, and published on a monthly basis throughout the academic year. Views expressed in *The Observer* are those of the writer's and do not necessarily reflect those of the editorial board or the student body, faculty, and administration of Yeshiva University. All *Observer* content is copyrighted and may not be reprinted without permission.

So You Want To Be A Lawyer?

HANNAH DREYFUS A pre-law undergraduate student a decade ago was extolled for his/her ambition and drive. Today, with a flooded job market and the recent economic recession, eager pre-law undergrads are met with skepticism, ominous tidings, and suggestions to pursue a career elsewhere.

Still, here at Yeshiva University, there are a significant number of students determined to pursue a career in law. To help accommodate and encourage pre-law students, Yeshiva University is launching a new undergraduate enrichment program hosted by Cardozo School of Law, "Law, Dispute Resolution, and Justice." Under the direction of Dr. Edward Stein, Vice-Dean of Yeshiva University's Benjamin N. Cardozo School of Law, the program, which will host six Friday seminar classes at Cardozo, explores selected issues related to constitutional law, civil rights, international law, and public policy. Taught by prominent members of the Cardozo faculty, the program launches this fall and will continue into the spring semester.

"This new program will provide undergraduate students interested in law a 'sampler' of what it means to study law, and what it actually means to go to law school," said Dean Stein. "When it came to selecting professors for this program, our focus was on both quality and variety, in terms of subject matter and approach. Undergraduate students at YU will be exposed to the best Cardozo has to offer."

The program is modeled after the "highly successful" undergraduate initiative hosted at Einstein School of Medicine beginning in the 2011 fall semester. Explained Dean Bacon, "Working through Einstein, students began to feel comfortable at the medical school. In addition to the faculty on our immediate campus, students felt they could reach out to the medical school staff for mentoring or advice. Our goal with the new Cardozo program is to encourage this same connection."

With the recent departure of Dr. John Fousek, pre-law advisor at Stern, and a budget that's "growing tighter," Dean Bacon continued, "There's no need to re-invent the wheel. Cardozo is part of the Yeshiva University community. It is an incredibly valuable resource. This new program takes advantage of the rich resources already available to us."

While the program at Einstein consisted only of

first-time-on-campus students who had received Dean Scholarships, the Cardozo program chose to include upperclassmen as well. Twenty students from both YC and Stern have been selected to participate in the program. Students were selected by the pre-law advisement at YU based on past involvement, expressed interest and demonstration of academic excellence. After being selected, students sent in applications expressing their interest in the program.

Samuel Rosenblatt, an upper junior double majoring in Philosophy and Economics with a Judaic Studies minor, will be participating in the pilot program. "My particular fascination with the law revolves around this sense of pervasiveness," said Rosenblatt. "While I certainly keep a watchful eye on the constitutionality of the Affordable Care Act and status of Tal Law, my appreciation for law goes beyond these formal legal forums." For Rosenblatt, pursuing a career in law is definitely a consideration.

What he hopes to gain from the program? "The program offers unique exposure to some great legal scholars, as well as a forum for issues not typically discussed by undergraduate students," said Rosenblatt.

Sarah King, junior at Stern pursuing a double Graphic Design and Music major, is also participating in the program. She hopes to pursue a career in international law. "This opportunity to see what goes on inside a real law school is a great chance for me, and other students who share my interest, to get a peek," said Sarah.

The program directors have worked hard to select some of Yeshiva University's best and brightest. But, with budget cuts, loss of significant personnel (Dr. Fousek, mentioned previously), and an uphill battle against a job market spitting out lawyers faster than job positions can be created, is YU doing enough to prepare its undergraduates for an already challenging career path? Sophie Felder, super senior at Stern planning to attend law school, answers with an unapologetic "No."

"There was no indication of when to take the LSATS or how, there were no courses offered on LSAT prep. A pre Law student at Stern has to be extremely self motivated," continued Felder.

Speaking from an YC perspective, Rosenblatt seems to have had a different experience. "The YU

pre law society definitely makes an effort to have programs and extracurricular activities for students interested in law," said Rosenblatt. "In the past they've had the C.J.L. program through Cardozo, which dealt with the interrelationship between Jewish law and legal theory. They've also offered internships with judges in court. The pre-law office has a presence on campus and encourages students to come and speak to them about law school preparation." While he "never felt that they're not doing a good enough job in the law school prep department," Rosenblatt did qualify, "then again I have no reference point."

Whether this reflects a disparity between the men's and women's colleges is a question that must be confronted, especially with the loss of Stern's on-location law-advisor.

Responding to the concern, Dean Bacon explained, "One-on-one advising at Beren will be handled by Michelle Filorimo. Group activities (public lectures, panel discussions) and notices (internships) will continue to be in Ms. Ariella Hellman's domain which she will handle from her uptown office on the Wilf Campus." Speaking with Michelle Filorimo herself, program director of academic affairs at Cardozo and 04' graduate of Cardozo, Filorimo confirmed plans to spend "a couple evenings a month on the Stern campus."

Students will be informed of when she's available and how to set up meetings through academic advisement. "This is a new experience for me, but I'm going to do everything I can to help the pre-law students at Stern," said Filorimo. "I have been incredibly impressed with the caliber of Stern students I've met in the past, and I can't wait to work with them!"

Despite the difficult job market and the harsh realities of recent budget cuts, both Ms. Filorimo's new post at Stern College and Cardozo's undergraduate enrichment program take important steps towards providing pre-law students with the exposure they need and the attention they deserve.

"Law is a difficult field to break in right now," concluded Dean Stein. "I would give undergraduates at YC and Stern the same advice I give to accepted students at Cardozo. Nothing can replace real-world experience. Before you choose this a career, get your feet wet. See what it really means to be a lawyer."

The Art of Vacationing: Why Doing Nothing is Easier Said Than Done

"You know that feeling when you're on vacation and technically don't have anything to do that very moment but the free time is still not quite free because you have these due dates and the threat of future due dates looming over your head?" — The author, in an email to a friend over the dark days of vacation

CHANA BRAUSER As if summer weren't hard enough. As if those three months of long, lazy days weren't enough of a challenge. As if those languorous, class-less hours didn't make me feel like enough of a bum. There I was, just three weeks into the school year, having surfaced at last from my slow-as-molasses summer lifestyle, attempting to function like a decent human being. My days were spent running from class to class with nary a second to spare, like I ought to be, traversing the Internet during class like the good college kid I try to be, spending my evenings shuttling from one event to the next like any respectable YU student, and generally feeling like a productive person. Then, suddenly, with hardly any warning, I found myself unceremoniously released from this comfort zone into the unregimented wilderness of a month-long vacation.

No! I protested, as I was ushered out of the dorm building. Let me stay! I cried, as I was escorted through security at the airport. Don't send me back there! I pleaded, my voice lost over the roar of the airplane as it took me far away from the place I knew I belonged. What now? I whimpered, laying my head down in despair on my pillow, my body — weary from hours of protest — sinking into the crisp bed sheets. I closed my eyes in despair...and decided I kind of

liked them that way. A lot.

For the next few days, I savored the novelty they call sleeping late: there was something so delicious about keeping my eyes closed just a bit longer, something so right about lying supine just a few hours longer, something that almost made me forget the truth. For a few short, sweet days, I was able to escape the reality, to raise my head above the dark, desperate, swampy waters of vacation and lose myself in the hours of semi-consciousness.

But it wasn't meant to be. I couldn't live in an illusory fog forever. I could no longer apologize for doing nothing. The time had come. One early morning, I awoke with a start, scrambling around in the near-blindness of early morning bleary eye for a piece of paper and began furiously creating one to-do list after the next, listing any and every task I could beside neat little empty boxes. "Brush teeth," read one that I checked off moments later, a manic grin overwhelming my face; "Eat breakfast," exhorted the next, and I savored filling in the square after polishing off my yogurt. I was accomplished; I was producing; I was, in fact, productive. At long last, I had broken free from the shackles of vacation, had dragged myself out of the confines of free time, and had emerged, appropriately weighed down with the schoolwork I had neglected. I sneered in the face

of the idle vagabond I knew myself to have been, taping shut the mouth of the small voice of reason, screaming somewhere inside me, with the latest in a series of to-do lists.

I knew, somewhere in the recesses of my sluggish mind, languid from weeks of doing nothing, that I had that art history paper to work on, that *Observer* article to write, those endless pages in a history book to mark up. And so I set to work, feverishly putting pen to paper and attaching task to box, knowing that only this way — only with the deliberate creation of endless empty boxes — could I live with myself, could I survive alone in the wayward wilderness in which I had been left, abandoned. In this way, I knew, I could triumph over vacation's fearful, towering shadow.

Somehow, somehow, I raised myself above the vacation that had been so callously foisted upon me and drew upon inner reserves I did not know I had to triumph over that which had tried to claim me. I managed to weave through the traffic of my mind and meet deadlines headfirst. Such as this one.

Finally done with this piece. Off to press we go. Out comes the pen to check off another one of those nagging little boxes. Tonight, a box on a checklist. Tomorrow, we take on free time. Doing nothing? Nothing doing. Cower in the face of my pen-wielding hand.

A Less 'Stern' Approach to Dressing: A Response

Each morning when we wake up, we are faced with a difficult decision. No, I am not talking about whether or not we should get out of bed and go to our early Monday morning class, nor am I talking about the choice between apple cinnamon oatmeal verses blueberry Greek yogurt for breakfast. The choice I am talking about is what to wear. We are often conflicted about what clothing is appropriate for a classroom setting; should we choose the formal business-like outfit, or should we opt for the more comfortable, seminary-esque attire? This used to be a conflict I too grappled with each morning, but a recent experience eliminated the struggle. For me, this decision is no longer an internal battle.

This past summer, I traveled to Germany on a CJF program. At the time, my mind set had been, "dress to impress," so it is no surprise that I packed my "coolest" and most "fashionable" clothing. Each day I spent an immense effort preparing, choosing out suitable outfits, and even straightening my hair. This intensive preparation each morning of the trip definitely took away from my experience, as I ended up being extremely tired throughout the day, falling asleep on every bus-ride, and even occasionally dozing off during museum tours and panel discussions. Yet, it wasn't until shabbat, when I decided to whip out my heels, that my fashion



epiphany finally struck me.

On our Shabbat spent in Berlin, we were set up to have meals at various families' homes. The house to which I was assigned was a half an hour walk from the shul. By the time I had walked for about ten minutes, I couldn't bear the pain anymore, and ended up walking the rest of the way barefoot! When I finally arrived at my host's home, I was told that there was no eruv, and was thereafter scolded for carrying my stilettos. It was at that moment that I realized- its just not worth it! Why kill myself trying to look great? All it gets me is blistered feet and disgruntled hosts.

To me, one of the most incredible aspects of Stern is the welcoming and unthreatening environment. Some days it's true, I feel like I've just stepped into a seminary, when I see the swarms of black Hardtail skirts and baggy Forever 21 sweaters. But what's wrong with that? I agree, "you will accomplish a lot more when you feel better about yourself"- but I've never felt better than when I roll out of bed fifteen minutes before class and whip on the casual Stern "uniform." Not only does it give me the time to focus on my studies and extracurricular activities, but when I step into the Koch Auditorium, in the stereotypical Stern dress, I feel like I belong. I feel like I'm a part of something. I don't need a fancy blouse tucked into a pleated skirt to be academically productive and successful.

The next time I walk past you in the all-too-cramped hallways in my "shlumpy outfits," know that I'm not dressed this way due to apathy or indifference. Rather, I chose to dress this way, and I'm proud of it.

Sincerely,
Chana Posluns

LOOK GOOD, FEEL GOOD RESPONSES

Lost In Translation: A Response

Dear Avital,
I write 'Dear' to connote a feeling of kinship, as we attend the same school and should look upon each other with kindness and respect instead of judgment and disgust. Your article left me feeling rather irate. Here is why: you had the potential to write about how one's positive self-image can affect their academic performance for the better. That was in fact where I thought you were going. Instead, you used the article to critique those who you don't feel dress up to par.

I wanted to hear that when you look good, you feel good, remaining more focused, and approaching the world differently. When you look good, you have an extra smile for others, and others often have an extra smile for you in return. Looking good can improve academic performance and social interactions.

But looking good should never be about appeasing others; it should be about showing respect for oneself.

Everyone is different and has a different schedule. Kol hakavod that you are able to fold your laundry right after it comes out of the dryer! But I'm a commuter; I sometimes do my laundry at 6 AM and take it out of the dryer just before I have to run to the bus at 7:30 to get to class. My priorities are different, and that should not be a negative reflection on who I am. We're college students, some of us with part time jobs, internships, and, because it's Stern, husbands. We have a lot of responsibilities. We do what we can.

I have numerous friends, from all walks of life, that go to Stern. They all dress differently. No one has the right to determine whether another's choice of clothing is appropriate or not. Looking around me, I see a diverse group of creative, intelligent, individualistic women who do not deserve to be berated because of what they choose to wear. This isn't a tznius issue; this is an issue of looking at one other with positive regard.

Your article came across with disgust at the manner in which people dress, accusing these clothing choices of giving Stern girls a bad reputation. I've been in Stern for a long time and I understand that it gets tiring to hear Stern girls be stereotyped. But instead of empowering the student body, your article made us feel ashamed.

For that, there is no justification.

In an all girls Orthodox private university, girls express themselves with their clothing. If that means wearing a sports jersey on the day that their favorite team is playing, so what? Why not express what we care about? If my friend wants to layer up different types of shirts and tank tops to make her own personal style, good for her! And if my friend is here on a full scholarship and can't afford more than one black skirt then who am I to look down on her and make her feel like she's less presentable than the rest of us?

I respect what you were trying to say, but I think too much was lost in translation.

Sincerely,
Rachel Stern

Dear Avital, Thank You! A Response

Some people may have taken offense to Avital Tzubeli's critical article, "Look Good Feel Good," published last month. But, personally, I would like to thank her for what she wrote. Avital's article was a real wake-up call for me that my appearance matters. The article has therefore inspired me to improve the way I look when I come to school.

I actually had been feeling quite insecure for some time now about my regularly disheveled appearance, wondering if people judged me, thinking that I had poor grooming habits. So every couple of weeks or so, I would take the extra time in the morning to style my hair, apply make-up, and dress nicely as a way of showing classmates that I did have some self-awareness. However, I simply could not be bothered to make the same effort every day. Though I occasionally received a compliment or two on such 'put-together' days, I felt like the effort never really paid off. Was anyone actually paying attention to what I looked like on a daily basis? Maybe people noticed when I looked "nice," but did anyone really notice when I didn't? I convinced myself that people at school don't really think about others' appearances, especially

when we are all in the same boat, going to sleep at 3 am and really in need of those ten extra minutes of sleep in the morning. Some day, future employers would care, and when that day came, I would do a better job grooming myself. But right now, in cozy Stern, I just didn't feel like it.

When I read Avital's article, I felt like she was talking directly to me. Maybe not quite as bad as the awful Gap-tee she describes, but I regularly wear the bun I slept in to class and lazily don the sweatshirt that was part of my high school gym uniform. Though I convinced myself otherwise, she clearly noticed and was bothered. Good to know. Now I have more motivation to put in effort in the morning and look a little nicer because I know people do actually care. I'll feel more comfortable with myself, too.

And you know what? The next day when I straightened my hair and put on some make-up, I received three compliments in a row! I guess people really are paying attention. Thank you, Avital, for motivating me to dress more appropriately in the future. I hope I can keep it up. Shalom!

Sincerely,
Naamah Plotzker

The title of Avital Tzubeli's article, "Look Good, Feel Good," highlighted an important reality: usually, investing time in your appearance makes you feel better about yourself. Nevertheless, I wished this article would have given more constructive advice instead of 'ripping on' outfits worn by students and pointing out flaws of Stern women.

The main advice the article gives is to throw on a button-down and tuck our shirts in. For some (including myself), that's simply not our style. We're at Stern to get an education, not to impress others, as we would for a job interview.

College campuses sell sweatshirts and sweatpants emblazoned with their logos for a reason- it is considered normal college-wear. Therefore, wearing a zip up to class instead of a cardigan should not be criticized. And if, by chance, a Stern girl has an off day and wears sweats under her skirt in the winter during finals week (which I have been guilty of on certain occasions), she might look a bit unkempt, but at least she's keeping warm and

focusing more on her grades than on her outfit.

An important lesson I learned during my first week of Stern can be applied here. Before the first Stern Shabbaton, there was a lot of hype about what to wear. I was excited to dress up and put on an outfit that was extra tzinut. However, when I arrived at the services, I saw that some Stern girls had used



shabbat as an excuse to don much more revealing clothing. While this caught me off guard, it also made me realize that every girl here has a different story and makes different choices. If those choices happen to be different than my own, who am I to judge?

At the end of the day, physicality isn't everything. We are here at Stern to learn, not just to look pretty. If we do want to dress up, it should be for ourselves, and not so we can thrive off of the compliments and approval we receive from others. Beauty can only take one so far in life—we need to develop the brains to back it up. While the girls who are taking the article's advice might come to class late because they can't find the perfect headband to match their tucked in, freshly ironed, button-down, I'll be sitting here in my college attire getting an education.

It's a New Year—lets leave the judging up to God.

Sincerely,
Julia Siegel

A Prayer Heard Round The World

continued from page 1

At 5:00 pm Israel time, 4:00 pm London time, 8:00 am Los Angeles time, 11:00 am New York time, and 1:00 am on the 24th Sydney time, Jews worldwide stopped what they were doing, said the short prayer, and set aside a small amount of money for charity. People were told to donate one piece of the local currency in order to connect a meaningful action to the heartfelt prayer. At that moment, Jews in over 140 countries were connected with a deep sense of purpose and focus.

Over 2 million Jews participated in the worldwide effort, completing the prayer in a large variety of ways. One group of women described how they prayed in their garden in a circle, with their children praying in the center. Another group spoke of how they stopped a circumcision ceremony to all pray together at the correct time. Some stores closed ten minutes before the prayer, in order to enable uninterrupted concentration. One woman relayed to a representative of "All Jews as One" that while she was closing her store, she asked a customer who was still standing there if she was Jewish, and when the woman admitted that she was, the owner showed her the video. She

invited the customer to pray with her, and the two women said the Tefillah together.

The prayer had a strong impact on Stern students as well, whether or not they actually participated in the event. Leah Goldstein, SCW 14', believes that "the power of that Tefillah is still embedded in [her] today," because even though she said the prayer alone in a quiet hallway, she felt the presence of the "millions [who were] saying it along with [her]." "We all hear about the power of prayer in a congregation," explained Leah, "how much more so the power of a prayer in a group of millions!"

Shaindee Hirsch, SCW 14', missed the set time of the prayer, yet she as well believes that she gained from the experience. "There is no deadline for davening for Mashiach," she stated, "This program jumpstarted an awareness of Mashiach that hadn't previously existed, but in reality this sort of prayer can be said any time, by any Jew who feels inspired. I prayed a little bit later, but I still feel like I was a part of the worldwide request."

The display of worldwide Jewish unity and pride left participants wanting more. "All Jews as One" has mentioned organizing another prayer on the 7th of Adar, shortly before Purim.

BACK FROM A MONTH LONG VACATION

Did Netanyahu Go Far Enough?

continued from page 1

Iran has proven to the world time and time again that sanctions do not work, boundaries are not part of their vocabulary, and they answer to no one but their Supreme Leader.

Then again, what steps can be taken? Honestly, it seems as if Netanyahu went as far as he could in his speech. He could not overtly call for a violent strike (or any sort of strike) on a member state of the United Nations. All he could do is warn the world, yet again, that Iran is out to destroy Israel and the West.

Meme-inspiring prop in hand, Netanyahu said the Iranians would be at 90% uranium enrichment by spring and at that point it would be a matter of months (optimistically) or even

weeks until the Iranian regime could produce a crude nuclear missile. That missile would have the capability to reach Israel, and, if imported to Iran's largest worldwide embassy in Venezuela, the United States (or, as they affectionately call it, "The Big Satan").

Needless to reiterate, the Iranian regime despises Western thought and modernization. They not only seek to eliminate the Zionist regime ("The Little Satan"), but they wish to take down the United States and its allies as well.

The Iranian regime has made their intentions brutally clear. The Iranian liability is no longer Netanyahu's alone to bear. If the world refuses to listen, that will ultimately not only be the Zionists' downfall, but all of our downfalls.

Food For Thought

Dear Nutrition Nook, Midterms are already here and I can barely concentrate on studying! Between classes and cramming, I need to be able to quickly grab a snack from the cafeteria. I am up late with work and get hungry then, too. I must do well on all my tests... or else! HELP! Sincerely, What should I munch on during crunch time!?

YELLE LASSON Dear Munchin' durin' Crunchin', We've all been there. Late night cram sessions over Eden Wok, Z's for three, and then a triple shot Venti in the morning. If you're looking for A's, you'd better stop in your tracks and turn around your eating habits, especially during exam time.

Firstly, if you find yourself in a time constraint, you should always remind yourself to slow down when making a food choice. Taking twenty more seconds to plan out a lunch could turn around your day. Whether it is spent attending classes or studying for exams, it can ultimately affect your performance academically. But when time is still tight, the cafeteria has so many alternatives to your favorite fast snack.

Baked chips or light popcorn are a great way to satisfy that salty, crunchy craving without all the oil and calories. If you really need that ice cream, look for the mini cups of frozen Greek yogurt in the freezer. Also, brown rice sushi will add more fiber and whole grain to your lunch.

Next, rethink the late night snacking. Not only does eating late at night store the excess calories, but sugary and caffeinated snacks will keep you up later than you need to be. Most important to remember is to eat meals at set meal times, to avoid the (mental and physical) need for an unnecessary 12 a.m. Slurpee run. If you do need something to keep you going during those midnight study sessions, make sure to

have nuts or multigrain pretzels on hand.

As for actual mealtime, there are foods that have been proven to increase focus and attentiveness which are needed most during test time. We've outlined many "super foods" guaranteed to help you succeed:

-Whole grains stimulate the brain due to the high percentage of folates and B6, which increase the blood flow that the brain requires.

-All types of nuts and seeds are high in iron, which allow you to think clearly. They also contain essential fatty acids that encourage optimum brain performance. Specifically, cashews can improve brain function because they contain magnesium which opens blood vessels and flow. Choline, which helps with memory and brain development, can be found in pecans and peanuts. Almonds, rich in riboflavin, also aid in the memory department.

-Berries and deep-pigmented fruits and vegetables jumpstart brain machinery and potency for neuron signals and enable proteins that are linked to memory and cognitive skills. Studies show that students who ate

blueberries displayed

better classroom performance.

-Legumes, like chickpeas and kidney beans, have lots of protein for brain power needed for studying. They are highly concentrated with folic acid which boosts information recall.

-While not usually a favorite, spinach helps with memory loss because of its folic acid as well.

-On a tastier note, dark chocolate improves memory and increases alertness and clarity!

-Apples, commonly associated with academics, are great for memory function due to quercetin, a flavanoid antioxidant.

-Green tea, a great substitute for lattes, fights memory fatigue and can provide mental relaxation, while the caffeine and antioxidants will energize you and put you in a better mood when you need it most.

-Make sure to throw some avocado, tomatoes and broccoli into your lunch salad as they all are just all-around great vegetables for excellence in learning.

-Yogurt and other products with calcium progress nerve function because tyrosine, a neurotransmitter, produces dopamine and noradrenalin, facilitating alertness and memory recollection.

Of course, a normative, regular sleep schedule will keep your meal times intact, but obviously it is also the best remedy for staying awake and staying focused. And of course, don't skip your exercise regimen and load up on H₂O! Best of luck, go ace 'em.



Irit Greenboim

Back From Break, Back In Shape

LINDSAY WESS Having trouble zipping up your favorite skirt? Do you need to add another hole to that belt buckle? Holidays can be tough. After a long month of eating, eating, and more eating, it can be difficult to get back into a healthy regiment of exercise and nutrition.

The best way is to make a fitness schedule. Going to a dual curriculum college means making sure your time is balanced. Use the YU planner to make a fitness to-do list on your monthly planner. It will allow you to maintain a consistent workout routine.

Unfortunately, going to the gym cannot be the only change. Eating right is the other half to staying healthy. The cafeteria is hectic during lunch, so it's understandable why the easiest item to grab is sushi. It's pre-made, and you don't have to try and get around two students chatting at the salad bar.

But according to the book, Calorie

Fat & Carbohydrate Counter, the average 8-piece sushi roll has 400 calories. If you're getting two rolls of sushi for lunch that means you're consuming an average of 800 calories. Stick to one roll of sushi, and if you're still hungry after your next class go back when the lunch crowd has dissipated and grab a light salad.

You're not in seminary anymore, but those sugary eating habits may not have left you yet, and the holidays probably didn't help matters. Instead of snacking late at night on chips and candy, try some carrots and hummus. Stick to treats on Shabbat!

All of these tips will help you stay fit, but you can't be lazy. If you need to go to the second or third floor in SCW, try walking versus getting evil glares in the elevator from students that need to get up to floors nine and ten. Those extra steps you take during the day will keep your metabolism moving, burning those extra calories.

Best wishes for a healthy year!

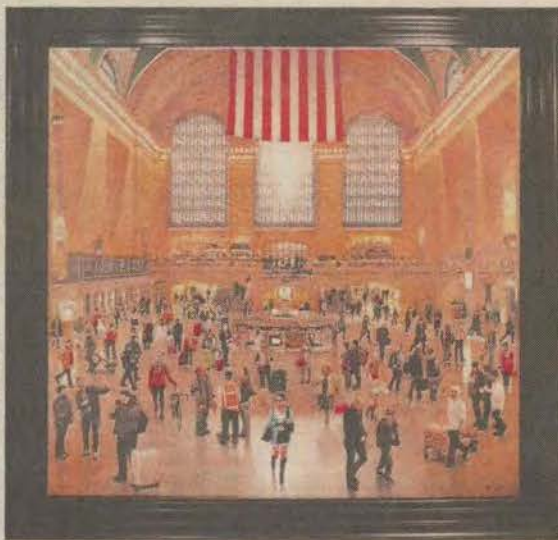


Museum Of The City of New York

AIMEE RUBENSTEIN The New York art scene continually gravitates toward downtown, whether it is in Chelsea galleries or Lower East Side cafes. However, the art scene should venture Uptown in order to grasp the history and art that represent the city itself. Located on Museum Mile, Museum of the City of New York exhibits the classical art of painting, but also displays the contemporary art of street photography. As its website explains, "The Museum connects the past, present, and future of New York City, and serves the people of the city as well as visitors from around the world through exhibitions, school and public programs, publications, and collections."

Upon entering the grand lobby, I was amazed by the museum's attention to contemporary issues in the art world. In the city that never sleeps, there is an overabundance of images, whether it is on dormitory walls, Facebook pages or Instagram websites. Every New Yorker thinks that they are the newest street photographer. And yet, most do not even know the roots of this popular art form. The London Street Photography and City Scenes: Highlights of New York Street Photography, open through December 2nd, addresses the history of street photography in London (with the use of hundreds of photographs) and displays infamous photographs taken in New York. The timeline of how street photography began, when cameras needed its subject to stand still for hours in order to capture a sharp photograph, until Kodak created the first camera that simply needed to have someone push its button, and "they would do the rest", would astonish the common tourist with a camera.

Continuously, the museum balances between the past and the present life of the medium. With its Paul Strand and Lee Friedlander photographs, the collection holds infamous photographs that epitomize New York as it was once seen by the pioneers of art photography. Additionally, the museum displays photographs taken in the past decade that will make every New Yorker do a double take the next time they see a pigeon walking down the street. This exhibit succeeded to impress the viewer by enabling



Stone Roberts

the museum-goer to better appreciate today's street photography by learning about the past.

Another exhibit, Stone Roberts: New York City Paintings, brilliantly connects the past with the present. Roberts' paintings look like photographs with their sharp precision to detail, attention to light and glossy finish. In fact, seventeenth-century Dutch masters and early nineteenth-century French academic painters inspired these rich realist paintings. Roberts' utilization of tromp l'oeil, a visual illusion in art used to trick the eye into perceiving a painted detail as a three-dimensional object, to paint the fleeting moments in the

busiest city flawlessly captured the essence of New York. Susan Henshaw Jones, Ronay Menschel Director of the Museum said, "These paintings provide a true slice of New York City. With his classic technique and exquisite use of color, Stone Roberts crafts scenes that explore different aspects of city life."



Matt Stuart

Before leaving the Museum, do not miss Timescapes: A Multimedia Portrait of New York. This video delves into the history and growth of New York City from a settlement of hundreds of immigrants into the metropolis city it is today. The timeline is fascinating, especially with the utilization of photographs and maps. Before Macy's took up an entire city block and kosher restaurants opened on every corner, the city of dreams looked a lot

less dreamy, however, its cultivation and urbanization prove the strength of each of its resilient residents. The twenty-two minute multimedia experience concludes with September 11, 2001, and highlights that the city stood together when everything else fell apart. As any true art historian knows, the key to understanding the future is by learning the past, and Museum of the City of New York epitomizes the bridge between the downtown and uptown art scenes in a neat history lesson.

Harry Zernike, MuseumoftheCityofNewYork.org

