



The Yeshiva University OBSERVER

WWW.YUOBSERVER.ORG

VOLUME LVIII, ISSUE IV

NOVEMBER 21 2012 / 26 KISLEV 5773

Ever Had A Melatonin Hangover?

Page

A Case For Liberalism

Page 7

NWBH: Mingling Makes Headlines and Sandy Soundbites

Page 11

ABC Is Easy As 123: Getting An "A" Is Really A No-Brainer

Page 12

**#STUDENT
#LIFE TWEETS**

Page 4

Box Life

LEA SPEYER Some of you are looking at my name and are probably thinking "she doesn't even go here!" You are right, I don't go here, here being Stern. I did go here, I graduated from here, and now, as I forge my own meandering path in life, there is something that I wanted to share with you—something that a person can only truly realize once they have stepped outside of their Stern (or college) bubble. Now don't get me wrong,

I loved just about every minute of my bubble. However, at some point, I found myself counting down the days when that bubble would eventually pop and I could finally move on to the next stage of my life. And that is exactly what happened. I finished my last final exam on a Tuesday morning and by the following Sunday afternoon I was on an El Al flight making aliyah, fulfilling a very long and important dream of mine. Talk about radical!

Why was I so willing and ready to spread my wings and fly from the last four and a half years of my life? Why was I desperately wanting to remove myself from a totally encompassing zone of all that was comforting? Simply, because I had changed. I am not talking about an "I'm so sick of the Caf food and cannot eat another salad and I miss normal food" kind of change. I'm also not referring to the "Uch, Stern is so

not my style anymore and I will never come within 10 miles of this place again" kind either. I am talking about a change that slowly, shyly, ever so quietly creeps up on you. One that you may or may not realize you are fighting a losing battle with. Sometimes this change likes to give you a nice big smack in the face to remind you it is there. Other times, it lies dormant like a patient lion waiting to sneak up on its prey.

My life, up until a few years ago, was essentially what I like to refer to as a box life. Picture yourself going through life with an imaginary box constantly around you, like a hula-hoop if you will, acting as a protective border between you and the rest of the world. Life inside the box is great, safe, comforting. You did what was expected of you, maybe sometimes sneaking up to the line of your box to feel rebellious and test that your reality is, in fact, intact. Why would you ever want to willingly step outside your box life? During my college years, I was introduced to all different kinds of people. From the innocently naive girl to that person we all know who has an opinion about everything in life and everyone in between, I found myself having to really, for the first time in my life, think about who I was. We can laugh and joke

continued on page 11

Bearing Witness

HANNAH DREYFUS While the Stern community was unable to avoid Sandy's wrath, losing power and water for nearly a week and forcing students to seek refuge elsewhere, those just a few further blocks downtown were left in a drastically worse situation. Many, including elderly individuals and families with young children, were unable to leave their apartment buildings for days, stuck without water, food, light or means of evacuation. Reaching out to help, the Stern and YC student bodies banded together to do what they could, bringing food, water, flashlights, batteries, and more downtown on Thursday, November 1st. Spear-headed by Torah Activities Council President, Margot Reinstein, a group of 70 Stern and YC students headed downtown to provide assistance. The experience was deeply impactful—not just for those helped, but for the student helpers as well. Below are some firsthand student accounts of the experience, detailing the shocking scene volunteers witnessed; one more reason this historic storm won't soon be forgotten.

Margot Reinstein, SCW 13'

We knew that people were in need. We knew that waiting for another organization to tell us what to do would

get us nowhere. And then we knew that we just needed to go down there and do it ourselves.

We bought hundreds of bottles of water, granola bars and bananas. We also bought hundreds of batteries and flashlights.

As we walked into the building, it was dark. We pulled out our flashlights that we had brought intending to give to them. We needed them to make our way up the 16 flights of stairs to get to the top floor. They didn't have running water. Because of the lack of heat, it was so cold. Children were crying and honestly, I was scared myself.

Some places had water but just needed some emotional support. The elderly in higher apartments were literally just stuck there! Where were their families? Where was the rest of the world to help them out? I didn't know. But I know we made a huge difference.

Rebecca Peysner, SCW 14'

Some of these people were really running out of water and batteries, especially the elderly who could not walk down the flights of stairs, and it's scary to think that they may not have gotten these supplies had we not come. There are many more apartment buildings filled with people in need, and I

continued on page 3

YU Stands With Israel

Yeshiva University students have shown ongoing support for Israel in the past few days. Don't miss out on the next event, which will take place Wednesday November 21 at 7pm in Times Square. *For more photos, see back cover.*



Ilan Regenbaum

Torah U'Madda: A Conversation with Mayim Bialik

MICHAEL KAPLAN NADEL The theoretical talk of Torah U'Madda that is ever present in Yeshiva University is put into practice every day for a frum actress in Hollywood. It's not too often you hear "frum" and "actress" in the same sentence, but that has only invigorated the dynamic Mayim Bialik, former child star of Blossom and the current Amy Farrah Fowler on the popular CBS comedy, The Big Bang Theory. For Bialik, these two adjectives only brush the surface of who she is, when she navigates both the world of Judaism and the world of Hollywood. Bialik isn't your typical starlet. She has a PhD in neuroscience from UCLA, published a novel on parenting, and continues doing advocacy work for many organizations. In addition to her career and hobbies, Bialik is the proud mother of two sons.

Clearly, Bialik's life is jam packed right now. In this featured interview, Bialik explains her many fascinating roles- as a Jew, an actress, and a former Maccabeat star.

Observer: What was your Jewish upbringing like?

MB: My dad was raised assimilated. My mom had a lot of negative associations with Orthodoxy so she and my dad were pretty secular. I was raised traditionally- we had two sets of dishes in the house but my mom never explained why, we lit Shabbat candles, and I was bat mitzvahed.

Observer: At what point did you start becoming more religious?

MB: In college at UCLA I started getting a proper Jewish education- I started going to services regularly, and minored in Hebrew and Jewish studies so I was able to learn Hebrew properly because I actually grew up with Yiddish. There was a great rabbi at Hillel who introduced me to traditional learning and exploring halakha.

Observer: When you started auditioning for the Big Bang Theory and other acting jobs were you nervous about the impact that this would have on your Jewish life?

MB: I was definitely nervous. There were some roles I was particularly nervous to be offered. I had stopped wearing pants outside of the home after grad school, but I also don't fit all of the traditional distinctions of tzniusness- I've kissed Jim Parsons on TV for example. My life doesn't look like a perfect melding of an Orthodox halakhic lifestyle and a secular one.

Observer: Can you elaborate on the way tznius might be difficult- Do stylists think you're crazy when you tell them you want to cover your knees or dress modestly?

MB: Its definitely always a challenge to dress tzniusdic and feel confident and comfortable and but to have to do that in a climate where that attribute of beauty to show as much as yourself is so emphasized is a whole additional set of challenges.

Observer: Was the role of Amy Farrah Fowler

continued on page 9

The Yeshiva University
OBSERVER
WWW.YUOBSERVER.ORG

Israel, Gaza, Or Anywhere Else: You Have A Voice, Use It. A Message From Your Editor-In-Chief

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 Tzobel

Photography
Julia Siegel
Irit Greenboim

Social Media
Lindsey Wess

Web
Shaindee Hirsch
Ellie Sonnenwirth

Business Manager
Sophie Felder



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.

RACHEL DELIA BENAIM As you all know by now, Israel is at war. At the moment, there are talks of a cease fire, and yet rockets are still flying in both directions. People are still dying. Children are still missing school. Families are still hiding out in bomb shelters.

People there, naturally, feel helpless. People geographically further away, paradoxically, feel equally as helpless—possibly even more so. People on the other side of the world rely on the media to find out what's happening—when there's a siren, when a rocket falls, casualties, damages, and retaliations.

Social media is playing a huge part in this campaign—for both Hamas, the IDF, and people across the world desperate to hear word from Israel. Regardless of who it is, people are turning to Twitter and other social media platforms to let their voices (opinionated voices, bias voices, bellicose voices, and objective voices) be heard.

The war is literally taken to Twitter—for every rocket there are thousands of Tweets and conversations. However, besides for the trending hashtags and online responses, the IDF and Hamas are literally having it out in 140 characters at a time:

IDF @IDFSpokesperson
The IDF has begun a widespread campaign on terror sites & operatives in the #Gaza Strip, chief among them #Hamas & Islamic Jihad targets.
14 Nov 12

In the past, Israel has largely left the coverage of its military campaigns up to the world media, leaving the door open for skewed media portrayal and biased reports. Perhaps the bungled treatment of Israel in the international press has finally led Israel to take matters into its own hands?

In an article published in the Times of Israel last week, I wrote that the Israel Defense Force has become the first state army in history to tweet its military campaign. On a platform that has rapidly been becoming the conduit for a huge variety of conversations – ranging from the most mundane to major international developments (think Arab Spring) – Israel announced its latest military campaign earlier yesterday, moments after taking out Hamas Military Chief Ahmed Jabari in Gaza.

Immediately upon the initial raid, IDF spokesperson

Avital Leibovich @AvitalLeibovich
#Breaking : the #IDF started an operation against terror organizations in #Gaza due to the ongoing attacks against #Israeli civilians
14 Nov 12

Within minutes, the official IDF Twitter account posted: It was not until an hour after this tweet that the IDF posted a press release on their website regarding the military campaign, dubbed "Amud Anan" or "#PillarofDefense." In what was perhaps the most striking tweet thus far (pun intended), the IDF posted the following:

IDF @IDFSpokesperson
We recommend that no Hamas operatives, whether low level or senior leaders, show their faces above ground in the days ahead.

Alqassam Brigades @AlqassamBrigades
@IDFSpokesperson Our blessed hands will reach your leaders and soldiers wherever they are (You Opened Hell Gates on Yourself)

The IDF is covering its own campaign more efficiently than any other media outlet will be able to. Alongside up-to-the-minute tweets, the IDF is live-blogging the Gaza attacks, offering more details than the 140-character Tweet limit. Those eager for the most up-to-date developments will likely be turning to the tweets sent out by the IDF, allowing news

junkies the opportunity to first take a look at matters from the Israeli side before later taking into account the spin that major news outlets will place on the latest updates.

When a government takes responsibility for the way its military moves are portrayed in the media, the international audience is afforded the equivalent of a play-by-play of history in the making.

But that's not really the point I want to make here. My point is about YOU, the student body. I see many of you have been sharing statuses, pictures, info graphics, and tweeting. I want to let you know that you're making a difference: people are listening to you. I know you may not believe me, I don't even believe myself sometimes, but I'd like to share the following Twitter exchange with you to show you why each of us matters.

On November 15, a Palestinian in Gaza City who has been live Tweeting the entire war, Ahmed El-Farra, tweeted "#PrayforGaza we don't need your prayers and I mean it. And we don't need your actions. We don't need anything. #Gaza"

Now, as a Jew who believes in the power of prayer, I was intrigued. My curiosity got the better of me and I replied: Why do you say that?

Here's what happened:

He favorited that Tweet and we've been following each other ever since. I personally learned something valuable from that exchange. I learned that not only do we all have voices, but our voices can be heard in different ways—either through prayer OR through influencing policy. Ahmed in Gaza helped me realize that and for that I am forever grateful.

With that new attitude in mind, I took to tweeting and writing about #PillarofDefense ever since.

I'm not the only student though who has been using my voice to influence change. At IDC Herzeliya for instance, they created a Red Room Cause called Israel Under Fire! Many of you have Liked in on Facebook and shared their info graphics and photos. They have been sharing the truth with the world using nothing but their keyboards and their voice.

And you know what? Prime Minister Bibi Netanyahu video chatted them all personally yesterday to thank them for using their voice to influence change.

The Shimra Project is another such cause. It is a grassroots program that pairs individuals worldwide with an Israeli soldier or resident in danger. By doing acts of kindness, prayer, and learning Torah in their name it contributes to the safety of the soldier or citizen in danger. All that is required in your name and email address. It was started by people who, like us, wanted to do something to help but didn't know how to make their voices heard. They chose both prayer and influencing social action.

Regardless of how these people are letting their voices be heard, they all have one thing in common: the internet and social media. It is such a powerful tool—even the IDF recognizes that. Anyone can use it to make a difference.

I know you're thinking what can I do, I'm just a college student. You know what? You're a COLLEGE student! You're one of the most powerful demographics in the world.

Go to a rally, take up tweeting, keep sharing pictures and statuses on Facebook/Instagram/ Tumblr.

Be active. Let your voice be heard and influence change.

עם ישראל חי

WHAT'S INSIDE...

- Bearing Witness..... 3
- President Joel..... 3
- YU Debate Team.....3
- Medical Ethics Conference...4
- Gilad Shalit.....4
- Andy Warhol.....5
- Young Voters & Politics.....5
- SCWSC Corner.....5
- Tehillim For Israel.....6
- Game Corner.....6
- Melatonin Hangover.....6
- A Case For Liberalism.....7
- Lady Macs: New Coach.....8
- Lady Macs Calendar.....8
- Mayim Bialik.....9
- Midterm Monkey Minded.....9
- Warhol Overload.....10
- Phantom Of The Opera.....10
- The Globetrotter.....10
- Nowhere But Here.....11
- Box Life.....11
- Women's Soccer on Wilf.....12
- ABC Is Easy As 123.....12
- Free Alan Gross.....12
- To Speak Or Not To Speak...13
- National Hero.....13
- Occupational Therapy.....15
- Jewish Geography.....15
- Baumgartner's Dive.....15
- Y.O.N.Y.....16
- Israel Rally.....16

Bearing Witness

continued from page 1

know we barely made a dent in how much needs to be done, but I hope that everyone who is able to go and helps just a few more people, because I think that's the only way to reach everyone. President Joel's story about the starfish, that while you can't save all the starfish, if you save just one it was still worthwhile because "it mattered to that one" really resonates with me right now: while we couldn't reach even a fraction of all the people in need of help, we made all the difference to those who we did reach.

Michelle Haimowitz, SCW 13'

My group spent the few hours that we had traveling up and down a 20-story building looking for people who may need any of the supplies we had. When we got to the 20th floor, one woman answered the door when we knocked. It turned out to be a home health aid.

She was taking care of a woman who lives on the 20th floor and she thanked us profusely for the few bottles of water and snacks that we were able to give her. I asked her if she had any drinking water besides for the bottles that we were giving her and she said that she did not since they almost finished the two other bottles that volunteers brought her the other day.

It is scary to meet someone who is truly relying on the few things that volunteers are able to bring them. On

the one hand, I felt a huge sense of accomplishment that we were able to reach out to a few of those people in that neighborhood; however, after a bit of time spent downtown, it became quite evident to me that there were many more people who were not receiving the help they needed.

I left the lower east side with an immense feeling of both helpfulness and helplessness. Many of the people we met just wanted electricity, a hot shower, or hot food, all of which we could not provide for them. However, I believe those feelings drove me, and those around me, to strive to do more, even when more didn't not seem possible.

Danny Goldberg, YC 13'

To those we helped, it really wasn't just a bottle of water, but so much more. We went into a building that lost its power. The stairwells and hallways were pitch black. Even with a flashlight, it was hard to see the next step in front of you. When we knocked on the doors to offer help, it was so amazing to see the faces of the occupants as they opened the door. You could literally not just see, but feel their joy. I have never once seen appreciation for a banana that way. But more importantly, the fact that people came by was just so exciting for them, especially the people on the upper floors like 19 and 20. People were so eager to share their stories. We had just met these people,

but already it felt like we had known each other a while, and they were eager to open up. The crazy thing was that despite everything that these people had gone through, their focus was never really on themselves. Sure, they took a bottle of water or a banana, but they always were telling us of this couple who needed something, or an elderly woman who just needed someone to check up on her. Sometimes they even declined food or water because they thought, despite what they are lacking, that other people needed it more.

Zahava Rothschild, SCW 13'

It's dark, it's scary, and it's empty, but behind many closed apartment doors are lonely individuals without water, flashlights or the capability to connect to the outside community. As we knocked on doors, not knowing what lay behind, we came to recognize that the simple knock was enough to demonstrate that people cared and thought about those closest to the tragedy. They need emotional support and physical materials. Lines extended for blocks outside of salvation-army booths and shelters. People were seen climbing into dumpsters to recover food that had been disposed of when refrigerators turned off. As the Jewish community, we believe in sacrificing for the sake of tzedakah, and with this perspective we must make our every effort to give all of the aid that is in our capacity to contribute.

YU Debate Team Rises Quickly To Top Of League

MELISSA ADLER Completing their first semester of debate on Sunday, November 18th, the YU Debate Team has succeeded in racking up a record number of trophies, rising quickly to the top of the League. In their recent debate at Fairleigh Dickinson University, the team won a total of 12 trophies, and in their first debate of the season they won 13 out of the 19 trophies that were awarded.

Dan Levitt, the coach of the YU Debate team for the past four years explains that, "typically the debaters who do well, do well throughout the year. There are just kids who are good at it." A top debater from last year's team, Henny Bochner, SCW 12', was a "genius at picking out the right issue to hone in on in order to win the debate," says Mr. Levitt.

The debate competitions are made up of two divisions: research and impromptu. The research division is based on a topic that is known to the debaters and changes each semester, this semester's topic Obama versus

Romney. The debaters are able to use whatever facts they can gather about the topic and must be prepared to argue both positions. For the impromptu division, there is no material to study beforehand. The debaters are paired up in teams of two and given a never-before-seen scenario with only ten minutes to prepare an argument. Each debater speaks and is cross-examined by their opponents, the winning teams competing in a final round.

Tal Meiri, SCW 14', is the women's president of the debate team. The reason she loves debate: you "never know what to expect" when going into a debate. "There are no notes to study and obsess over. The only arguments at stake are the ones you build up and develop yourself," said Meiri. Maddie Tavin, SCW 15', a new member of the debate team this year, explains that debate forces her to "organize her thoughts and pick her words carefully," in order to present a convincing argument in the limited amount of time each debater is given. Tavin has already taken home a second place team award at the most recent debate, with YC partner, Hirshel Hall.

While everything might seem to boil down to winning the debate, winning a debate is not the only way to receive an award. Not only are trophies given to the

winning team based on their arguments, but trophies are also given to the top individual speakers based on their public speaking skills and presentation. In this way, debate "is an incredible means of fostering the development of self-confidence as well as strong speaking skills among the undergraduate body," said Mark Weingarten, YC 13', co-president of the team. In order to help in the confidence realm, Weingarten tries to pair up the research debaters so each partner will complement the other and play up each other's strengths. Weingarten himself is one of the top debaters in the League, gaining the 3rd place individual speaker trophy at the first debate of the season, 2nd place individual speaker award at the second debate, and awarded the 1st place team award at both debates.

Although it may seem that YU debaters are at a disadvantage because the schools they compete against – such as Dominican College, Fairleigh Dickinson University, Baruch, and other community colleges – have more time to practice, Dean Bacon suggests "that debate is a 'natural' for our students" precisely because of the "foundation of our education. Torah U'Madda encourages "critical thinking, questions and

President Joel Defines The Path Towards Shleimut in State Of The University Address

NEWS

CHANA BRAUSER
NEWS@YUOBSERVER.ORG

CHANA BRAUSER September 12, 2012—the Heights Lounge welcomed in streams of students, board members, and YU affiliates eager to watch and listen to President Richard Joel deliver his first-ever State of the University Address. Anticipation had been building for days, as rumors of "big news" swirled around both the Wilf and Beren campuses. The event had a certain air of exclusivity; only a select few YC and Stern College students were offered seating, including members of YU's Quest program, both Student Councils, TAC, SOY, and representatives from each of the university's publications. Amidst a flurry of live-tweeting and frantic note-taking, President Joel delivered his address, lauding the university's fortitude in the face of hard economic times and describing a plan for the future – under the banner of "Shleimut" – billed as a "roadmap to next."

Although there were those hoping for a bombshell to really shake things up, the President wasted no time in announcing that he had formally accepted the Board of Trustees' offer to extend his presidency until June 2018. The news is certainly big, though many felt that it was not surprising. President Joel transitioned to a different topic by clarifying the mission of Yeshiva University, describing the institution as "the world's Torah-informed University," explaining that Torah u'Madda continues to be the "philosophical construct at the very bedrock of this institution." In rehashing an age-old understanding, President Joel urged his audience to "emphasize Torah as the ikkar" before introducing the principal theme of his address: his belief that YU "must put forward an agenda of Shleimut...of

meaningful wholeness."

The President ran through a number of significant ways in which YU has grown and reached greater heights in the past few years. News of faculty increases, the growth of students at Azrieli and Revel, research achievements at Albert Einstein College, and new partnership programs at Wurzeiler School of Social Work, the work of the YU Museum, and the dynamism of the Presidential Fellowship set the stage for President Joel to present the five points that he believes will contribute to the Shleimut agenda he proposes. The five points presented were: Education for our Yeshiva and for our University, continued development and support of our faculty and staff, the maintaining of a viable business model and resource support for our institution, continuing to build our thriving University culture, and instilling in our students and community the mandate to matter.

And now, for your enlightenment and entertainment, some choice tweets from the event:

@AdamRakhamim:

"I loved @PresJoel's State of the University Address. I want to be part of the Shleimut of YU!"

@YehudaKaminer: "WOW. @YUNews is launching grad programs in SP, PT, and OT. That's #hock. #YU12"

@YUObserver: "@YUNews Adina Minkowitz compares YU to Apple. #freeiphones? #YU12"

"Bring your own soybeans? Did anyone else catch that? #YU12"

@YUCommie: "Wilf campus has become Wilf village – next stop Olympics?"

#WashingtonHeights #YU12"



answers, evidence-based thinking and open dialogue."

Organization and critical thinking are crucial for this competition, and the team has proven to be on a winning streak thus far, with trophies for both the top teams and top individual

speakers. With their skills and commitment to the team, the YU debaters have certainly earned their victories. The next debate of the semester is scheduled for November 18th. More success to come!



Tzvi Hametz

Tzvi Hametz

Students Organize Seventh Annual Medical Ethics Conference

Yael Farzan October 21, 2012—several hundred Yeshiva University students, faculty, neighbors, and community members flocked to the Wilf Campus for the Seventh Annual Fuld Family Medical Ethics Conference (MES). The conference, co-hosted by YU's Student Medical Ethics Society and the Center for the Jewish Future (CJF), was titled "Out of the Ashes: Jewish Approaches to Medical Dilemmas Born Out of the Holocaust," and featured an impressive array of distinguished speakers who captivated both the minds and hearts of the over four hundred attendees.

MES Presidents, Yosefa School, SCW '14, and Mordechai Smith, YC'14, opened with a welcome address to the packed audience, articulating the need to "discuss the scientific, medical, and ethical repercussions of the Holocaust to ... honor the past, address some of the unique challenges of our generation and learn how to move forward in light of the Holocaust."

The keynote address, titled "Medical Ethics in the Shadow of the Holocaust: The Nazi Doctors, Racial Hygiene, Murder and Genocide" was delivered by Dr. Michael Grodin, an award-winning physician, internationally recognized Holocaust scholar, and professor of bioethics, human rights, family medicine, and psychiatry at Boston University. He presented a series of chilling facts and photographs about the atrocities Nazi party physicians performed, among them parachute experiments, seawater trials, and skeleton collections. They weren't

acting unwillingly, affirming "the physicians had choices." Grodin reported that he often hears contemporary physicians make the same defensive arguments, excusing questionable experimentation in the name of progressing science. Dr. Grodin also explored the topic of eugenics in the 1900s, shedding light on the racially motivated German Sterilization Laws like "compulsory sterilization", "disinfection", and "euthanasia" (all "euphemisms for murder," he explained) were patterned after similar U.S. policies of the 1930s, even drawing parallels between racial eugenics and certain elements of contemporary American healthcare.

After a short break, Holocaust survivor Irene Hizme held the audience rapt with an account of her experience as a six-year-old subject of one of Joseph Mengele's infamous twin experiments. She eloquently recalled how she and her brother Rene—who was present at the conference—spent their childhood at the hospital, undergoing experiment after experiment to satisfy Mengele's fascination with twin research. "Sixty-seven years later," she said, "the

loneliness still overwhelms me. I cannot feel I belong anywhere. I only eat stale bread. Electrical things terrify me. Hospitals are out of the question, and doctors are my worst nightmare. Irene ended her message on a somber



Shimon Fried

note to future medical school students: "Don't let them leech the humanity out of you. Remember why you came here in the first place. Never forget the human soul." When she concluded, the audience rose to its feet in a lengthy standing ovation.

Rabbi Dr. Moshe Tendler, Rosh Yeshiva and Professor of Jewish Medical Ethics at YU, complemented this plenary on human experimentation by reviewing the Torah sources for the prohibition of euthanasia and emphasizing the Torah obligation to make moral decisions even in the pursuit of medical advancements.

The audience proceeded to divide into smaller workshop-like sessions. Speakers included Rabbi Dr. Edward Reichman, associate professor of Emergency Medicine at Einstein College of Medicine; Dr. Harry Ostrer, director of Genetic and Genomic

Testing at Montefiore Medical Center; and Dr. David Pelcovitz, world-renowned psychologist and professor at NYU School of Medicine. The speakers discussed a gamut of themes, including post-war survivor communication, the use of pseudo-scientific Nazi data for contemporary science, and Jewish attitudes towards special needs individuals as contrasted with Nazi discrimination against the handicapped.

The conference raised many questions and sparked intense reflection for those who attended. Shayna Liss, SCW '15, said, "It's crazy how physicians, who everyone looks up to, and who you would think usually want to help people, did something like this." Shayna also enjoyed Dr. Grodin's speech, commenting, "When he compared all the [racial hygiene laws] happening in Germany to what was happening in the United States it was

scary." Shlomo Gewirtz, a resident of the Upper West Side, walked away from the conference with the larger question, "How do we take what we learned today and apply it to our lives?" Maddie, SCW '16, felt she had one answer: "What we all need to work on," she explained, "is caring unconditionally for those who are less fortunate than us. It's our obligation as Jews."

Nelly Carlisle, a professor at Beth Israel School of Nursing, remarked that "it was great how Dr. Grodin put it all into the greater context of what was going on in the world, and it was eye-opening to see how America started all of this and Germany continued and they just took it to a higher level." Facilities coordinator Simcha Weissman, YC '14, declared that the Conference was "a tremendous hit...an amazing event," and that "everyone... was blown away by seeing a live Mengele survivor."

When asked about which speaker he thought was most powerful, Isaac Dreyfus, YC '15, Biology major and Treasurer of the Medical Ethics Society, chose Irene Hizme. "Hearing how her experience still affects her life now... and having her brother here as well, having them both here, was very impactful."

For the attendees of this year's Medical Ethics Conference, many of whom have spent their lives learning about the various horrors of the Holocaust, the opportunity to place these atrocities in the context of halakha and ethics proved a truly eye-opening and inspiring experience.

Student Life Tweets

ESTIE HIRT, Student Life Liaison for Communications and Public Affairs

We want to thank all department heads for their excellent communication during the storm!
#thankgodwehavepower
#missglowsticks
#securityguardsleptindorms

Have you been noticing less open gaps in the bathroom stalls????
#aluminumrocks #anythingworks

Get excited for improvements on the YU Banner System, which will make organizing requirements much easier, coming December!
#academicadvisementIMPROVING!

New extended hours in the library for Miderms!
#heatedlibrary
#midtermstakingoverlife

Thanks to all who took our survey and for sharing your concerns, we look forward to addressing these ASAP!
#healthierfood
#waitressesnotgettingpaid
#shuttleslateronfriday
#extendedcahours
#carlosandgabbys

DIDN'T THIS WEEK SEEM LIKE FOREVER????
#smile #midtermsalmostdone
#hurricanesandyover #sotired
#hanginther

Gilad Shalit Visits Yeshiva University

SHALVA GINSPARG October 18th, 2011—after a half-decade of captivity in Gaza, Gilad Shalit returned home. On October 16th, 2012, nearly a full year later, Mr. Shalit arrived at a new destination: Yeshiva University's Wilf Campus. In what proved a momentous evening of celebration and inspiration, Mr. Shalit and his platoon appeared before an audience of close to 1600 in YU's Lamport Auditorium. In fact, so many students showed up that many of them watched the event via live-feed in the Beit Midrash.

Rabbi Kenneth Brander, Dean of the David Mitzner Center for the Jewish Future, opened the event with the declaration that "tonight we celebrate the fact that these soldiers have come to visit us in the exact place where, three years ago, Noam Shalit stood and prayed with us for the safe return of his son." The commander of Mr. Shalit's unit, introduced as Yoav B, took the podium next and spoke about the June 2006 attack that resulted in Mr. Shalit's capture and in the death of two soldiers in the unit. In Yoav's words, after that devastating day in June, "we lived with the memories of our two fallen soldiers and the idea that one of our soldiers was in captivity." Coming to YU, Yoav stressed, afforded the unit the opportunity to "close the circle" and "move on with our lives." Yoav dedicated his speech both to Mr. Shalit as well as to the soldiers of the unit who, upon returning to Israel, "will get off the plane and into uniforms."

The event continued with a question-and-answer session during which the soldiers offered their perspectives on a range of hot-button is-

sues. Questions included "Does Israel have to pay any price to free captured soldiers?" and "Why are Israel and the IDF portrayed so negatively in the media?" Following the Q&A, Sophie Felder, President of the YU Israel Club, addressed the soldiers on behalf of the YU student body. "You and your fellow chayalim [soldiers] are deeply appreciated and respected in



YU Press

the consciousness of YU," she stated, "and I am confident that this occasion will remain in the hearts and minds of YU students for a long time to come." The evening culminated with the singing of "The Star Spangled Banner" and "Hatikvah."

Organizing an event of this magnitude was no easy feat. Adina Poupko, Beren Campus Program Manager, commented that "dealing with security and the fact that we knew so many people were interested in coming to the event presented some logistical challenges." Therefore,

YU worked extensively with the Department of Safety and Security prior to the event and also "closed the event off to YU alumni in order to allow for the maximum amount of seating for as many students as possible."

The soldiers' visit to YU, which lasted a little over four hours, began with a tour of Wilf Campus. Stops on the tour included the Beit Midrash, the science lab, and the gym. Ms. Poupko conveyed that the soldiers "were extremely impressed by the vibrancy they felt on campus" and "of course they loved the gym and even got to play a little basketball." After the tour, YU hosted a dinner for the soldiers, YU student leaders, and YU students who had served in the IDF. "It was incredibly moving for both sides to be with each other for dinner," Ms. Poupko noted. "The soldiers had no idea there were so many soldiers on campus."

For the soldiers, the event offered closure and comfort. For the students, it was a powerful testament to the sacrifice and bravery of the IDF. Gilad Shalit related after the event that while in captivity he used to draw pictures of Israel's street and cities on scraps of paper. His captors would confiscate the pictures, thinking they were secret messages intended for Israeli intelligence. Mr. Shalit would persist in drawing them anyhow—so deeply did he yearn for his homeland. How appropriate that on the first anniversary of his release from captivity the student body of YU stood together with Mr. Shalit and his platoon in proud celebration of Israel and her defenders.

Trippy Night With Andy Warhol

RAQUEL MILLER Andy Warhol, an artist at the peak of his career during the 1960's, created signature techniques that became recognizable to all. He introduced the method of silkscreening—taking an existing image and overlaying it with his own painting. The bold colors, crisp lines and repetition of an image became the new wave of art, dubbed "Pop Art". About 45 works by Warhol, and about 100 works by others who he influenced are now on exhibition at the Metropolitan Museum of Art, titled "Regarding Warhol: Sixty Artists, Fifty Years" and is broken up into five different thematic rooms.

The first room, "Daily News: From Banality to Disaster", explores the fascination Warhol found with everyday objects and the American consumerism of the 60's. The room is a pristine white in contrast to the paintings on the walls. The first few things that stand out are the famous Brillo boxes, the canvas filled with Coca-Cola bottles, and of course, the Campbell's soup can—all signature works of Warhol.

But there are a few works that I don't recognize. A clay vase with the Coca-Cola logo painted on it. A chainsaw that says Chanel. A larger than life box of Marlboros. These are the contemporary works that display the same idea as Warhol's soup cans: the culture of American consumerism. This room also includes works such as an entire series of silkscreened images of a car crash that represent Warhol's fascination with death and disaster.

Familiar faces greet me in the second room. Marilyn's hazy smile, Elvis in triplicate with his jaw set as he points a gun, and even Warhol himself. These are part of the second room: "Portraiture: Celebrity and Power". Warhol's portraiture of the famous figures highlights the continuing fad we have today of tabloids, and that everyone should have his "15 minutes of fame", as Warhol would put it. Contemporary artists continue this style with works on display, such as a Michael Jackson sculpture or a painting of Liza Minnelli.

The third room, "Queer Studies: Shifting Identities", delves into the importance Warhol had on symbolizing the issues of gender and sexuality in the 60's and 70's and the different types of queer Warhol brought to the era. It explores identity and the fluidity of gender. Displayed works include silkscreened self-portraits of Warhol as well as other contemporaries.

My personal favorite, "Consuming Images: Appropriation, Abstraction, and Seriality", is the theme of the fourth room. The wallpaper has transformed from the simplistic white of the previous rooms to pink silkscreen cows lined up in an endless grid pattern. There are silver, rectangular balloons suspended on the ceiling, bouncing around every time one sinks down. This room explores the abstract work of Warhol—his use of pre-existing sources and his pattern of repetition influences contemporaries to do the same.

The fifth and final room, "No Boundaries: Business, Collaboration, and Spectacle", examines Warhol's interest in film-making, publishing, and music. Warhol was a producer for the band "Velvet Underground" and created the cover art for their album—a picture of a silkscreen banana. He also liked to shoot abstract films. Such works included eight hours of footage of a man sleeping, forty-five minutes of a man eating a mushroom, or seven hours of footage of the Empire State building that plays on a loop at the exhibit. This room also includes how Warhol creates an environment that completely envelops the viewer. His silkscreened canvas of flowers influences contemporaries to create works that mirror those of Warhol's.

After going through the entire exhibit, I can now see how Warhol truly shaped the modern definition of art and fame. He would take simple everyday objects, call it art, and get rich. Today with Twitter and Facebook, everyone thinks they are an artistic genius and share it with the world. We take pictures on our phones, make it dark and brooding with Instagram, so when we post it on Facebook and call it art, total strangers will "like" it, and comment "<3 (;)", instantly making anyone in the world of social media "famous". The themes that Warhol introduced with Pop Art are embedded in today's mindset, connecting with the people who see the exhibit (assuming that they are actually paying attention to the exhibit, rather than staring at their phone).

Warhol's work seems to overshadow that of his contemporaries, and this enjoyable and educational exhibit portrays the influence Warhol created on modern art, and how it has left its mark on modern culture.

FEATURES

MIRIAM DUBIN
BEQUI FRANKEL
FEATURES@YUOBSERVER.ORG

Student Council Corner The Council And You: Getting Involved By Staying In

ADENA KLEINER Corresponding Secretary, SCWSC

There are two types of student at Stern College for Women; The rah rah type and the bed-to-class-to-library-to-home-type. Neither one is better than the other; it's just a personality thing.

A lot of students at Yeshiva University are here with a goal; to get in and get out. With professionalism and impressive futures on their minds, they are not interested in extracurricular activities, club fairs and Shabbat on campus.

Conversely, I bring you the girl who loves school. The girl who does anything she can to get involved on campus, even if it means wearing Stern apparel every single day. This is the girl who responds to every sstud, attends every event whether it applies to her or not, is on every club roster and stays in for Shabbat every single week.

What are the benefits of one or the other? Send in your answers to scwncall@gmail.com and see your name in the next edition of the Observer! Some questions to consider:

1. What does "the college experience" mean to you?
2. What was/is your personal goal for college?
3. If faced with the choice of sleeping in your own bed for Shabbat to catch up on a week's worth of sleep or stay in school at the most incredible Shabbaton ever, which would you choose?
4. What would you change about your years on campus thus far?

Setting The Record Straight: Do Young Voters Care About Politics?

SASHA BOGURSKY As young voters, we get a bad reputation when it comes to our voting habits. Apathetic, lazy and uninterested are just a few words used to describe our generation's attitude towards the political process.

Have we actually earned this reputation or have we been unfairly stereotyped? According to CIRCLE, a nonpartisan research center at Tufts University, youth voter turnout during the 2008 election was the highest seen in thirty years. Between 49.3 and 54.5 percent of eligible voters between the ages of 18-29 voted—that's almost 24 million people. However, when compared to the rest of the country, that still left the youth vote lagging far behind other age groups, especially seniors who had a 70% turnout rate.

The statistics are definitely not on our side, and by the time this article is published the next President of the United States has been decided. Can you say that you had something to do with that? If you did not and you still firmly believe that your vote does not count, here are just a few reasons why you should care about casting your ballot.

Many young voters feel that what happens in D.C., stays in D.C., and that politics has very little effect on their daily lives. They couldn't be more wrong.

You must have heard something about the unemployment rate being high resulting in many recent college grads moving back home after school since they could not get a job. If you don't want that to be you, hopefully you got out there and voted for the candidate you think will put forth the best effort to fix the economy.

For those of you who have actually had a paying job, you might have noticed a 7.5% chunk being deducted from your paycheck. That nice little cut goes towards Social Security and Medi-

care, which both Republicans and Democrats agree our generation will not benefit from if something does not change.

On a more serious note, the youth in this country are those serving in the military. It is those young men and women who have given their lives to protect our freedoms, including the right to vote in the United States and across the world. If you are old enough to die for your country, you are old enough to decide who is going to lead it.

Another common misconception that must be debunked is the notion that one vote does not count. While it is true that your personal vote will not tip the results of the electoral college towards one candidate or the other in anything but a very close election, the government and politicians running for office see what age groups are voting.

Especially on a local level, this helps them decide who to cater towards because they are the ones going out to vote. Why would a politician try and satisfy the needs and desires of the younger generation if they know they are not the ones that are voting?

Additionally, local elections have direct impact on our lives. For example, New York City Mayor Michael Bloomberg recently passed a ban on sugary beverages over 16 ounces through the NY Board of Health. Politics just came between you and your large Coke at the movies and your Venti caramel Frappuccino that you need to help you pull those all-nighters.

Politics isn't just about the big momentous events. As young voters we have a responsibility to educate ourselves and those around us to ensure the best for our generation's future. So now that you agree that voting is important, make sure you get out and rock the vote next time around.

BERKSHIRE ULTIMATE COLLEGE CHECKING

Looking to avoid that
MONTHLY MAINTENANCE FEE?

\$0 Monthly Service Fee!
Unlimited Transactions

NO Fee to use a Non-Berkshire ATM!



THE BERKSHIRE BANK

The Bank that puts your interest first

www.berkbank.com



Visit www.berkbank.com for branch locations

Valid 8/04/12. Valid for college students ages 18-24, must present valid student ID at time of account opening. This offer is subject to change and may be modified at any time, without notice. Certain restrictions apply. There is a minimum opening requirement of \$100. The Berkshire Bank will not charge a fee to use a non-Berkshire ATM, but there may be a fee charged by the foreign bank. Fees for other items such as stop payments and uncollected fund fees still apply. Speak with an account representative and view our Account Agreement & Disclosures and Schedule of Fees and Service Charges for full details.

Israel Tehillim Gathering

ARIELLA SIEGER When the IDF assassinated Hamas mastermind Ahmed Jabari on November 14th, frenzied Gaza rocket fire on Israel increased exponentially. Since the start of Israel's Operation Pillar of Defense, over 600 rockets have rained down on Israeli territories.

The escalating violence and continuous missile fire from Gaza on Israeli citizens prompted the Jewish world to respond passionately. Rallies were held in major cities; frantic calls were made to loved ones in Israel; at Stern College for Women, two undergraduate students co-organized a mass Tehillim gathering on the evening of November 15 that joined together approximately two hundred college students from NYC campuses.

At 10:45 pm, crowds of Jewish students gathered at the foot of the red TKTS staircase in the center of Duffy Square in Manhattan, as student leaders stood to lead the recitation of the traditional psalms said in times of supplication to G-d. Student leaders gratefully acknowledged the efforts of the New York Police Department for providing security throughout the event.

Between the chanting of Tehillim chapters, students gave brief speeches, offered divrei Torah, and led prayers for the welfare of Israel. Speakers, including Margot Reinstein, SCW '13, Joshua Joseph Freundel, YC senior, and former YC chayalim Josh Siegel and Ari Platt delivered words of encouragement and chizuk to the

energized audience. "They say the Israeli army is 200,000 strong. But I disagree with them--I think we're 12 million plus," said former chayal Daniel Landesman, YC '13, referring to the strong solidarity and support system Israel has received from many sympathizers.

Students united together from Yeshiva University, New York University, Columbia, Barnard, Brooklyn College, and Queens College to participate in the Tehillim gathering-turned-rally. Clusters of passersby stopped and watched the scene. Costa Rican tourist Orontes Castillo explained that although he was not Jewish, he stayed to watch the entire event, which lasted until about one in the morning. Margot Reinstein (SCW), Blanche Haddad (SCW), and Joseph Katz (NYU) were among a committee of Jewish college campus leaders who organized the gathering. Others, like Danielle Reich, (Jewish Theological Seminary), Josh Fink (YC), Ilana Barta (CUNY Queens), Aliza Ben-Arie (NYU), Nikki Press (Barnard), and Adam Rosenberg (YC) helped spread the word.

Margot Reinstein, President of SCW Torah Affairs Committee, explained the rationale behind the Tehillim gathering. "Time after time, when the Jewish people are in distress, they turn to G-d. They turn to G-d in prayer and in song, and that's exactly what we did."

As the circle grew larger, news cameras hovered over the scene.

Students unanimously began singing slow Hebrew songs, and after a few Israeli-flag-blazoning students broke in with "Am Yisrael Chai," circles of spirited dancing ensued.

Afterwards, Reinstein dispelled notions that the well-attended event was affiliated with some larger organization.

"We're just a bunch of college students with a shared vision who took action when we knew the Jewish people needed us. It's times like these when we need to realize that we don't need to wait for others to tell us what to do--we have the power and passion to get things done ourselves," said Margot Reinstein.

"It was a good mix of prayer and song," agreed YC sophomore Gavriel Brown after the event. "But there was something discordant about the dancing--about the idea of dancing while destruction is still happening in Israel's bomb shelters," he added.

Taking advantage of their vast

social networks, student leaders publicized the Tehillim gathering via word of mouth, Facebook, and urgent flyers posted around campuses--in under twenty-four hours. Blanche Haddad described her intentions for participating in the organization of the event. "By bringing everyone together in the center of Manhattan, it was our opportunity to act on our feelings of unity towards Israel and show our support."

Barnard representative Danielle Reich agreed. "Having a whole group of students come together in solidarity for such an important cause--which is so close to everyone's hearts--is so amazing."

She also added that "aside from being an act of support for Israel, it's also a real source of comfort to know that you have this whole community of people where everyone is standing by Israel together."

Puzzle Corner: Hurricane Sandy

DAVIDA KOLLMAR

Sandy really made a mess of things, including these hurricane-related words. Can you unscramble them?

When you're finished, take one letter from each word corresponding to the number in parentheses (for example, GAS (2) would give "A"). Unscramble those letters to give an answer to the riddle on the bottom.

- LAHHFGISLT (4)
- WRTAE TOELBT (8)
- EWPRO OTEGAU (10)
- IEC ACERM (8)
- GFDOLNOI (4)
- TASEETRIB (6)
- EDNCNA ODOF (5)
- SAHC (3)
- PWUNTO (1)
- DABORLOKE (2)

What it would be if all of the presentations at Stern's Student Undergraduate Research Group Exchange would be about hurricanes:

Email scwobserver@gmail.com for the answer!

Ever Had A Melatonin Hangover?

ORLY BENADERET Since my first year at Stern, I've been taking melatonin whenever I need to be up early the next morning or if I can't stop my mind from racing while trying to fall asleep. The first time I heard about melatonin was from a friend who said there were no risks of addiction from taking it. Melatonin helped her relax and fall asleep. Sounded like a win-win scenario for me.

As a senior, I've still been taking melatonin on nights before exams and occasionally throughout the school year. Some nights it helps, while other nights I've needed to take a second pill. There are also mornings I've woken feeling tired and groggy, though I never thought to associate it with the melatonin I was taking. Since my doctor told me there weren't any problems with taking melatonin, I wasn't too concerned.

My assumptions changed when I was home over the holiday break in October. I was watching the Dr. Oz show--a health related talk show--about the unknown risks associated with taking melatonin. After being shocked by the information I heard, I decided to do some research on the topic to learn more about this pill that I've been taking, and I'm sure many friends of mine are taking as well.

You may be wondering, what is melatonin? Melatonin is a hormone naturally produced by the pineal gland that sends a signal to regulate the sleep-wake cycle in the sleep area of the brain. It pretty much tells the brain when it's time to sleep.

The problems begin when you can't fall asleep. What do you do? Instead of taking sleeping pills that have been linked to various health risks, many people have chosen to take melatonin instead. Although melatonin is naturally produced in the body, the assumption is that taking extra amounts externally, via a pill, will have the same effect as the natural melatonin does; in other words, making you tired and ready for bed.

However, Dr. Michael Breus, the sleep doctor on that Dr. Oz episode, explains that the pill form of melatonin will not work the same way as naturally produced melatonin. He explains that taking synthetic melatonin is not a cure for insomnia, nor is it a sleep initiator. Additionally, there are plenty of side effects that many people are not aware of. The reason people do not know about the side effects or any of the health risks of taking melatonin stems for the fact that the Food and Drugs Administration (FDA) does not regulate melatonin creation or distribution.

According to the National Sleep Foundation, since the U.S. Dietary Supplement Health and Education Act of 1994, this hormone is sold in health food stores in the United States and Canada without a prescription, because melatonin is contained naturally in some foods. Therefore, the FDA does not need to approve or control this hormone the same way as drugs. Since the FDA is not regulating it, synthetic melatonin created in factories may not be controlled or accurate to the dosage. Which means that the dosage in your pill may not be the amount listed on the package. This information alone was starting to concern me. So, what is the right dosage that someone should be taking?

Dr. Michael Breus explains that people who should take melatonin are those who have a major shift in their sleep schedule, like working on a night shift or flying. As for the proper dosage, Dr. Breus says approximately 1mg is the MOST that someone should take, and only if it's necessary. He explains, "that's how much it takes to have your plasma concentration levels up so that it's up in your blood stream and having that effect to tricking your brain that it's night time. Anything over that is over kill. Period."

What is "over kill"? Dr. Breus says that when people start taking 2-3mg or higher, they have reported side effects of: headaches, nausea, next-day grogginess hormone fluctuations, irritability, vivid dreams and nightmares. Otherwise known as the "melatonin hangover." In addition, taking melatonin every day for more than three months can ruin one's ordinary sleep cycle. Dr. Breus explains that people who are taking the pill for a short night sleep have a real struggle getting out of bed, because the melatonin has convinced their body that it is still night.

After hearing this, I quickly walked over to my bed stand and looked at the dose on my pill bottle: 3mg. That's three times the amount that I should be taking! Unfortunately, I wasn't the only person taking more than the recommended 1mg dose. On the Dr. Oz show, almost everyone in the audience who said they took melatonin at night was taking at least double the amount that they should be taking. Everyone taking more than 1mg is at risk for developing those "hangover" side effects in the morning.

I then thought, how many people in college are taking melatonin and do not know the risks and proper dosage? I sent out a questionnaire to some students who are taking melatonin. I was shocked to see that these students are taking more than

double the amount that I take. Fiona Geudalia, a Super Senior at Stern College, reported taking 10mg when she was having "sleep trouble." And she is not alone. Of the 13 people who took my questionnaire, there was not one person who reported taking the recommended 1mg dose. Why is that happening?

Talia Sagian, a senior in Stern College, said that the one time she took melatonin she felt like her body was in a "comatose state," where her body felt "paralyzed" but her mind was still awake. After that experience, she swore to never take it again. Some students reported that taking melatonin does not always help, but they continue to take it for the nights that it does help.

Michael Ahdout, a junior at Yeshiva University, says that his doctor recommended taking melatonin for his "trouble sleeping." Ahdouts takes 5-10mg about once a week and he says it "does not always help." When I asked in the questionnaire if students thought there were any dangers to taking melatonin, the students had their own assumptions but none of them knew the side effects listed earlier. Some students even reported thinking that melatonin was a vitamin.

Melatonin is not a miracle drug. It will not help you if you are suffering with anxiety, insomnia, depression, or stress. Even though there is no link to addiction, the other side effects should be taken seriously. With exams, papers, school events, and having New York City in your back yard, it's hard to shut your mind and body and fall asleep.

If you take melatonin now, I would recommend first looking to see that you are taking the proper dosage. Make sure to take it 90 minutes before you go to sleep in order to allow your brain to recognize the melatonin you took. Then, try to notice if you have been experiencing the side effects previously mentioned. You don't want to ruin your internal sleep schedule.

The most "natural" advice for anyone trying to fall asleep is to start unwinding at least 30 minutes before you go to sleep. Get off Facebook, turn off your computer, silence your cell phone, and relax. Try deep breathing, read, drink some hot milk, avoid caffeine or alcohol, have a routine exercise schedule, or even write for a few minutes. If you've just discovered that you are living with a roommate with a "melatonin hangover," trying recommending some of these natural remedies. She will thank you in the morning.

A Case For Liberalism

MADDIE TAVIN Whenever I hear people bashing liberalism, which is quite often in the Orthodox community, particularly in this institution, I experience an overwhelming sense of frustration and disappointment. For some reason, it has become increasingly taboo in our Modern Orthodox world to hold liberal values. I find that disconcerting.

It all boils down to two opposing narratives. For some reason, observant Jews tend to gravitate towards the Republican narrative. Granted, some have legitimate reasoning. But many, especially young adults and teenagers, simply go along with what has become the "cool" side—mainly, the conservative side. It is this demographic that I don't quite understand. Rather than learning and thinking about policies, they grab hold of oft-repeated talking points, prematurely concluding that Republican values are requisites for being an observant, pro-Israel Jew. These beliefs are simply unfounded.

For the most part, the debate is not about social issues. Observant Jews are not trying to team up with Catholics to fight abortion and homosexual marriage. And, honestly, I don't think it is about foreign policy either. In the scheme of history, the American/Israeli relationship has not drastically changed with the changing US presidents. Obama's policies towards Israel were essentially the same as Romney's, thus removing the option of "voting for Israel," since the results, for all intensive purposes, are going to be the same. Both planned to enforce 'biting' economic sanctions on Iran, and both believed and stated, in no uncertain terms, that the US would stand with Israel (see the third Presidential debate, in which both candidates comments regarding Israel were remarkably similar).

It is the discussion of economic policy that creates the largest schism between a more conservative and a more liberal point of view. I am not trying to debunk trickle-down economics, nor am I trying to convince you that increasing military spending is a bad idea. However, conflating the decision to stick to the political right with a dedication to Jewish values is what upsets me the most.

Why do we, as young Jewish adults, relate to language like "the 47%?" Many of us are fortunate enough to live comfortably—we do all attend a University that costs \$45,000, financial aid aside. But what we often fail to truly grasp is that not everyone is as fortunate as we. For people trapped in the lower end of the socioeconomic spectrum, it is not nearly as simple to "work

hard and succeed," as many claim. Many such people will never be able to escape their poverty, no matter how hard they try.

FOR THE MOST PART, THE DEBATE IS NOT ABOUT SOCIAL ISSUES. OBSERVANT JEWS ARE NOT TRYING TO TEAM UP WITH CATHOLICS TO FIGHT ABORTION AND HOMOSEXUAL MARRIAGE. AND, HONESTLY, I DON'T THINK IT IS ABOUT FOREIGN POLICY EITHER.

Does this mean we should not care about them, because they live in different neighborhoods and we don't see them or relate to them? No. It is not our desire to make people dependent on the government or stifle their

independence and freedom, but we should be able to recognize that not everyone can be "taught how to fish" so easily.

Obama's project of bringing health care to every member of our society is one that clearly emphasizes a commitment to bettering the lives of those in dire need. Obama's plan for small businesses allows for smaller investors to buy shares in a company. This allows companies to get on their feet without being dependent on massive infusions of funds from wealthy donors.

He also seeks to expand the definition of small business so that the regulations that are necessary for big companies won't take effect until a business grows to \$50 million, unlike the \$5 million limit now extant. His plan for small business owners trying to go public helps ease companies into the market. Obama's Employee Free

Choice Act empowers laborers to improve their benefits by working together and prevents employers from taking advantage of individuals in need of work.


We need to step out of the bubble in which we comfortably reside and start thinking beyond ourselves. It is quite difficult, granted. Empathy is an emotion that does not come easily for

OBAMA'S PROJECT OF BRINGING HEALTH CARE TO EVERY MEMBER OF OUR SOCIETY IS ONE THAT CLEARLY EMPHASIZES A COMMITMENT TO BETTERING THE LIVES OF THOSE IN DIRE NEED.

many, if not most. But it is a level towards which we should be striving.

Tzedakah and social justice are clearly Torah ideals and halakhic values. We preach and claim, externally, that we care about the plight of others. But I'm just not seeing it. I urge you, 18 to 21-year-old who has nothing to do with Medicare or Social Security, to reconsider your values. Recognize that we cannot always understand how it feels to be in someone else's shoes.

It is my hope that we can begin to clarify our priorities, recognizing that, regardless of the political party to which we belong, we all clearly want America to succeed and prosper. In the end, it isn't about politics. It's about values. It's about aspiring to something greater, more hopeful, and more just. Once we take the leap to realize that there is a misunderstood world beyond our bubble, we're well on our way to improving that world.



Bridal Secrets

*Unique
Upscale
Affordable
to Purchase or Rent*

*Designer
Bridal
Gowns*

*Headpieces
& Veils*

415a Central Ave
Cedarhurst, NY
516-295-2062

By Appointment Only

www.bridal-secrets.com

Cedarhurst • Lakewood • Yerushalayim

SPORTS

MEIRA LERNER
LINDSAY WESS
SPORTS@YUOBSERVER.ORG

Lady Macs: New Coach, New Rules

LINDSAY WESS With a new coach and new rules, the Stern basketball team is getting a makeover. Coach Nesta Felix has the college playing and coaching experience to take our lady Maccabees to the next level.

Felix played basketball for Iona College in New Rochelle, and since 2002, she's been "coaching basketball right out of college." Coaching basketball at Monroe College for seven years, Felix then switched to Woodman High School in Greenberg, NY, before taking the coaching position at Stern College. "Basketball has just been an area where I've created a name," said Felix.

In 2007, Felix founded the youth non-profit organization 'Newflex,' which offers young men and women tutoring opportunities and academic supervision in addition to developing their basketball skills. At Neflex, Felix coaches players of all ages and competes on the court to raise money for youth sports and mentoring.



If Felix isn't coaching basketball, she's playing in the game. She's surrounded by the sport around the clock, playing in tournaments throughout the year. "I've just had a passion for basketball...I love to be part of the game," Felix said.

With the team roster set, Felix is making sure that the ladies are in shape and ready for the upcoming season. Energized and prepared for their first game, Felix is excited to show other schools what the Maccabees are made of. After scouting out the competition, Felix remains confident in her players.

"I hold them up to some very high standards. I'm very impressed with their work ethic. We have a very smart team, and they pick up things very quickly," Felix said with assurance.

The team is built around the concept of unity. One senior player commented, "This year the team has been taken much more seriously."

While the Lady Macs may not have as much practice as other college teams due to Shabbat limitations, Felix makes sure that they make up for their lack of practice with running drills and conditioning. Felix recognizes the hurdles ahead, but remains optimistic saying, "Whatever we do, we are going to improve and be better than what we were in the past. And I'm looking forward to that."

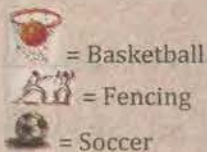
In addition to being a unified team on the court, Felix wants the women to look like a team off the court as well. Entering the gym before a game, the ladies are expected to be in uniform, wearing black slacks or skirts, with a white buttoned down shirt. Felix wants the players to look, act, and feel like a team.

While Felix may be tough, she understands that constantly practicing makes a difference. Her favorite part of coaching is "just watching them play together. Being rewarded, because they were able to follow the play."

The first women's home basketball game is November 27th, starting at 8 pm at Baruch College.

November Game Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday
November 4	5	6	7 - 8:00	8
11 Sacred Heart Invitational - 5:00	12	13	14	15
18 Lafayette Duals	19	20 - 8:00	21	22
25	26	27 - 8:00 @ Baruch	28	29 - TBA



CONGRATULATIONS
Congratulations to Cross Country's Rivky Jacobov on being selected as a member of the HVWAC All-Conference Team.

Congratulations to Volleyball's Makena Owens on being named HVWAC Rookie of the Week.

Congratulations to Soccer's Meira Lerner on being named HVWAC Player of the Week.

Baseball Team Increases Israeli Pride

MELISSA APPEL For the first time since the World Baseball Classic was founded in 2005, Israel sent a team to the international baseball tournament that took place in Jupiter, Florida.

Even though Team Israel did not win the tournament, Israel's September 19th seven-to-three victory against South Africa became one of the tournament's top stories. Israel baseball hero, Nate Freiman, hit two homeruns at the end of the game to secure the first World Baseball Classic win for Israel. "It's the most people I've ever represented wearing a jersey and I'm willing to bet for most people on the team, it's the same way," Freiman said after a victory whose intensity is not reflected by the final score. "You could see the energy in the crowd."

Baseball fans across the globe excitedly awaited Israel's following game against Spain in the Tournament's final qualifying round. No one was disappointed. The game against Spain was exhilarating, but Israel's run came to an end after an extra inning seven-to-nine loss to Spain. Despite the loss, faith-

ful Israel fans waved their flags and blasted Israeli music. Passion, and faith in our country, took over; the stadium was full of Jewish pride. In fact, stadium personnel even sold shawarma at the game.

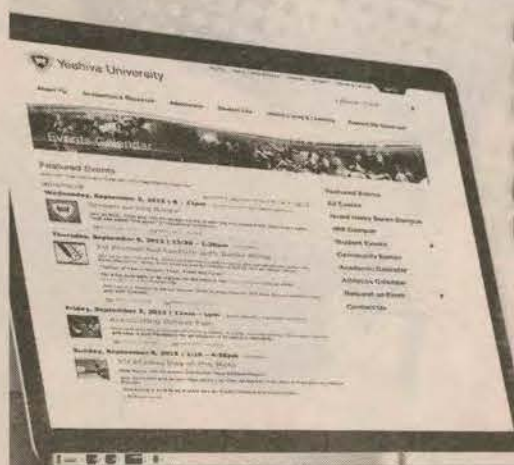
Israel's participation in the World Baseball Classic was a major Kiddush Hashem. Representing Jews from all around the world, the team wore the Israeli flag on their jerseys.

Team doctor Glenn Copeland told players that, although he has been a Toronto Blue Jays' team physician for thirty-two years, even he was affected by the passion and pride associated with Team Israel. "It's as emotional as hell because there's never been a night in baseball that I've been associated with that I'm more excited and more proud to be a part of." He compared seeing an all-Jewish team in a world tournament to Jackie Robinson's breaking the color barrier. "You're the best and greatest Jewish baseball team that's ever played in the world," he said, "and every Jew is walking a lot prouder."

Introducing the New Yeshiva University Events Calendar

New ways to learn about and promote events:

- add to your calendar
- share with friends
- tweet on twitter
- remind you by e-mail or text message
- set it to notify you of changes
- link to your facebook event



Visit www.yu.edu/events today to check it out!

Yeshiva University

Torah U'Madda: A Conversation with Mayim Bialik

shaped around you or did you fit well into a role that had already been created?

MB: A lot of it was coincidence- They thought it would be fun to make my character a neurobiologist when I was brought back after my first episode, and in terms of clothing they wanted Amy to not show any curves and to be "muted", which is not what tznius is about. There's a lot of complexity to tznius and that's one thing I think secular or non-Jewish people don't understand. But with my character it's been easy enough to dress modestly and insist on skirts, and now it's assumed that I always wear skirts.

Observer: How do you make time for learning in your day to day life?

MB: My chavruta and I usually learn at night when our kids are sleeping. I have to find time to squeeze it in, and I guess I could use that time for a lot of other things- watching tv, going out but I don't - I get in my pajamas and I learn.

Observer: You made a guest appearance in the Maccabeats' Chanukah video- How did that come about?

them and from there I became close with some of the guys and I've had a nice friendship with them.

Observer: The Big Bang Theory is one of the most popular sitcoms on television now- is this what you imagined when you re-entered the acting world [after starring in Blossom as a young teenager]?

MB: I had no idea- I thought I would have a lot of time to spend with my kids because actors never work! It's been unexpected but a really great opportunity- it's a wonderful lifestyle, and it's a flexible schedule. I've been able to teach on the side since I've gotten my degree which is something great to be able to do.

Observer: Having been a child actress yourself what would you say if your one of your sons [ages 5 and 7] wanted to go into the industry?

MB: I don't think my husband or I want to drive them to auditions [laughing!] They're also super shy and kind of introverted so I think we're lucky- our younger son wants to be a race car driver and our older one wants to be a fireman so I think we're okay.

Observer: How do you think the world, and Hollywood, views Orthodox Judaism right now?

MB: I think there's a lot of lack of knowledge about Orthodoxy. I think there's a general trend in modern society that it isn't cool to be religious and I think that that is still the stigma. I think there is also a lot of uncomfortableness from secular Jews because they think we're looking down on them even though no Orthodox person I know is looking down at secular people!

Observer: If you could have dinner with one person, living or dead, who would it be?

MB: I don't know if this will sound goon-y but I'd say Rabbi Aryeh Kaplan. I've studied his works the most- from his handbook of Jewish thought all the way to his mystical writings so I think he'd be someone I'd love to meet.

Observer: Do you have any advice for Stern Women?

MB: I advocate really strongly for higher learning for the women in our community- everyone has different family minhags about what they can and should learn but I think its really important for the women in our community to be as religious, philosophically, and intellectually educated as our men are.



MB: When "Candlelight" came out I posted about them on my Facebook page- I thought they were really amazing- for all the modern orthodox people I knew about I'd never seen modern orthodoxy presented so appealingly. They emailed my publicist to say they were fans and to thank me for all the publicity I'd given them. I contacted

ARTS & CULTURE

AIMEE RUBENSTEEN
ARTS@YUOBSERVER.ORG

Midterm Monkey Minded

HOLLY HAMPTON SEIDENFELD Although anxiety may seem foreign to those lucky few born with a calm disposition, those of us who have experienced a panic attack or just a random bout of irrational fear, will find tremendous solace within Daniel Smith's memoir, *Monkey Mind*. *Monkey Mind* is Smith's memoir of his own experience with anxiety. The title comes from a Buddhist term of human experience where a person's mind keeps racing side-to-side with nervousness. Smith writes with such clarity and precision that I wondered if he may have heard my inner thoughts.

Anxiety is not a reaction to events that have already occurred, but the anticipation and apprehension of uncertainty. His personal experiences obviously will not resonate with all readers because they are, after all, personal. Yet, specifically for the Stern College for Women community, his Jewish upbringing with a stereotypical Jewish mother will probably ring some bells. Because Smith's anxiety is so deep, he will probably be fearful of something that you also have feared. During his moments of deep anxiety, Smith suffered from intense sweating and experiences that may crossover with depression, so it also makes the reader realize the more serious effects of anxiety.

The best part of Smith's memoir is that it is not written in a depressing tone, but in a humorous one. He reminds himself when thinking about his financial stability and work opportunities that "well-educated, upper-middle class Jews seldom end up sleeping in the dumpster." The ridiculous thoughts of Smith's cognitive reality caused me to laugh out loud numerous times. His ability to convey a disheartening topic in an entertaining

manner makes this an enjoyable book.

The only section that sticks out like a sore thumb and is uncomfortable for the reader is his retelling of his first sexual experience. His graphic and disturbing relationship with an older coworker is purposely not funny, and does take away from the tone of the memoir. The other aspect of the book that may also disappoint readers is Smith's omission of "the cure" for monkey minded readers.

Although he talks about the different methods to help him, like therapy, he offers no real answer for a fix. The reason he doesn't offer a fix is for the simple fact that as of now, he himself still suffers from anxiety. That being the case, it would not be surprising if someday in the future he writes a sequel and offers a "cure."

To cope with anxiety, Smith repeats a few mantras to himself that are applicable to many readers, especially some Stern students. For example, in moments of desperation, Smith advises "the hard work, you discover over the years, is in learning to discern between correct and incorrect anxiety, between the anxiety that's trying to warn you about a real danger and the anxiety that's nothing more than a lying, sadistic, unrepentant bully in your head." These descriptions may help put an upcoming exam into perspective.

This book is really best for those of us who have to tame our anxieties. However, even those who were lucky to always be confident about themselves and the future, will appreciate Smith's humorous portrayal of his own life and learn more about how the comparatively less fortunate, also known as, the anxious, live.

The Honest Perks Of Watching A Wallflower

JOANNA ROSS-TASH It is common to be disappointed with movie adaptations of wildly popular novels. However, this tendency, luckily, rings false for this fall's release of *Perks of Being a Wallflower*. The accurate and engaging adaptation of the novel probably succeeded because the author of the original novel, Stephen Chbosky, also directed the film. His storytelling talents ring true throughout this coming of age film.

From the beginning, the audience connects with the friendless and quiet protagonist Charlie, played by Logan Lerman. He has a dark past and lives in the shadow of his older, much cooler brother and popular, pretty sister. Charlie begins this chapter of his new life by counting down the days until his high school career is over. He is brighter than his inadequate freshman peers, and on his first day makes only one friend, his English teacher played by Paul Rudd. As the weeks go by, Charlie, finds himself befriendng the class clown and fellow odd ball, senior Patrick, played by Ezra Miller. Patrick is loud, uninhibited, flamboyantly gay, and the step brother and best friend of Sam. Sam, played by Emma Watson, is both the beautiful and the damned. She loves quality music, and dates only older men who do nothing but abuse and cheat

her. Charlie's friendship with Patrick and Sam exposes him to a whole new social group described by Sam as "The Island of the Misfit Toys."

This film is unique in its ability to fully engross itself in the challenges of growing up without resorting to a sort of simulated standard plot. It slowly breaks down each character to the core, by exposing the truly vulnerable side of these quirky teens. Chbosky seamlessly translates his novel to the screen by subtly weaving together the heavy moments one can experience in high school in a jarringly realistic manner. There is nothing that goes undiscussed. Drinking, drugs, unrequited love, sexual abuse, sexual orientation, uncertain-

ty of the future, and the power of the single moment are somehow all addressed cohesively and meaningfully throughout the story. This jam-packed film would seem trite if not for its commitment to emotional honesty throughout the film.

In this film, music is a bond and a communicative device between many of the characters. The characters' classification and appreciation for good music, like The Smiths and Dexys Midnight Runners, is a large part of their social interactions. Mix tapes are constantly transferred back and forth often conveying certain emotions from one character to the other. With the help of music, Chbosky tempers the heavy themes in the film through

comedic lines and scenes delivered by the charismatic cast. Ezra Miller stands out among the three main characters as the clear star within the group. His performance is funny, heartwarming, and supremely gratifying. Miller performs with absolute ease as he takes on Patrick's drag performance in the Rocky Horror Picture Show or gets into a fight in the cafeteria. Miller displays his varied talent on the screen making it clear that he is an actor clearly on his way to bigger stardom. Logan Lerman establishes himself as a young actor with an ability to play a wallflower without falling into a forgettable performance. He is insightful and careful with his performance, allowing the audience to experience the story in an honest manner. Emma Watson graces her audience with her first post Harry Potter role on screen with a delightful performance. Her performance is not as strong as her male counterparts, yet she is able to convincingly portray a young damaged girl who desires a bigger and better life for her. The trio has great onscreen chemistry and effectively conveys the strong bonds of friendship in a passionate manner. *Perks of Being a Wallflower* sincerely opens up an array of wounds through honesty and innocence.

What more can you ask of a coming of age film?



Warhol Overload

AIMEE RUBENSTEEN On October 24, 2012, The College Group at the Met organized its annual fall party with "Warhol's Factory at the Met" that was free for all students with a valid i.d. and an interest in popular culture. Even though Andy Warhol used to be known as an avant-garde artist with his commercialist pop art, it is hard to even meet someone who isn't affected by him today. This Warholian effect was clear during my private viewing of "Regarding Warhol: Sixty Artists, Fifty Years," at the Metropolitan Museum of Art.

If you ever thought you can never have too much of a good thing, think again. Andy Warhol's impact on the art scene, and especially on the hipsters flooding the museum, is quite apparent even without the exhibition itself. Yes, the exhibition provides its audience with Warhol favorites, like his silk-screen of the Campbell's soup can and Marilyn Monroe. It also displays his

interest in the readymade, à la Marcel Duchamp, which has produced artists like Damien Hirst. But it almost stuffs the viewer with an all-you-can-eat buffet of art. The Met claims, "Through approximately forty-five works by Warhol alongside one hundred works by some sixty other artists, Regarding Warhol:

Sixty Artists, Fifty Years juxtaposes prime examples of Warhol's paintings, sculpture, and films with those by other artists who in key ways re-interpret, respond, or react to his groundbreaking work." However, I think the overflowing amount of art in the galleries actually hindered the viewing of the art.

Only after sifting through the cans of soup and hipsters in the galleries, and

actually stepping outside the galleries was I able to consider my experience

and opinion of Warhol. Each time I would try to analyze the brush strokes in a Chuck Close painting or the graphic design of an enormous box of Marlborough cigarettes, I was stampeded with mobile uploads.

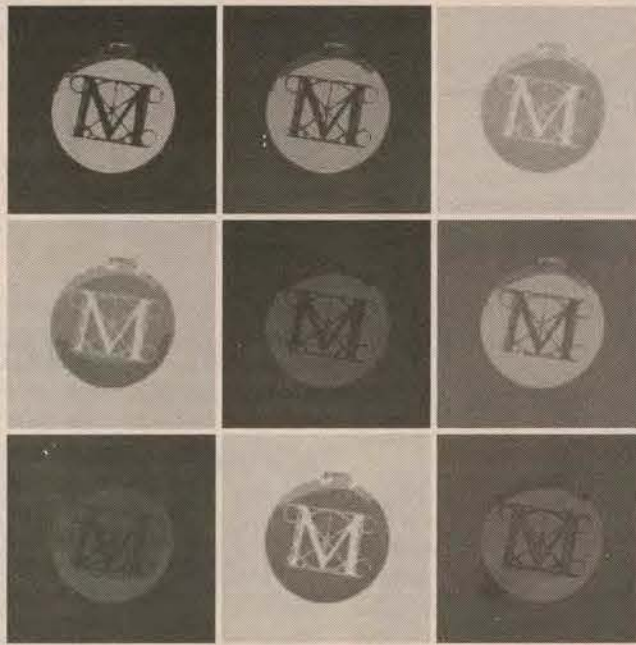
Each person in the gallery seemed more concerned to photograph the art than look at it. Few discussion groups gathered in the gallery. I was appreciated when a stranger was eavesdropping on my quick explanation of the evolution of pop art and its effect on mainstream culture. However, the real discussions were few and

far between the amount of Instagram uploads.

The amount of art flooded the senses and hindered anyone from even considering the actual work itself. Upon examining a bag of kitty litter, I giggled, but then was distracted by the paintings with chocolate and gold sculptures of Michael Jackson.

It was difficult to understand the value of each work because of the immense variety. Ironically, Warhol might have liked this exhibit for this reason. Even though Warhol harnessed the power of commercial art, he also had something important to say.

"Buying is much more American than thinking, he stated and I'm as American as they come." The exhibit could have generated more discussion with fewer art pieces and more complex wall texts, but then again, Warhol might have just wanted to know how much the Met generated in the museum's gift shop.



Julia Siegel

The Phantom Of The Opera: It's Not Who You Think

SARAH KING I meant to write this article about the opera. I arrived at the Metropolitan Opera House filled with anticipation at the prospect of spending the next three hours surrounded by fellow opera-lovers all gathered to listen to Verdi's *Il Trovatore* ("The Troubadour"). What I did not anticipate, however, was the inherent rudeness of the audience with whom I was forced to sit.

That's right, folks. This would-be opera review has turned into something much more serious: a public service announcement for today's society. Not ten minutes into the opera, as the bass sang his aria *Di due figli vivea padre beato* ("The good count lived happily, the father of two sons"), it began. I heard the distant yet distinct sound of an iPhone dinging as its owner received a new text message. I rolled my eyes in disgust but refocused my attentions on the bass, figuring that rude intrusion to be an isolated incident.

I counted three more phone rings in the first act alone.

Now these were just interruptions of the

electronic variety. I am not accounting for the whispering, shuffling, moving about, and general attention deficit of the audience. In the fourth act, as the soprano Leonora lay dying and the four main characters sang the quartet *Prima che d'altri vivere* ("Rather than live as another's"), the soprano's dramatic death scene was somewhat diminished as the crackling sounds of someone unwrapping a candy echoed throughout the house.

I recently discussed this issue with my music professor, the renowned Dr. David Glaser. As the head of the music department and known throughout the school for his witty remarks on *Sense of Music*, he has taken many Stern College for Women student to many musical performance of the classical variety. In this discussion, Dr. Glaser revealed that upon receiving student-priced tickets to the Lincoln Center, he was given a list of rules that had to be read to the students prior to the show. This seemed to be a terrible condescension. For college-aged women to be told not to talk, to silence their phones, not to eat

during the performance – it sounded as though these rules were written for elementary to middle-school aged students, not legal adults with enough exposure to culture to know not to break out that bag of chips at a concert.

Sadly, such is not the case. Today's society has a terrible deficiency in regards to respect. We have been taught to respect nothing and no one: parents, teachers, and elders in general; all of them get the same treatment, as do the rules they represent. I cannot say with any certainty that Guanquin Yu, the soprano whose performance was so callously set aside by someone whose craving for candy just couldn't wait, but I can say that had I been on stage that evening, I would have been horrified and hurt at the treatment I received as a paid performer.

However, it feels unfair for me to target our age group alone. Prior to last evening's opera excursion, I might have believed that the older generation was faultless – above reproach, the standard to which we should all be held. However,

during Act II, as well-muscled young blacksmiths hammered their anvils to the beat of *Vedi le fosche notturne* (aptly titled "The Anvil Chorus"), I happened to glance over the aisle. I saw, to my shock, a white-haired bespectacled man texting shamelessly, his lined face lit up by the glow of his phone. I learned a valuable lesson that night: nowadays, lack of respect is not reserved for the young. Age takes on a new meaning ("50 is the new 30!"), and soon not just the positives but also the negatives of that phenomenon will hit us all.

Despite the rude interruptions that pervaded the performance, Verdi's *Il Trovatore* was a sight to behold. The story is gripping, the performers are captivating and the music beyond comparison. The Phantom of the Opera is a well-known character: he sabotages the show and ruins the performance. That Phantom still exists today, but he is no longer the man behind the curtain, no. He is the man sitting next to you, looking at his phone and reaching for a candy.

Walking Tours: The Globetrotter

AIMEE RUBENSTEEN Stop living vicariously through your friends' vacations and travel around the world in New York City. Manhattan is the home to the cheapest, quickest, and almost most satisfying trip to any country. The first step is to simply leave your bubble of a dormitory room and the adventure will surely ensue.

Explore the Middle East for lunch and enjoy a hearty falafel pita sandwich at Maoz Vegetarian. This location is embedded in Central Park's shrubs that overlook a pond. You might even forget that you're in the vicinity of Washington Heights for a couple of moments. Believed to have first been made in Egypt, this Americanized falafel meal

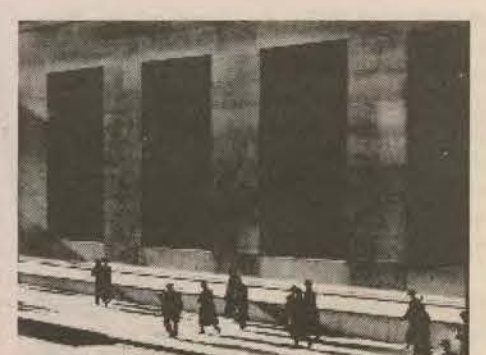


ensures a filled stomach and the temptation to join the vegolusion.

Then, just walk a few blocks and explore the epitome of America's bubbling melting pot. The only way to learn about other countries is if you first know about your own. At the Museum of the City of New York, you can finally become better accustomed with the history of the Big Apple. Currently, their showing exhibits that delve into the evolution of New York's banking system, global economy, social activism, street photography and the transformation of Staten Island, New York's history of social activism and the city itself.

Take a stroll around Central Park, and, if you are brave enough, walk all the way home. This part of the park is much quieter without the abundance of college students. Here, the true beauty of nature and the true diversity of the city can be found.

No trip around the world would be complete without a stop in India. Dine at Pongal for a tasty experience. Each dish jumps with its own flavors and spices. The best part of the trip will be deciphering what you are actually eating. I recommend the Mulligatawny soup with the Palak Paneer or Baingan Bhartha. Of course, you can



always trust the South Indian waiters and simply ask them to order for you for an authentic meal.

Finish your trip around the city in our own neighborhood. The Prow Art Space at the Flatiron Building is featuring a map of an invented world. The artist, Rebecca Riley created "Randomland" from many different maps and then some. Her piece reminds every globetrotter that sometimes the best places to travel are the ones that have yet to be explored.

Happy traveling!

Nowhere But Here: Mingling Makes Headlines And Sandy Soundbites

HANNAH DREYFUS Humbly stated, I believe myself to have written many an interesting article. Vegans, texting, seminary, Halloween—a diverse host of topics have sparked my journalistic fancy. Bemusing, I therefore find it, that the one article to generate more buzz, grace more Facebook likes (up of 400), and herald more high fives and hearty congratulations in the caf than any other was my article about Stern girls spending time in the Heights Lounge.

Granted, it was in Sandy's destructive wake, giving the article a unique edge. And, granted, the article was funny and entertaining. But there must be other factors at play. Such success begs inquiry. While I am not a science major, I do appreciate the scientific pursuit to recreate results. While writing is far from a science, isolating the factors that led to this article's quick ascendancy would prove most helpful. I do not write to promote the article (A Matchmaker Named Sandy—Jewish Week, online and in print)—it seems to have done a fine job promoting itself. I write instead to probe the labyrinth of the human psyche and to question the unique social factors that provided an estuary for the article's success. With respect to your time, I try to keep my answers to scientific precision and brevity.

Observation: My article was very popular.
Hypotheses:

1. Boys like girls. Girls like boys. Girls like to read about boys liking girls. Boys like to read about themselves. And so, the world keeps turning.
2. When times are hard, the Jewish community is heartened by the assurance of a Jewish future. CJF trips operate by the same basic principle. Minus the hurricane. Plus building houses in third world countries.
3. In times of crisis, people seek lighthearted distraction. (This hypothesis, however, is rather spurious, as lighthearted distraction seems to be sought quite liberally at other times as well (i.e. in class, in the library, in the study halls, in the uptown library etc., etc.))
4. It was a prideful "we-are-a-real-University-and-yes-we-DO-know-how-to-interact-with-the-opposite-gender-I-promise" moment. Unfortunately short-lived.
5. People love reading about themselves. Or about people they know. Or about people who know people they know. Holds the same especial thrill

as Jewish Geography. You just have to get it to get it.

And now, for your further entertainment, some memorable Stern Sandy Sound Bytes:

10/29 12:00pm: Stern students storm 29th Street cafe' to stock up on staple foods to survive the upcoming storm: candy, chocolate, Danishes, Eden Wok, and candy.

10/29 17:05pm: Lights go out. Fridges turn off. Stern girls allow their minds to gently transition into a state of latency (where they shall remain for the next week), ensuring that, upon the return to normalcy, they will be lightning bolts of productivity. Glad that panned out.

10/30 13:10pm: A Ms. Rachel Kraut announces to a room full of dispirited Stern women that Carlos and Gabby will be served for dinner. News is met with tribal war cry of glee and ritual dances.

10/30 13:15pm: Kraut tells girls to stop "stealing the glow sticks" that have been placed in dark stairwells to provide light. This is not a Bar Mitzvah DJ Party, dammit. This is a crisis.

10/30 13:15pm: PJ stands in dark room on chair and announces to Stern student-body that he has come to visit because he has heard there is "free lunch." Reports remain uncertain if he was serious or not.

10/30 13:20pm: PJ reports that boys by-and-large spent hurricane shteiging in the Beis. Girls begin to swoon and faint (due to the heat and stress, naturally). Shortly thereafter, mass exodus uptown to pursue the "electricity" so that they can continue to "study" begins.

10/30 13:45pm: PJ assures there will be "plenty of food for all." Past precedent engenders doubt and suspicion—frenzied mayhem and dangerous mob ensues.

10/30 13:50pm: Bereft of internet-access, students request newspapers for fear of becoming out of touch with important world events for even a moment. When directed towards Observer stands, they sigh with relief.

10/31 All Day: Procrastinate any/all productive activity.

11/1 All Day: Procrastinate.

11/2: Resign oneself to half-baked vacation.

11/3: Enjoy vacation!

11/4 16:00pm: Load busses back to Stern. And, real life returns with a vengeance.

A story for the grandkids this will be;) Write on.

OPINIONS

TALI ADLER
OPINIONS@YUOBSERVER.ORG

Box Life

continued from page 1

about your typical modern orthodox female stereotype, especially your Stern stereotype. In truth, this stereotype cannot be farther from the truth in my own humble opinion. I interacted with women my age on a daily basis who would fundamentally challenge my perception of religion, politics, friendship – whatever makes the world go round! There were moments where I would catch myself responding to a question or defending a stance and then rethinking if that was really what I believed. Did I know and believe something because others had told me to, because that was how I was trained to think? Or did what I believe actually change based on experience, new knowledge and a willingness to put myself out there? Whether I liked it or not, I was forced to reassess numerous times who I was and the way I looked at the world around me. My box life was slowly being ripped apart, my boundaries changing and expanding, the confines of my existence trembling, and the me that I thought I was transforming with it.

I met some people during my time in seminary and Stern who, even after we graduated and moved to various corners of the earth, I count as my close friends. When I look at them now, where their lives are, who they are as a person, they somewhat resemble the original them that I met those years ago but now, in the present, are an even more awesome version of themselves. I recognize that each of us willingly allowed ourselves to open up to new people, new ideas and that only reinforced either what we thought already or gave us the safe pathway to reassess who we were. For example, one of my very close friends who we shall refer to as Chaya knocked on my door one night to talk about a decision she had come to. Several years before she had decided, for her own spiritual growth, to stop wearing jeans. This included the casual hipster "wear a pair of jeans under a cute dress" look too. Now she wanted to start wearing them again, but under dresses and skirts, because she viewed it as a method of her self-expression. I sat there for two hours trying to argue why she should not go back on her decision. In my mind, this was a big low for her and all be darned if I could not save her soul from eternal damnation! Well, looking back almost 11 months later, I was a total idiot. I knew

Chaya. I knew the struggles she had gone through to become who she is to get to where she is. The foundation on which she now rested was unshakable, unbreakable! Wearing jeans under her clothing was not her trying to flip in to what the rest of the world was doing. It was just simply Chaya just trying to be herself. Chaya had changed from a semi insecure, #stilltryingtofigureoutthisreligionthing to a strong, independent, knowledgeable woman who understood that equating religiosity with expected physical appearances was not necessarily the real and only deal. Her box no longer needed to be this tight noose around her neck, a security blanket, dragging her back to a centered and safe position in life. Chaya was finally in her own and needed no box life to delineate who and what she was.

So let's get down to it. What is my point? Right now, at this stage in your life, it is okay to still be living the box life. Having been there and done that I beg you to not shut out the world around you. There is no reason to radically alter your life or your individualism. Rather, I beg you to not shy away from a change that will ultimately make your life better. This change varies from person to person since we are all unique individuals. My change is not your change. Do not be afraid of it, do not try to fight it. Rather, give the challenge of change a big hug when you come upon it and realize that you are a better person for it. At some point towards the end of college, I literally nuclear bombed a part of my box life. Why? Because what is a life where you are always the same person doing the same thing?

What is a life where you never take chances and put yourself out on a limb, waving hello and ushering in your own personal revolution? When you find yourself questioning things, do not shut away those inquiring thoughts into the deepest recesses of your brain because they are uncomfortable to face. Nor should you jump right in. Dip your toe into the water to test it out and if the temperature feels right, feels good, explore a little further until you can immerse yourself in the beauty that is the new you.

When I started this unwanted, unknown, unexpected journey I was this undefined something going through the ropes. I was an everybody. Today, I am somebody.



Anonymous Student Leader



images.google.com

Women's Soccer On The Wilf Campus Meets Mixed Reactions



Ariel Preda

MEIRA LERNER Athletes must practice in all sorts of adverse conditions: violent wind, pouring rain, sweltering heat, and bitter cold. Maintaining a certain level of fitness despite extreme weather is representative of an athlete's commitment to her team.

When hurricane Sandy hit New York City, causing havoc around the tri-state area, a relatively insignificant result was the cancelation of a full week of Yeshiva University's Varsity women's soccer season. Despite the less-than-ideal conditions, each player still had a commitment to her team to maintain game fitness for the remainder of the season, which concludes on Sunday, November 11.

Evacuated to Washington Heights, the women's soccer team hoped to practice privately in a Wilf Campus gym. Due to Rabbinic concerns, however, the motion to allow women in the men's basketball court was irrefutably dismissed. Making the most of limited resources, soccer players held an unofficial practice on the uneven grass outside of Rubin, the only available and safe playing area they could find.

The women's unofficial practice elicited mixed reactions from passing men. One Yeshiva College student thanked the women for making the campus feel more like a real college. Meanwhile, another student posted a picture of the game on

Facebook, criticizing the women for playing sports in front of men. After witnessing a disgruntled Rosh Yeshiva pass by, a soccer player, who wished to remain anonymous, stated, "I thought we were going to be stoned."

Women's soccer player Channah Esan recognized the source of displeasure among the men. She noted, however, that out of respect for the men, practice was deliberately scheduled for nighttime to reduce the number of passersby.

Focusing on footwork, the soccer players ignored the students shuffling past. Despite the surrounding atmosphere, the team put heart and determination into their practice, comforted by their unity. They began with dynamic warm-ups, ball taps, and passing and concluded with a game of possession.

A passing student cynically remarked, "Stern soccer players? I did not know those existed!" While Yeshiva College and Stern College have separate campuses, students should feel comfortable on both, especially during such an isolated circumstance in which one campus must be evacuated. I sincerely hope that the Yeshiva University community provides more recognition and acceptance of female athletes at Stern College – and maybe even permission for Stern College athletes to use uptown athletic facilities for women-only time slots.

ABC Is Easy As 123: Getting An «A» Really A No-Brainer

ADINA MINKOWITZ It really is a talent – getting through college without ever picking up a textbook. Have you ever wondered how students do it?

It's quite simple, actually. When registration time rolls around at the end of each semester, people seek classes that are considered "easy A's." Students will justify this by arguing that requirements are requirements; who wants to do them anyways, right?

Inevitably, around registration time you may notice that people update their Gchat and Facebook statuses with questions like: "Anyone ever take Professor X for subject Y? EASY?!!" Responses will range from: "OMG easiest!" to "Really hard midterm and final, gives everyone a B even if you deserve an A."

Before you know it, you will be asking yourself the very same question before registration: "Is this class going to give me an easy A?"

We have become so used to the notion of "easy A's" here at Stern and Yeshiva College, that our expensive and real education is at stake. Many of us are on a mission to get in and get out of college—some of us are hoping to start our careers or graduate school upon finishing our undergraduate education. Unfortunately, this causes education (and actually learning something) to remain on the back-burner. This is because students (yeah, you!) prefer to take classes that are "easy A's" in order to impress with grades. Who wouldn't love to have a 3.94 GPA?

Says Stern Alumnus: "This is not specific to stern, undergrad is a stepping stone for grad school, there is a race to the top, your transcript and GPA matter for graduate school and that is it. This is a bigger issue and I think we need to consider what education is all about. Does our society pride ourselves on knowledge and education or about numbers and credentials?"

Micha Hershkop, YC Alumnus, sheds light on the issue of getting in and getting out: "[The] majority of students aren't really interested in learning, or at least don't think they are. They are too busy trying to get the A's, and hopefully not work[ing] too hard for them - either because they want to be competitive in the job market and grad school applications or because their college experience isn't necessarily about their academic growth"

As someone who has always taken a full course load—7 classes with labs—I can honestly relate to those individuals who just need a break. Sometimes our schedules are so stuffed

and difficult, we just need to indulge ourselves in one (or more) easy A courses.

Hershkop says, "Some people just want to enjoy what college and NY have to offer without working too hard."

But, in retrospect, having just begun my senior year, I still love my challenging classes much more than my easy ones...sure it may have been way more difficult to get a good grade, but when push comes to shove, I actually learned something!

Hershkop agrees and explains that "the sad reality is, my college experience, like most people's, is balancing interests vs. grades [and] most of the classes I took didn't fit neatly into one of those categories."

An anonymous Einstein Medical School student and Stern Alumnus explains that she took classes she "was interested in." She continues, saying that "my favorite classes were the ones where I put the most effort in and saw it pay off. I felt accomplished and rewarded."

Says an anonymous, female first time on campus student: "I thought that when I came to college I would be challenged and busy all the time, with no time for anything else but work really...I was totally wrong. I am actually more free than I was in 11th grade. Back then I was taking AP Gov, was on Model UN and the basketball team. I am basically free every single night now. It's crazy."

When asked why she believes she is so free: "I actually don't know how this happened. I'm taking a full course load...but I guess when asking my friends for advice on which teachers to take they recommended easy ones. I looked into the teacher's grading style. It's usually easier if there aren't many tests or papers but it comes down to how hard the teacher grades."

The issue of an "easy A" is even more complex because sometimes, as explained by Mushky Pinson, Super Senior at Stern College, it just isn't fair. "I have a love/hate relationship with the term 'easy A.' It often happens that two students who graduate Stern can have very different GPA's due to the fact that one student knew how to play the "easy A" game and one just took classes that interested her."

Should students learn how to play the game? If it is easy to get an A do you even want it? So ask yourself the question, are you one of those people who'd rather have a smooth sail through college or be someone who makes the most of your \$50,000 worth of education and actually learn about subjects that interest you?

Free Alan Gross

ATARA SIEGEL This month, just over a year since his release, Gilad Shalit sat in Larnport Auditorium in front of thousands of YU students. A face familiar from hostage videos, billboards and tehilim cards was now free, standing in front of us on our own campus in New York. Gilad was in captivity for 1941 days, and his release was cause for celebration for Jews all over the world. However, as we remember and relive the joy of Gilad's release, it is important to remember the fate of another Jew, still in prison. For 1055 days as of the writing of this article, Alan Gross, a government contractor from Potomac, Maryland, has been held prisoner in Cuba. Alan has lost 100 pounds and has a growth on his shoulder which Cuban doctors have declared benign but American doctors suspect could be cancer.

As quoted in the Washington Jewish Week, radiologist Dr. Alan Cohen claims "Mr. Gross' right-shoulder mass has yet to be properly evaluated and presents a potentially lethal outcome unless fully and properly evaluated with an MRI prior to and following contrast and potentially a biopsy, preferably in a facility in the United States, immediately." With the loss of the family's primary breadwinner, Gross's wife Judy has been forced to sell her home and move into a smaller apartment. Gross is permitted just one phone call a week which he must choose to use to talk to either his wife, two grown

daughters, ailing mother, news agencies or organizations fighting to free him. With one phone call a week, talking to friends or extended family is an unattainable luxury. Gross has been sentenced to 15 years in prison, and if he serves the full term he will most likely never again see his 90 year old mother who is suffering from terminal lung cancer. Equally worrisome is the possibility that 15 years could become a life sentence for a 63 year old man possibly suffering from undiagnosed cancer.

Some may question the validity of the analogy between Gross's situation and Shalit's imprisonment. After all, unlike Shalit, Gross remains in contact with his family. He is not in danger of being summarily killed or tortured. Gross is in prison; if you commit a crime these are the consequences you have to deal with. The problem is that Gross's imprisonment, the loss of his freedom to see a baseball game, have a barbeque or see his family is simply unjustified. According to the Cuban government, Gross violated Cuban law, committing "acts against the Independence and Territorial integrity of the State." More specifically, Gross had brought equipment to improve internet and satellite phone access for Cuba's Jewish community. "We saw the world!" a Jewish witness testified at Alan's trial, describing the access Alan brought his community. This action was described in an article by Cuba's

national news agency, ACN, as participation "in a subversive project of the US government to try to destroy the Revolution, by way of the use of info-communication systems out of the control of the authorities, in order to promote destabilizing plans against various social sectors."

Translated into American English, in the words of State Department spokesman William Ostnick, "he [Gross] was convicted for activity that in any other country would be perfectly acceptable". As Secretary of State Hilary Clinton put it "he needs to be able to leave Cuba and return home". Now as Cuba shows openness to reform by easing travel restrictions for its own citizens, as the US presidential election ends and the president will have breathing room to make important decisions, it is the time to push for high level negotiations between Cuba and the US to bring Alan home. Write to your congresswoman, Senator and the President on behalf of Alan. Visit the Free Alan P Gross Facebook page and watch Gross's mother's emotional plea to the Cuban Government on Youtube at <http://www.youtube.com/user/FreeAlanGross>. Write Alan a note of encouragement and learn more at www.bringalanhome.com. Most importantly, keep Gross's plight a public issue so that he can be brought home before it is too late. 1055 days in prison is enough. Let's finally bring Alan Gross home.

To Speak Or Not To Speak

SHAYNA DARLING Contrary to popular belief, there is in fact one thing that can bring together nearly every single Yeshiva University student, and that is Gilad Shilat. Our generation of young Jews and Zionists look to Gilad with the admiration fitting for the hero and inspiration that he is. Admittedly, Shalit does not fall under the standard definition of a hero, one who has made an active decision to fight for a cause and stand up for what is right; rather, his status as a hero was thrust upon him.

Shalit in his humility would be unlikely to consider himself a hero for the situation that was thrust upon him, for living through an unbearable situation. Yet around the world as Jews stumble in the pitch dark of exile and any bit of harmony for the Jewish people seems, sadly, to be fleeting, Shalit is a beacon of light that gives us all hope, and makes us all proud to be Jews. He is a dream fulfilled, a face that many thought would remain only on bumper stickers and posters but made its way into the daylight once again. He may not have chosen to be a hero, but he truly is one. He made it

through a situation with a strength that I think most of us could not muster in a similar situation.

With that said, it follows naturally that the news of Gilad Shalit speaking at Yeshiva University spread like fire around campus and ignited widespread excitement. In the days leading up to the event I never heard a student say that they were not going to the event. It was the natural, reasonable, decision to make. Why wouldn't we want to see the face and hear the voice of such a hero? Every day the number of those attending grew rapidly, and on the day of the event people hurried to arrange transportation and book shuttles for the occasion.

I am not going to comment on the logistics of the event, the transportation, the lack of space to accommodate the entire student body, or even the moments that were lost in translation (literally). Every event has its flaws, and to focus on them would detract from the intrinsic value of the event, not to mention undermine the efforts of those who helped such an event take place. However, there was one flaw-if I could call it as -that

characterized the whole event, and is the reason that I am writing this article.

Gilad Shalit didn't speak. By the end of the night, the complaints about his silence sounded like fireworks. Even before the event's conclusion, some people made their way out of the room upon realizing that the event was ending and Shalit had yet to speak. The following day consisted of comments in elevators and classrooms, remarks by teachers that attempted to shed light on the situation, and an email from the school. It is true that many enjoyed the event but simply felt slighted by the advertising. However, others expressed their dislike of it, and would not have gone if they knew Shalit wasn't speaking.

Why, though, do we allow his not speaking to ruin the event? Does a hero need to stand up in front of many, collecting the accolades of his strength and hearing applause at his words, to be a hero? We think

that the individual's job is to openly remark on their greatness and accept the praise given by others. But that's not true. Whether Gilad Shalit came to Yeshiva University or not, whether he speaks in front of crowds or not, his title of hero cannot be revoked.

To hear a celebrity speak is largely for our own satisfaction; to have a celebrity who is the inspiration of many sit in a packed hall hearing his peers give him praise is for his own benefit. And after five years in captivity, what else should we be asking Shalit to give us, when he gave up his own freedom for Israel- for the home of the Jewish people?

So maybe we missed the chance to update our Facebook statuses and tweets to tell everyone that we are

'listening to Gilad Shalit speak at YU.' But that is frivolous. It is enough that he is home, it is enough that he sat in Yeshiva University smiling, surrounded by those that care about him. I don't understand the actions of those who left early because Gilad didn't speak. Just because he didn't address us doesn't mean we shouldn't show support for him. Of course I, like many others would have loved to hear Shalit speak.

But his presence alone was an inspiration, and it was something that most of us did not think would ever happen. So, Gilad, keep smiling. We all eagerly await the day you address crowds of your fans; but regardless, we are all here cheering you on.

The Making Of A National Hero: Just A Regular Chayal

YAELE LASSON The line wrapped around the building, down the block, and almost across the street. Those in the front of the line had staked out spots well in advance for the opportunity to be the first to enter. Those in the back of the line feared that they would be denied entry. Security guards barred the door until everyone pushed through the door when the clock struck 7:15.

No, the iPhone 6 was not released from Apple. Nor was this an American Idol tryout in Vegas.

Gilad Shalit was visiting Yeshiva University.

Shalit was captured on June 25, 2006. He was only 19 at the time. As someone around that age I am constantly looking for opportunities to create a name for myself that can carry me throughout a career and communal life. Increased exposure. Resume builder. These are key words for college aged students.

Gilad did not have to create his name for himself. On that fateful day, Gilad wasn't searching for stardom, didn't fight for an interview, didn't he hire an agent. Gilad was captured and instantaneously became not only a household name, but an international hero.

Gilad came to YU with his plugah, the unit that he was part of at the time of his capture. The group travelled together as part of a program that included speaking engagements across the country. While chairs were set up on the stage for a panel discussion, last minute safety precautions placed Gilad and the plugah at the front of the auditorium. The crowd was eager see Gilad: to attach a personality to the face on our t-shirts, the one from the tent, the one from the news.

At the opening of the program, the group rose and was applauded. This was not a lecture or panel but a pep rally of over one thousand Zionist college students celebrating Gilad Shalit. I quickly scanned the row of soldiers, who looked much more like Israelis in their twenties than people who there to deliver a university lecture. I quickly zoned in on one individual in jeans and a satin white kippah. "Unbelievable", I thought. "Gilad Shalit."

The event proceeded with no words from Gilad. The others in the unit stood up to give

short answers to questions from students. While they gave compelling responses- enforcing the morality of the IDF and the important task they have of safeguarding Medinat and Am Yisrael, the only thing that was heard was the rumblings of students wondering when Gilad would address the crowd.

Finally, the Tefillah L'Shlom Ha'Medina and Tefillah L'Chayalei Tzahal. I focused my attention on the one in the jeans and white kippah. For five years I've stood in my shul, fervently answering amen to these tefillot for Gilad's return. Finally I could see him in person, safely returned, with the same tefillot in the background.

I related this humbling and poignant experience to a friend.

"It was amazing! I stared at him the whole time! In jeans and the white kippah!"

"Jeans and a white kippah?! Gilad was wearing a sweatshirt and a black kippah."

I had the wrong guy.

My moment of Zionist pride was shattered by the simple mistake of identifying a regular chayal sitting only three seats away from a national hero. I was disappointed that Gilad Shalit never spoke as planned. My one moment of connection to him, the face of the IDF, was "wasted" on a regular chayal.

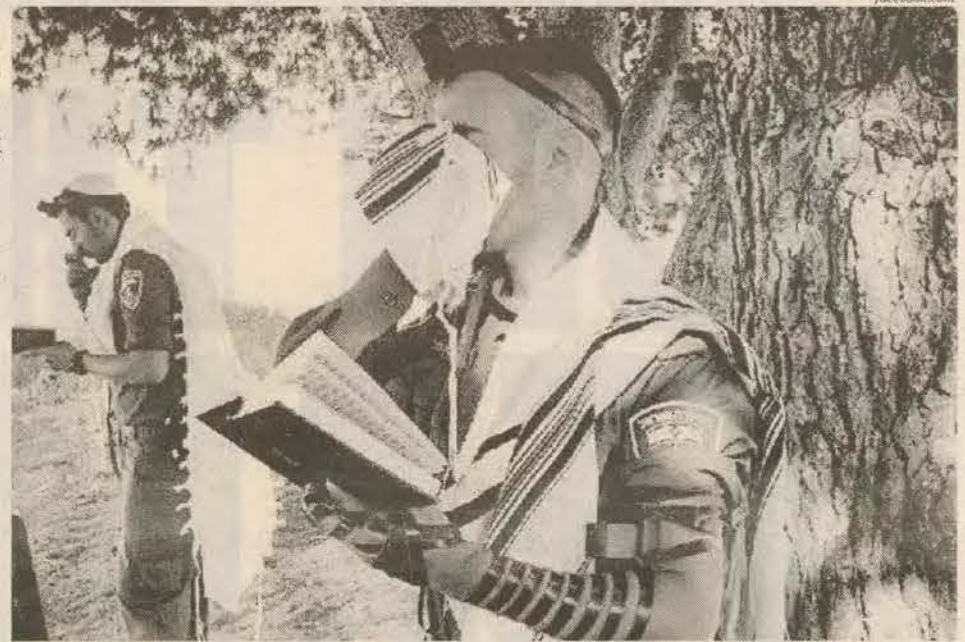
Just a regular chayal.

Just a regular chayal that fought in the same battle that Gilad fought in. It could have been Mr. Regular Chayal rather than Gilad who was captured and detained for five years He too could have been a national hero, a household name, an image to connect to during the soundtrack of Tefilla L'Shlom Ha'Medina and L'Chayalei Tzahal. too gave to the IDF, Medinat Yisrael, and Am Yisrael. Every chayal sitting in that row has sacrificed. Every chayal in the IDF has sacrificed.

Afterwards, many students expressed avid disappointment that Gilad never addressed the crowd. We hadn't come to this event to hear from just a regular chayal. We hoped to catch a glimpse and hear from a national hero.

And we did.

Because every "regular" chayal is a national hero.



QUESTIONS
ANSWERS
RESULTS

Students have questions. We have answers@yu.edu

answers@yu.edu
212.960.5411
yu.edu/student-life/answers

I have a suggestion about life on campus, who do I talk to?

Who do I speak to about changing my rooming situation?

How do I find a chavruta?

Where do I make photocopies on campus?

How can I add or drop a class?

Where can I find out more about student clubs?

Who do I talk to about getting healthy food options in the caf?

How do I declare a major?



Just One Life offers expectant mothers in Israel a helping hand by providing each family with financial support, counseling and a variety of resources. Today we celebrate over 13,000 babies born.

**TEAMS ARE FORMING
FOR JERUSALEM AND SAN DIEGO**

**JOIN THE
TEAM!**

**JERUSALEM MARATHON
1/2 MARATHON & 10K
FRIDAY, MARCH 1ST, 2013**

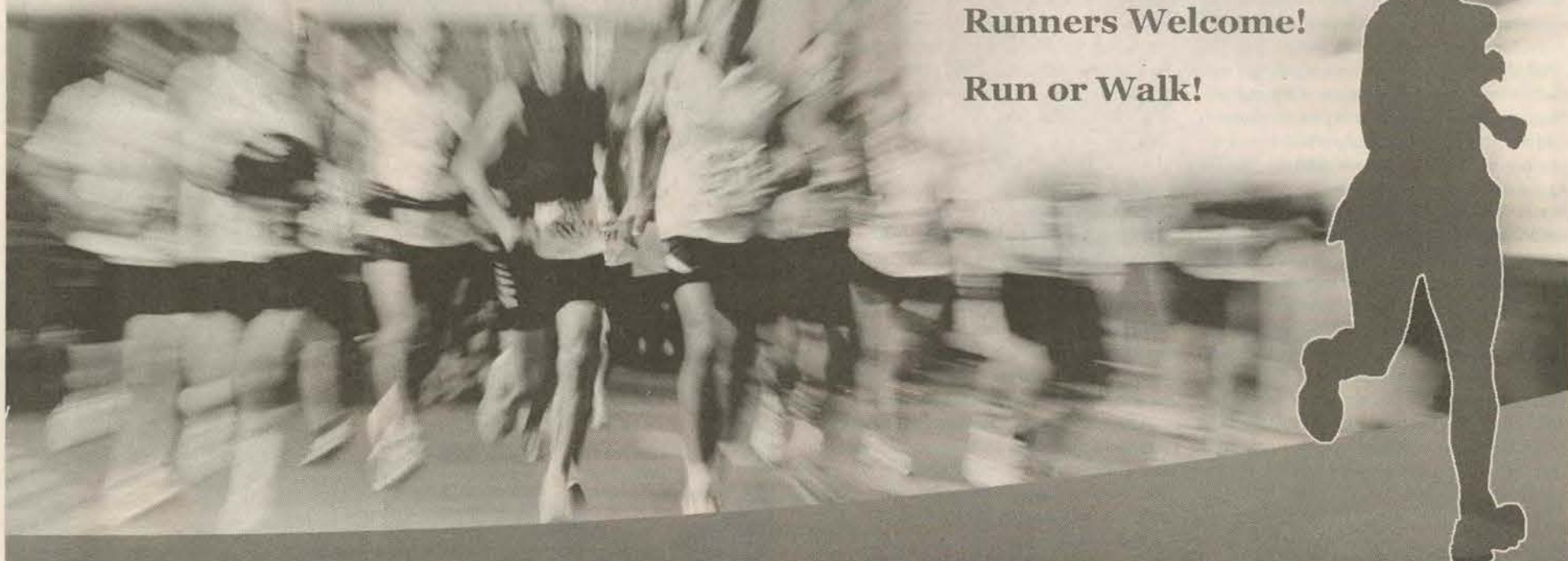
**ROCK 'N' ROLL SAN DIEGO™
MARATHON & 1/2 MARATHON**

TO BENEFIT THE LEUKEMIA & LYMPHOMA SOCIETY®
SUNDAY, JUNE 2ND, 2013

- Online Coaching from a Professional Coach
- Training Plans
- Round-trip Airfare
- 3 nights at Team Hotel
- So much more

**First Time
Runners Welcome!**

Run or Walk!



Occupational Therapy: Not Just A Default Decision

CAROLINE GUTTMAN A common question people have: what exactly does an occupational therapist do? The easy, abbreviated response: what doesn't an occupational therapist do? Occupational therapists assist a large diversity of patients, from the elderly to children (in and out of schools) to sick or disabled individuals. Through different and personalized therapies, these people are taught how to live as independently as possible while simultaneously having their mind and spirits lifted.

Due to the diverse work of occupational therapists and the growing demand in the therapies, it is to no surprise that the OT field has grown by 13 percent in the past five years, the Labor Department

predicting the field will to grow by 33.5 percent over the next eight years. U.S. News and many others have voted OT one of the top ten professions.

At Stern, there are many students interested in pursuing a job in the field of OT. Students drawn to the field are interested for many reasons, the ability to help people gain mobility and strength, a required background in psychology and biology (two of Stern's most popular majors), or simply the job's flexible hours chief among them.

With all these valid reasons for applying to OT school, students are still left with the questioning how the application process works. What are the requirements? There is no longer a pre-occupational therapy guidance counselor on campus. With so many

ALANA GENUTH
TOVA JOSEPH
SCIENCE@YUOBSERVER.ORG

SCIENCE & TECHNOLOGY

interested in the field, students want to know what to do.

That's where Stern's Occupational Therapy club steps in. The students in charge of this club attempt to provide as much information as possible to the eager students interested in OT.

October 23rd the Occupational Therapy club held its first event of the year, featuring a panel of Stern graduates currently in OT school. The speakers came from Kean University, New York University, SUNY Downstate University, and Touro College. After a short hour and a half question answer period, students walked away with a

much stronger knowledge of what made each school unique. Rebecca Eckstein, SCW 13, noted "the panel really helped me get a sense of the differences between the schools and helped me realize why I want to attend a specific program." Another student, Talya Rohde, SCW 15, said "this event opened my eyes to a field I knew nothing about and showed me how much there is to do within Occupational Therapy."

Something that particularly stuck out was when a panelist from SUNY Downstate challenged the students to question why they wanted to go into the OT field. She explained, "By having

this deeper understanding of why you want a certain job, you create a strong passion towards that job." This piece of advice resonated with the students and additionally applies to other careers in the health field. With application deadlines rapidly approaching, the event answered and clarified many last minute questions, while additionally providing information to students newly interested in the field.

To all you pre-occupational therapy students: Thank you for coming to our first event and keep your eyes out for more club events in the future.

Jewish Geography: Research Suggests We're More Related Than We Think

JACKIE BENAYOUN A study conducted at the Albert Einstein College of Medicine has uncovered some fascinating findings about North African Jewry by tracing their DNA. The study has exposed information about the origins and migratory patterns of this expansive branch of Jewry, information especially relevant to Jewish historical records and beliefs. According to Dr. Harry Ostrer, a medical geneticist at Einstein and principal author of the report, North African Jews are more closely related to other Middle Eastern and even European Jews than they are to non-Jews of the area. They are not the descendants of natives who converted to Judaism, implying minimal intermarriage. "Jews tend to be more related to one another than they are to non-Jews, including non-Jews living nearby — it's true in every region," Ostrer said.

These findings recently published in the Proceedings of the National Academy of Sciences are the most current in a series of genetic studies, which began in the 1990s. The findings demonstrate that the world's Jews share more than just religious and cultural connections; they share biological similarities as well. The study "strengthens the case for a biological basis for Jewishness," said Ostrer.

Ostrer's previous research had primarily focused on genetics of American Jews, but for this study he turned to analyzing DNA samples collected from 145 people of North African Jewish origin — from Morocco, Algeria, Tunisia, Djerba, and Libya. Ostrer and his colleagues examined

the genomes of 509 Jews and 11 non-Jews from North Africa.

The DNA samples used in the study also carry a record of their migrations over the centuries and show a link to the Middle Eastern people that migrated to North Africa more than 2,000 years ago (the time of the Diaspora), confirming that these populations date to biblical-era Israel. Other findings substantiate the genetic link between North African Jews and their Spanish and Portuguese Jewish neighbors who escaped to North Africa after the expulsion in 1492.

Moreover, scientists found that the Jewish populations of North Africa became more genetically distinct over time, with each country carrying their own unique DNA signatures. "That suggests they mostly married within their own religious and cultural group," said Ostrer. "They lived in ghettos," he said, "so their mobility was quite restricted, and by marrying each other they became as closely related as first cousins once removed." Common DNA signatures also show that some African groups are more genetically related to European Jews than predicted. Ostrer concludes that this proposes "a shared set of founders," from the Middle East who migrated west.

Furthermore, the scientists noticed that North African Jews formed two major groups: Moroccan and Algerian Jews shared more DNA with European Jews while Tunisian and Libyan Jews were more closely related to Middle Eastern Jews. This is most likely due to the fact that Jews living in Western Africa (Morocco and Algeria) inter-

married with Sephardic Jews who left during the period of the Spanish Inquisition. According to Ostrer this discovery "could reflect bidirectional migrations" to and from North Africa and Europe over a thousand-year period. Similarly, the findings verify accounts that in 312 B.C., Egypt's king settled Jews in what is now Tunisia. After the destruction of the second Temple in the year 70 C.E., 30,000 Jews were deported to Carthage, in what is now Tunisia.

In many cases, the analyses have confirmed what historians gathered from archaeological findings and historical accounts. Yeshiva University historian and professor Lawrence Schiffman said the results agreed with the historical record nicely. "It's exciting to see that what we know from the history books is turning out to be real in the genetics," he said.

The findings have also extended past North African Jewry and can help better understand "Jewish geography". "What's new here is the inclusion of several Jewish communities whose DNA had not been studied before, such as those of Tunisia and Georgia," said geneticist Marcus Feldman of Stanford University, co-author of a 2009 study about genetic similarity between European and Middle Eastern Jews.

Another finding concluded from the research: Georgian Jews are closely related to those of the Middle East, including those in Iraq and Iran. "That shows there was significant migration of Jewish populations along the Silk Road beginning in the Persian Empire," Ostrer said. "Just a small

number of founders started Jewish communities in India, Burma, and Georgia."

The research also found that Ethiopian Jews are so distantly related to other Jews that their community must have been founded by only a few nomads who converted local people to Judaism. It also suggests the founding was more than 2,000 years ago, which helps explain why Ethiopian Jews flown to Israel during "Operation Moses" in 1984 didn't know about the story of Chanukah, which only happened after their ancestors had left Israel.

The scope of the research has added a new dimension to scientists' understanding of the Jewish genetic web, which can possibly help genetic links to diseases. Ostrer, also a physician and director of genetic and genomic testing for the division of clinical pathology at Montefiore Medical Center, noted that obtaining an ample genetic fingerprint of different Jewish populations can help reveal genetic links to heart disease, cancer, and diabetes.

Ostrer's research has filled in the gap of the second largest Diaspora community, from North Africa. Professor Karl Skorecki, a leading genetics researcher and nephrologist at Haifa's Rambam Medical Center comments that, "This Einstein-led research is definitive...This paper continues the team's excellent work in the past few years on DNA markers across the entire genome." Skorecki agrees that understanding Jewish genetics can help understand disease patterns and stated that the research shows, "very interesting genetic consistency and a confirmation of history... using genetics can also be a historical tool."

Baumgartner's Record-Breaking Dive: The Sky's The Limit... Or Not.

SHANA WARGON As we sluggishly restarted our semester after the holiday break that came and went too fast, many of us tuned in as a man fell out of space. On Sunday, October 14th, 2012, Felix Baumgartner, a 43-year-old Austrian pilot, took a daredevil dive out of a space capsule hanging 24 miles above Earth. The footage is the ultimate inspiration for extreme-sports fans, and, more importantly, an incredible breakthrough in physics and technology.

A 55-story helium balloon hoisted Baumgartner, in a small, pressurized capsule, into the stratosphere. Two-and-a-half hours later, Baumgartner was literally sitting on the edge of the world, at his target altitude of about 128,100 feet. The capsule's hatch opened, and the world breathlessly

watched as Baumgartner stepped out onto the ledge. With a brief salute, fearless Felix solemnly stated, "I'm coming home", and plummeted towards earth.

The moments were tense as millions watched the live spectacle, a glowing white dot plunging towards earth. Baumgartner's descent took nine minutes, the first half being a free fall of 119,846 feet. During this time his speed reached 833.9 mph, surpassing the speed of sound at 768 mph, and making him the world's first supersonic skydiver.

With an average skydiver rarely exceeding 200 mph, the question is: how did Baumgartner fall so fast? Rebecca Thompson, a physicist of the American Physical Society, explained that because the air density is so much

lower in the stratosphere than in the lower atmosphere, the air molecules are incredibly dispersed, creating less resistance at the start of Baumgartner's decent. "That means you're going to go a heck of a lot faster," Thompson stated. Michael Weissman, a physics professor at the University of Illinois, emphasized that the air density increased exponentially as he fell, the "resistance increases... the net force on him is thus upward, slowing the rate of his fall." When Baumgartner reached the lower atmosphere, his speed had slowed to that of a normal skydiver.

Besides going supersonic, Baumgartner broke two other records, including highest jump and highest free-fall. But the bold stuntman said he didn't only go on the mission to break a record. He also did it to help NASA

design stronger spacesuits for space explorers in the future. The air density and supersonic factor generated much danger and risk, including potential brain and cardiovascular damage and a risk of ebullism, a condition that could cause the liquid in one's body to turn to gas. Baumgartner's life depended on the efficiency of his pressurized flight suit. The temperature when he jumped was expected to hit 70 degrees below zero Fahrenheit or lower. The atmosphere was so thin that his lungs would have burst if he were not sufficiently protected. While his outfit weighed over 100 pounds and limited his mobility, it had sensors and recorders that measured everything from his velocity to his heart rate. The data collected during those 9 minutes is expected to break new ground in

space research. Baumgartner's jump wasn't only an incredible physical feat, shattering pre-existing records, but an event that raised interest in the technology and media industries as well. More than 8 million people watched the episode via live-stream on YouTube. It was YouTube's biggest live-streamed event to date.

Although the feat broke many records, in the moments after Baumgartner miraculously landed on his feet in the New Mexico desert, he exclaimed, "Sometimes we have to get really high to see how small we are. When you stand there on top of the world, you become so humble, you do not think about breaking records anymore. You do not think about getting scientific data." Roger that, Felix, roger that.

YIDDEN OF NEW YORK

MATI ENGEL & JULIA SIEGEL *This column was inspired by Humans of NY (HONY) and Gavriel Brown. We are starting this section to showcase the diversity within the Stern student body, because we at Stern break our own stereotypes. Our blog will be posted soon to follow.*



"What do you want to be when you grow up?"
"I want to be the minister of education, do talmid research, and be an un-rabbi. You know, a rabbi who doesn't get the title because the community isn't ready for it, but still, a community leader and a role model."

MIMI FARB



"I'm studying for Hebrew. I've only been doing it for a few minutes, maybe. I like studying in the caf because I like food. I fear the winter, my Floridian bones don't know cold"

TAYLOR COHEN



"Last night the election results came out. My Stern friends were saying they want to make aliyah because they were so disappointed while my LGBT dance friends were having the biggest party of their lives. Dancing is my life- if I don't dance, I can't function as a human being."

YALI RAICHLIN

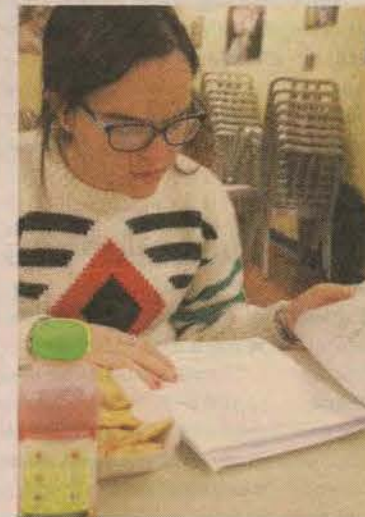
"What are you thinking about?"
"I'm thinking about how it's so awkward when people from class give you their numbers so you can study together, but you don't even know their names. So you put them in your phonebook as 'girl from class' - What are you suppose to do when you have a few of those?"

JUDITH FRANKIEL



"This is the second to last game of the season, and the last school day game. We're showing off our pride with our uniforms. The soccer team is a stern family. We're together on and off of the field."

MEIRA LERNER



YU Stands With Israel



Fiona Guedalia, Ilan Regenbaum, and Julia Siegel