



The Yeshiva University

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The Magic Touch: Banning The Right Books

TALI ADLER *Shomer negiah.* The topic is a near-obsession for Modern Orthodox high school students: who is, who isn't, who has started, who recently stopped. Many Judaic Studies teachers have found their classes derailed by impromptu discussions of the subject; almost every NCSY advisor has spent hours discussing the halakhot of intimate touch and the reasons behind those laws with overeager teenagers. In addition to the standard "where is he from" and "how did you meet" questions that teens in new relationships generally encounter, Modern Orthodox teens add "are the two of you shomer?" to the list. The fascination with the issue is so widespread that the asker does not usually realize that "Do you touch your boyfriend" is a highly personal question.

It's hardly surprising, given the cultural fascination, that my Modern Orthodox high school devoted several months of the mandatory "Jewish

Women" class, given during senior year, to the topic. The culmination of the unit was an assignment based on Gila Manolson's famous (and infamous) book, *The Magic Touch*.

Like my teacher expected, the book radically shifted my worldview. But, not about touching the opposite gender. My views changed about censorship.

Banning books, I decided, might sometimes be a good thing. The problem was that schools picked the wrong books to ban. If I were to write a list of books that should never be featured in a school curriculum then this one, which described a woman who kissed a man before she was married as "used goods," would surely feature on the list.

Not all of my classmates shared my reaction. Several cried; some broke up with their boyfriends. The teacher who assigned the book spent hours

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Pathway To (Group) Prayer: Shaharit At Stern

SHALVA GINSPARG Chances are that when you first got to Stern, you were surprised to find that there was no official davening program. Sure, people carve time in their schedules to daven individually before class or even in between classes, but communal prayer—that cornerstone of Jewish religious life—is conspicuously absent. Enter SCW senior and Kol Hamevaser staff-writer Elana Raskas. In her article for the publication's most recent issue on worship, Elana called for the institution of daily communal davening at Stern. Thanks to her article and the efforts of TAC and other Stern students, Shaharit-with-a-group is officially coming to a Beit Medrash near you. "It's not something that takes a lot of work at all," Elana says about the new initiative. "It's not drastic or revolutionary in any way; it's just something that's lacking in Stern and that a lot of people want."

Elana and TAC president Margot Reinstein consulted with Stern's professor of Jewish Studies Rabbi Saul Berman to determine how best to structure the Tefillah. Scheduled for Mondays through Thursdays at 8:15, the davening will be similar to most seminary and high-school prayer groups with a Chazanit reading aloud the first and last lines of each passage. Though the majority of the prayers will be recited silently, Elana stresses that "we want to make it a unique experience that the individual couldn't achieve on her own." For example, Margot revealed that "we'll be going through the siddur and illuminating a passage each day, making our way through the siddur, as per the suggestion of Rabbi Berman." She also notes that "we're open to suggestions and student involvement and experimenting with other ways to have a more spiritually fulfilling experience."

Though Stern students currently have the option of davening minhav with a minyan on Wednesdays, the new shaharit davening will only have women in attendance. This is partially due to the logistical complications of arranging for

ten men to come to the Beit Medrash and lead a minyan each morning. Yet, Elana views this limitation in a positive light: "it's more empowering for students to be in charge of their own davening without having to rely on outside support." However, she does point out that the new shaharit program "might be a natural progression towards a minyan."

Ultimately, though, as the shaharit program currently stands, participants will not be able to recite devarim she-bi-kedusha, prayers which are only recited in the presence of a minyan. However, Elana maintains that there are benefits even to "minyan-less" communal davening. For one thing, the new initiative will help students achieve consistency in their Tefillah. As Elana puts it, "personally it's easier to get up and daven in the morning if I know there is somewhere I need to be." Also, Elana stresses the power of group prayer to foster a sense of community: when you get together every morning and "see the same faces every day," you develop a sense of kinship and *Areivut* which "can be very moving."

The first communal shaharit is slated for February 12th and according to Margot, the feedback thus far has been "phenomenal." The real litmus test will be if the davening group can maintain a strong attendance over the course of the semester, something which can only be achieved through the efforts of the Stern community at large. To quote Elana, "we need student support to make it happen."

"A major struggle for Stern students, as a microcosm for students everywhere, is tefillah," Margot contends. "Whether it's because it's hard to do it alone, because of the routine or because of something fundamentally deeper in terms of our connection with G-d, tefillah is difficult." If you're looking to improve your tefillah and imbue your day with an extra dose of spirituality, the new shaharit program at Stern might just be the answer to your prayers.

Make-Up Exam

MELISSA ADLER Finals time is stressful for everyone, but it's even worse when you're sick. This past semester, Stern senior Eliana Pasternak caught the flu during finals, forcing her to make-up one of her exams. Upon entering the classroom to take the exam, she had to pay a fee of \$20.

In order to make-up a final exam, students are required to file a Final Make-Up Request form. Included with this form, students must attach a doctor's note or a written explanation of another emergency. What most people don't know, however, is that students are also required to pay a fee of \$20 per exam. Though this make-up fee is not a new policy, students are just beginning to learn about it now.

According to Dean Orlian, this policy has been in existence for the past twenty years and is intended for students with unforeseen emergencies (such as medical emergencies) or other compelling situations. Students facing such circumstances were in the past required to fill out the Request Form, provide a doctor's note if applicable, and receive approval from the administration to reschedule their final exams. Students were also in the past required to pay a fee to take the make-up test. The only aspect of the policy that has changed within the last two years is the appointment of a new faculty advisor who coordinates the rescheduling of make-up finals with the students, and the raise in price for make-up exams from \$15.00 to \$20.00 per exam.

After being hit by a car, Orly Benaderet, SCW 13, suffered a concussion and had to miss five of her exams. She was then informed that she would have to pay \$20 per missed exam. "You only know about the policy if you need to know about the policy," explained Benaderet. "Of course, at the end of the day, we're going to pay the fee, because if we don't, we're going to fail the class. But this would be a good policy to know about beforehand so that students aren't caught off guard." The fact that students are only told about the fee in the middle, or shortly after, an emergency adds

additional stress to an already stressful situation. "It would have been helpful to have read this somewhere before," said Benaderet. "Then it would have sounded familiar when they told me I had to pay."

Students are not only surprised by the make-up fee. Many students are outraged by the policy. "No one wants to miss a final," Pasternak explained. "It's obviously less than ideal." She feels that having to pay for the exam after already providing legitimate documentation explaining the circumstances makes students feel like they are being penalized for being sick. "By making students pay for an exam that they have a legitimate excuse to miss, it makes it seem like the school is providing an extra service by administering a mandatory exam."

Additionally, students question why they are being charged per exam when many have multiple exams to make up. With the increase of \$5 per exam, students rightly wonder where the extra money is going.

Shani San Solo, SCW 13, was forced to miss two finals when she had pneumonia and could barely get out of bed. At the time, the administration informed her of the make-up fee, but she did not even think about it because she was so ill. At the end of the day, "money was not changing my decision; I had to take my finals," explained San Solo. Though she understands the fee partially pays for the proctor, she feels that charging students for each test is "excessive."

The administration maintains that the goal of the make-up fee is not to penalize, but rather an administrative fee to compensate for the time-consuming process of a make-up exam. Said Dean Orlian, "the fee may have been instituted to help defray the costs associated with the production, proctoring and administration of final makeup exams."

Regardless of reason, Stern students should be informed of this policy.

Nowhere But Here: A Community Of Questions

HANNAH DREYFUS I personally detest the word 'frum.'

There are few words within the Jewish world more shamelessly and flagrantly misused and abused than this evocative little adjective. Attempting to define the term is as inevitably offensive as complimenting your great aunt's cooking. Why? Because it is necessarily, essentially exclusive. Stereotyping and snubbing en masse, the word has been assigned a rather hefty and presumptuous task: to define religious superiority. And, just between you and me, that's a rather tricky job.

I recall a recent conversation I had with a friend. Though I risk making myself appear the brooding intellectual, several thoughts, religious in nature, had been weighing on my mind. I had taken to questioning several fundamentals of Judaism I had hitherto taken for granted. While I felt the journey worthwhile and necessary, doubt is nevertheless exhausting. I voiced some of these feelings and concerns to my friend. She listened and responded empathetically, encouraging me

to deal with the questions head-on, rather than letting them sit and expand. You have to be secure with yourself, and work these things out. Think about it—would you ever want to date a guy who has these questions?

The question caught me off guard, and made me consider deeply.

My conclusion: yes. Having questions does not put a dent in your religious armor. I'm not sure when the term 'frum' became conflated with an absolution of religious doubts, but it's a confusion that is unfair to any seriously truth-seeking individual.

Questions—and I'm talking about big questions; deep, fundamental religious questions that strike at the core of our faith and daily practice as observant Jews—are ok. Questioning means thought, movement—dissatisfaction with stagnancy; a real, aching desire for intellectual honesty and a life full of meaning, not just motions. As one high school teacher so eloquently warned me, "Stay away from people who claim

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in her office comforting anguished girls convinced that their future marriages would be irreparably damaged by illicit teenage touch. It was understandable: the book promised dire outcomes for marriages in which one or both of the partners had not "been shomer" beforehand, arguing that a married man who had previous sexual experience would invariably compare his wife to previous girlfriends during their most intimate moments. It insisted that pre-marital physical contact could only weaken a relationship and cause men to disrespect women.

These dramatic scare tactics are, unfortunately, not limited to Manolson's panic inducing book. NCSY, a popular Orthodox youth organization, features an article on its "sex education" site entitled "Why Girls Should be Shomer Negiah." The article argues that "when a man looks for a wife he prefers a virgin" and that no man will be "serious" about a woman who "acts loose." A woman's value as a wife, according to these sources, is directly correlated to her chastity.

In a different context these assertions might seem

positively medieval, a remnant of a time when women were actually seen as the sort of merchandise to which Manolson compares them. In a twenty first century context, however, this objectification can perhaps be best compared to the ubiquitous commercials and billboards that feature barely dressed women as props used to sell objects such as cars or cologne. The only difference? The product being sold via this objectification is shomer negiah, and the sale tactic used is fear rather than sexual allure.

Young men, of course, don't escape the dehumanization that their female counterparts face. Rabbi Dovid Orlofsky, in his popular taped lecture on "platonic relationships," a perennial favorite among seminary and yeshiva students, warns young women that "guys are only partially human" and will "resort to anything for sex." He also, in the course of his two-hour lecture, refers to men as "pigs" and "animals. It is unclear which gender is dehumanized more horrifically in the widespread attempts to sell "shomer:" women, depicted as passive objects whose most pressing priority must be the preservation of their chastity, or men, insincere cads whose basic

ethical instincts are overridden in their never-ending quest for sexual conquest.

Educators who assign these texts and lectures will often privately apologize for their "shortcomings," arguing that, while they may be imperfect, they are the best way to ensure that teenagers remain chaste. It is necessary, however, to question the value of halakhic objectives achieved via arguments that are anti-religious in nature; arguments that dehumanize their subjects rather than affirming their dignity as human beings.

Eliezer Berkovits, a noted 20th century Jewish philosopher, claimed that a religious Jewish sex ethic is one that demands mutual respect and the clear recognition of the humanity of one's partner. It should be inconceivable for Orthodox day schools, youth groups, and yeshivot to promote sources that take an antithetical approach. It's time for such institutions to reevaluate the sources they use to teach Orthodox youth about the Jewish approach to sex and relationships. It's time for the Orthodox community to start thinking about banning the right books.

An Anecdote About Hair: The Gender Assumptions That Lie Therein

GIRL WITH BAD HAIR

In a recent encounter where a guy began with, "I know I am not supposed to say this, but..." I've decided I needed to set some things straight "...but my mom is a hair dresser, and I'm sure I could help you arrange a volumizing treatment or something." There was about a minute of stunned silence in which I waited for the string of insulting comebacks, 'though-doth-protest-too-much'-like explanations, and the simple shock to wear off. Call me vain, but never in my life has a boy thought it his Good Samaritan duty to offer me hair advice. I explained my surprise to said boy, and to his credit, he tried to apologize: "You're usually so put together that I just thought you'd want to know your hair needed work." But I won't lie; it stung.

With this encounter fresh in my mind, I attended the Women's Studies Society's first YC event (of which we are very proud!): a screening of Miss Representation. The film, among other things, discusses the media's propulsion of unattainable ideals of body and dress for women. In the after-film discussion, one YC student raised an excellent point. He noted that the women interviewed for the film, though bemoaning the damages of media-propagated fantastical standards for women, were themselves bedazzled and decked in layers of makeup. This YC student also pointed out that, bereft of these trappings, these women would never be taken seriously. He so perfectly identified a serious double standard. On the one hand, society can acknowledge that the

vast majority of women on TV are fantastical, but on the other, women who want to go far in life are expected to maintain a heightened standard of attention to their appearance.

I decided to take a poll and see how this standard factored into the consciousness of my peers. Via a Google doc survey, I asked people what went into their thought process if and when they put effort into their dress. A few people mentioned professional occasions calling for specific garb, but the overwhelming majority asserted that dressing was about pleasing themselves. The factors given included artistic expression, molding their own mood and a general attempt to feel good in their own skin. Of the twenty-eight people who responded, only two specifically listed the opposite sex in their considerations when dressing. Only handful of others, in afterthought, admitted that in certain settings they'd consider the opposite sex when dressing. Not shockingly, the Stern students who responded said they'd sooner worry about other women's opinions than a certain guy's.

Of course, I would be the first to admit that the survey was incomplete. If I'd had a larger sample and collected the answers anonymously, would more people have confessed to dressing with the opposite sex in mind? Would I have found more who consider the image they project on a professional level? Perhaps. And what I really wanted to know was, who has it worse? When it comes to getting dressed, is it safe to assume that more is expected of girls? Or

would that make me guilty of unfair sexist thinking?

Which brings me back to my first story. In that minute I spent utterly flabbergasted, I wondered at the injustice of the encounter. This guy was dressed in a standard YU button down and khakis. Presumptuously, I dare to assume it took him all of ten minutes to select the combo, if that. And his hair was not done. Yet, to be considered 'put together' I had to have my hair done perfectly. I am not a Feminist who's ever balked at the idea of a pretty new dress or a trip to the nail salon. I love clothing and dressing up. It's usually a lot of fun. But no one should have to. It's a choice.

So no, I did not appreciate the friendly commentary concerning minutia of my wardrobe. No, I did not offer my litany of style tips to this friend, though I could have. And no, I will not end this rant with a cheesy plea to judge others on things that really matter. But I will add, that should you encounter a colleague, a friend, or a date whose hair is not done to perfection, before you make wild assumptions or decide things about her you couldn't possibly know, check the mirror and ask: is my hair done? Or are you holding someone else to standards you don't remotely begin to meet yourself?

This piece is a bit more of a ranting anecdote than a scathing bit of journalism. But it's all in the Purim spirit. I welcome commentary and/or disagreement. Stay tuned for more from the Women's Studies Society.

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to have all the answers." Those who admit to having questions, who acknowledge having difficulties, and doubts, are not the ones to fear. The intellectual bravery to face big questions should be commended.

I have found, among friends and further, that many are afraid to admit they have deep, religious questions. Questions reveal insecurities, and we're scared, deeply scared, that others won't want that. So we try to patch up the holes, so that when we do present ourselves to the world, it will be with an unblemished veneer of security and stability. It's the front we present to our NCSYers—teenagers still allowed to have fundamental, looming questions. We reference books we may never have read and assure them of answers we don't necessarily know, or fully buy. The more intellectually honest among us are bothered by the disingenuousness of the matter. But we ignore the accusatory finger of hypocrisy, and keep on.

We don't just pretend to our admiring teens. We pretend to our dates, men and women both guilty. In a world where we size up someone's 'frumness' with a quick once-over, any sign of existential angst could

be a deal-breaker. A scorebuster. So we keep it to ourselves—for the time being, that is. Until we're secure enough to admit to the other person that we're not perfect, even religiously. Even though we spent a year or so in a seminary or yeshiva, and some of the best names at that.

A recent dating anecdote (and I do try to keep these to a bare minimum): the evening is going great. Conversation flowing, the works. I'm not sure how the topic came up, but he mentioned to me, off-handedly, that he had a "love-hate" relationship with Torah. I am not one to judge. I let the comment rest, but brought it up later that evening, looking for further explanation. So, by the way, I was just wondering what you meant by that comment before? He reeled from the discomfort of the question, misinterpreted as an accusation, and I watched the date unravel before my eyes.

Why have we come to associate no questions with piety? Why have we come to expect religious impeccability, when we're forgiving of other human imperfections?

I write to reach out in solidarity to a community

of questioners. It's a community that exists, even if its members have not yet admitted it to others, or to themselves. And, it is no community of which to be ashamed. Questions do not show weakness—questions show bravery, thought, and honesty.

One important point of clarification: questions do not excuse commitment. For those who have chosen to shirk the observant lifestyle because questions run too deep, I do not pass judgment. But that is not the audience I primarily address. I address those who, despite questions, have not disavowed themselves of the halakhic code. It takes maturity to realize that you may never have all the answers. A committed, consistent lifestyle does not stipulate omniscience. While the search for answers may be part of living, you can't forget to live while you search.

It's worth taking a moment to acknowledge that questions should be getting harder, more complex, as we get older. Why can't we take a moment to forgive ourselves—forgive others?

Recognize: questions don't make us weak. They make us human.



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Seforim Sale 2013

AMY WEISS An annual highlight of the spring semester is the YU Seforim Sale. Famous for the "Seforim Sale" sweatshirts which students can be seen sporting well into finals week, the Seforim Sale is the largest Jewish book sale in North America. Tremendous work goes into the production of the Seforim Sale, and though the Sale's machine may have previously been well-oiled, this year's team has straightened out any remaining kinks.

The five head administrators have worked nearly around the clock to ensure that the Sale would be up and running come February 3rd. A few of their preliminary tasks included reading over 200 applications from volunteers, ordering seforim from publishers, and deliberating over which section each book should be placed in. The team worked all through winter break to accept shipments from larger companies, and began organizing and unloading the hundreds of different titles.

This year, the staff was challenged with the installment of a new computer lab in the basement of Belfer Hall, which replaced the storage room for the Sale's 'setland,' wherein seforim that come in volumes as many as 13 are stored, and only a sample of each set is displayed for the customers. The team was forced to utilize the same sized room in Belfer as in years' past, displaying the same amount if not more seforim, after dedicating an entire corner to 'setland.' The team made the executive decision to have all English books, novels, and biographies span across the left side of the room, and to place all Hebrew seforim along the right side of the room. This divided display sounds simple, but it highlights the team's focus on a neat appearance and a user-friendly initiative, which includes providing new baskets for the consumers' shopping experience.

Some new improvements to the Sale include an updated POS (Point of Service) system, which analyzes inventory and tracks sales. Also, with an upgrade of user-friendly iPads for the cashiers, lines are minimized as receipts can be emailed via these iPads. In addition, for the first time, this year each cashier's station boasts a cash register, thereby accelerating the pace of the lines. Furthermore, the cash registers are placed on an additional shelf right below the cashiers' table to maximize space for scanning patrons' books, while also contributing to the team's vision of neatness.

Yet the integration of technology does not stop at a POS system and iPads. The team has taken full advantage of all that social media has to offer by launching a campaign called #Seforim-

4Sandy. The campaign is in response to the devastation many shuls across the Tri State Area endured from the wrath of Hurricane Sandy. The Seforim Sale offered \$10,000 worth of seforim to the shul that received the most votes on Facebook after being posted on to the #Seforim4Sandy Facebook wall or Twitter feed. An organization called Achiezer helped the team narrow down the names of the shuls to six nominees for the actual contest. Congratulations to the Young Israel of Oceanside for their endowment of \$10,000 worth of new seforim!

The beautiful part of the contest is that its efforts extend beyond the enormous generosity to the Young Israel of Oceanside. The other five nominees that had been in the running were given the opportunity to create a registry of seforim they needed in order to replenish all that was lost in the hurricane, and anyone can make these shuls' wishes a reality by logging on to their registries on the Seforim Sale website.

The inclusion and professional usage of technology in this year's Sale is one that underlines the potential of all that 2013 has to offer. The Seforim Sale's executive team strives to promote cooperation between all of the volunteers through basic programs such as GoogleDocs, which organizes the shifts of volunteers working at the different sections. With smartphones in nearly every pocket, each member of the executive team maintains a steady stream of communication via email at any point in the day. The subject lines of the emails are often witty and filled with alliterations, but the content is often informative too. It is with humor and positivity that we Stern volunteers are encouraged to board our exclusive Sale busses to head uptown.



Yeshiva University

Yeshiva University's Pre-Law Mentorship Program

YAELE LASSON While the law is always constant, the profession is not always so. Embarking upon a legal career can be daunting, but students at Yeshiva University are being awarded the opportunity to enhance their studies as undergraduates while creating lasting connections with already established professionals through a new Pre-Law Mentorship program.

The new Pre-Law Mentorship program at Yeshiva University was developed by the Jacob Hecht Pre-Law Society, the Office of Pre-Law Advisement, and the Career Development Center with help from the Office of Alumni Affairs and Institutional Advancement in order to enhance the studies of students who are pursuing a career in law. The program consists of twenty undergraduate students and twenty lawyers (many of whom are partners at top New York law firms) who will be paired up in a mentor/mentee relationship. The goal is for students to maintain a relationship with their mentor and have the ability to connect with a broad range of lawyers throughout their time at YU and as they progress into the legal field.

The program came about due also to the efforts of many successful YU alumni in the legal world who have consistently offered their guidance to students. The various institutional committees wanted to give students every advantage possible in the struggling legal field. Ariella Hellman Esq, the pre-law advisor on the Wilf campus, regards networking and mentorship as crucial to an aspiring student, explaining that "it is our hope that through this program, our students will make valuable contacts and learn the skills to network effectively later on." She adds that it is also an "opportunity for students who are not set on law to discuss their options with someone who is currently practicing in the field and to hear differing opinions on the future of the legal profession."

To augment the already active Student Pre-Law society and Pre-Law Advisement Center, the Pre-Law Mentoring program is running two events designed to help facilitate professional connections between students and alumni of Yeshiva University. The first event at the onset of the program was held this past month and was led by Rebecca Weiler from the Career Development Center, who advised students as to how to manage and take full advantage of the mentor relationship. The second program, "Meet Your Mentors Night", is scheduled for February 25th. Students will

be able to hear first hand from Yeshiva University alumni lawyers participating in a panel discussion on the topic of networking working in the legal field, followed by a mentor reception. Mentors include Joel Strauss '86YC, '92C, partner at Kaplan Fox; Amanda Nussbaum '95S, Partner at Proskauer Rose LLP; and Mark Klein '88YC, Global General Counsel, Infrastructure and Private Equity, at UBS.

Daniel Danesh '13YC, co-president of YU's Jacob Hecht Pre-Law Society, said, "We are appreciative that Yeshiva's alumni - many of them incredibly successful - are willing to meet and offer guidance to ambitious students. That is what inspired the pre-law society to create this mentoring event, and we look forward to establishing long-term professional relationships with alumni who can assist us in our career goals."

While the new mentorship program gives pre-law students the tremendous opportunity to gain from seasoned attorneys and advance their own future careers, students as a whole are shying away from the law profession due to the current negative job prospects. Danesh explains that even though the profession is experiencing tough times, the field remains a great one for those who are interested, explaining, "I have seen that students are now taking a more critical look at whether they truly want to be an attorney and committing accordingly."

Hannah Dreyfus, SCW '14, is equally confident about her future career in law. "As of now, I'm not discouraged by the rather dim prospects in the law field," admits Dreyfus, a Journalism major, Philosophy minor. Dreyfus is President of the Stern Pre-Law Society, a member of the Cardozo Undergraduate Program, and Vice President of the YU Undergraduate Debate Team. "Truth be told, there are no guarantees in any field of work--the job market is difficult across the board. More important, I believe, is finding your passion, following it, and seeing where life will lead."

Dreyfus says she has a passion for debate, law, and justice and plans on doing what she can to follow those interests. Through the Pre-Law Mentoring program, Dreyfus hopes to be paired up with a lawyer who practices family law or criminal litigation, believing that "there is no better way to gain experience and exposure to the field of law."

NEWS

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Calling All Roshei Yeshiva!

SARA OLSON It takes no more than a glance at your sstud-filled inbox to discover the wealth of Torah related events and activities on the Beren Campus. Supporting many, if not all of these projects is the Torah Activities Council (TAC), whose presidium and associated clubs work tirelessly to give our student body an enriched Torah learning experience. This year, Yehudit Goldberg, one of the TAC vice presidents, along with TAC president Margot Reinstein, has been spearheading efforts to increase the presence of Yeshiva University's Roshei Yeshiva on the Beren Campus.

"It began as a result of spending time in the Stern Beit Midrash," said Yehudit. "For much of the day, there usually aren't adult Torah figures or role models present for students to approach with questions or thoughts on what the students are learning. Having been in Batei Midrash where exposure to Torah giants was a reality, I felt there was a void in the culture of ours. I thought, 'If there were more iconic religious role models filling our Beit Midrash, individuals who many of the students could look up to and connect with, our Beit Midrash would gain a greater sense of community and inspiration.'"

"Part of what attracted me to Stern was the knowledge that there are these unbelievable Roshei Yeshiva at YU," she continued. "I thought that I would see them on a fairly regular basis. I was very surprised, therefore, to find that not only are the Roshei Yeshiva rarely on our campus, but many of the students (including myself) have gone through most or all of their college careers without ever seeing or meeting a Rosh Yeshiva."

Yehudit began the project last year, while head of the Torah Scholarship Lecture Series (TSLS), a club under the auspices of TAC. Her goal was to have a Rosh Yeshiva give a shiur on campus every other week.

"It was hard to get the ball rolling," she admitted, "but I am thrilled to say that progress has been made. This year, in my capacity as a vice president of TAC, I am also the liaison for TSLS. As such, I continue to invest effort towards making the Roshei Yeshiva a part of the general tapestry of the Stern College experience."

"We've implemented the initiative during both TSLS and club hours to accommodate as many students as possible," explained Margot Reinstein, adding, "Many students know about T-Cubed, where a big speaker gives a shiur to a jam-packed room every Tuesday night. This year, we have begun alternating weeks between T-Cubed and TSLS so that there is a Rosh Yeshiva at the Beren Campus every other Tuesday night. Additionally, we are taking advantage of club hour. R' Hershel Schachter kicked off the first initiative during club hour last week with a wonderful shiur that attracted many students."

"We're not alone in our efforts - the Roshei Yeshiva are very cooperative and interested in this enterprise as well," said Yehudit. "We are also blessed with different members of faculty, administration, and students on the uptown campus who are supportive and helpful with this effort. The challenge has been getting a system in place that provides the frequency and continuity that we are looking for."

It may be an organizational challenge, but judging by the positive feedback from the student body, their efforts are definitively worthwhile.

"Students feel like they get the best of both worlds," said Margo, because "we sit in classes with the incredible educators of the Stern Judaic Studies Department and also have opportunities to learn from the Roshei Yeshiva of the Wilf Campus."

"When the Roshei Yeshiva have come, there have been over fifty students in attendance each time, and it is always met with a lot of positive feedback and appreciation," concluded Yehudit. "I hope that this relationship between the Roshei Yeshiva and the Stern student body only continues to grow."

Yoga

JOANNA ROSS-TACH Affordable yoga has made its way closer to Stern, with the opening of a new 'Yoga to the People' (YTTP) studio located on 23rd Street and 3rd Avenue. Right in Stern College's backyard, new specialized yoga classes are being offered at the inexpensive price of just \$5 per class. In this newest location named 'YTTP II', a variety of different style yoga classes are offered, such as: Flow to Flexibility, Dharma Yoga, Rocket Flow, Ashtanga, and Kripalu Flow. These titles may be meaningless to a currently non-practicing yogi or to a person who does not speak sanskrit. What may be important are not necessarily the definitions of each type of practice, but the fact that any inexperienced or experienced yogi can affordably and easily introduce a greater practice of yoga in his or her daily life.

That being said, it might be nice to know what you are actually getting yourself into.

Dharma yoga practices inversions and backbends. An inversion practice is the art of going upside down. If you are at all curious about positions involving your heart towards the ground and your feet in the air, this is the practice for you. It may seem like an impossible task, but the teacher breaks down the practice so that if you are a beginner you can build up strength for the pose. Even if your feet are not yet in the air today, one day soon you will have the strength and concentration to attain this position.

Ashtanga yoga is a flow class that builds up strength through repetition and requires a certain self-awareness

and focus in each pose. For those looking for a good class on building up different asanas (poses) and learning a variety of different poses, this is a good practice. You will break a sweat while focusing on your breathing, meditating and growing stronger.

Kripalu flow is a mix of many types of yoga classes which allow the participants to deeply engage with poses they may not have ever encountered in a different YTTP studio. Each posture is given as a suggestion. The instructor shows different versions of each position in order to allow the yogi to choose for his or herself what kind of work they need or want to put into their practice. This is a great class for beginners or advanced yogis. The instructor allows requests, tailoring the class to your own desires and specifications.

Rocket Flow, my personal favorite, breaks down highly complex poses, allowing regular yogis to begin moving their practice towards a more advanced stage. In this class you will encounter arm balances and inversions, and your legs may end up in places you would never imagine them to be. I suggest this to people already familiar with yoga and those who wish to push their practice to new and less familiar places.

While this new location is exciting, nearby, and affordable, a beginner yogi may view these classes as being too highly specialized. This is not a problem since there are multiple YTTP locations of power Vinyasa Flow. In the East Village, the St. Marks Street location offers donation-based Vinyasa Flow classes. In the mix of the eclectic

St. Marks Street, one may develop his or her inner yogi with the constant moving and breathing exercises and poses offered in the classes. The teachers are randomly scheduled throughout the week; therefore, a yogi is never limited by a single teaching style. As one would expect from a community-based yoga class, the classes are often large. Vinyasa yoga focuses on aligning breath and movement, creating a constant flow throughout the class. Transportation to this studio can be taken either via a quick 6-train ride downtown, a 30-minute walk, or a 10-15 minute jog.

38th St. and 6th Avenue houses one of YTTP's hottest locations, literally. On the third floor, a hot power Vinyasa Flow class is offered. This class is similar to the classes offered at St. Marks, except the room is 105 degrees. On the fourth floor, Traditional Hot Yoga offers what is more commonly understood to be Bikram Yoga. The class has 26 set poses and lasts 90 minutes. The room is about 105-110 degrees. While this may sound like torture, these hot classes can be very soothing for tight or sore muscles, and might allow New Yorkers to enjoy a heated space in the cold winter.

Yoga satisfies the body, mind, and spirit. As students, we often have trouble with any combination in those three departments. It is nice to be able to have spaces in this busy city that allow for personal time and growth. With these YTTP locations so close and so cheap, there is almost no excuse to not become a yogi.

NFL Super Bowl

LINDSAY WESS Every February, Americans come together to watch the single most anticipated sporting event of the year. It's the day an athlete goes from being a player known only to Fantasy football league fanatics to someone on the world stage. It's the only time a company is willing to spend an average of 3.8 million dollars on a 30-second commercial spot as opposed to every other commercial on every other program. The success of the Super Bowl ads are not rated by how many items are sold off the supermarket shelves, but rather on whether it made it to the Entertainment Tonight highlight reel. Whether you like football or not, the NFL Super Bowl has become more than a game. It has become a viewing and socializing phenomenon.

Everything from Beyoncé's halftime diva performance, to the unexpected 3rd quarter blackout, and the climactic win for the Baltimore Ravens, it's no wonder why the Super Bowl is the most talked-about game weeks before and after the event. Unfortunately, with all of the overdramatized components surrounding the Super Bowl, the Ravens may have been neglected after their win.

The media has taken a day that's supposed to be about the teams that have survived grueling schedules, brutal tackles, and career-ending injuries to have the honor of playing in the Super Bowl, and has turned it into a controversial celebrity event, ranging from artists poorly singing the National Anthem to debates about which unknown actors will be the face of Super Bowl ads. The question is, has the transformation that has taken place over the last few decades

a 'bad thing'?

First, let's analyze what qualifies as a 'bad thing'. Someone or something has to be damaged in one way or another. Another criterion, in this case, is that some individual or group was coerced into doing something against their will or to perform and act detrimental to the health and/or well being of another. From as objective a viewpoint as possible, one would have to say that not only are the participants on every level not being harmed, but on the contrary, they are gaining enormously. From the confetti makers to even the players on the losing team, everyone comes out a winner in one sense or another. Yes, even the losing players. For a moment, how many people go through their entire lives in complete obscurity? Many Hall of Fame players, some of the true greats of the game, have never had the privilege of playing in the Super Bowl. Everything from the fans preparing for a game that they're not even playing in, to soldier overseas watching the game, is what adds to the games their uniqueness.

A sport survives by the people watching the game. If the controversy creates a larger viewership, then the sport will thrive. You can be sure that another halftime wardrobe malfunction is good for another extra couple million viewers the following year. Unfortunately, this year's blackout decreased the viewership by 3 percent. It seems that America has all of the time in the world for controversy, but little patience for technical difficulties. I guess the moral is that as long as the Super Bowl doesn't have to depend on the football game, the NFL has nothing to worry about.

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2nd Prize	Wii Fit	Kindle Fire
3rd Prize	iTunes Gift Card	\$125 Gift Card

Ages 8 - 12 years old

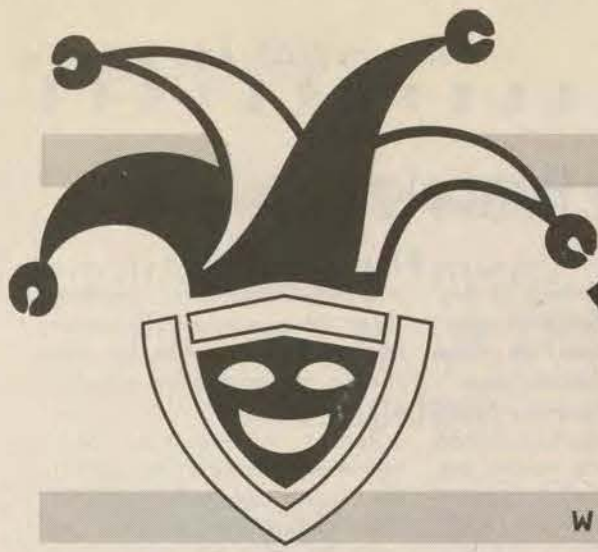


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The Shidduch Crisis: Why It's Real, And Your Fault

YU CONNECTS STAFF We've got a crisis, dammit. And I'm not talking about global warming—everyone knows that's a conspiracy. I'm talking about something real. I'm talking about the shidduch crisis.

First, let's define our terms. Webster defines crisis as "a paroxysmal attack of pain, distress, or disordered function." That seems about accurate.

An average Thursday night—the scene is heart-breaking. Young Stern women are wandering around, aimlessly. They're in an obvious fog. Unsure of where to go, or what to do with themselves. They resort to spending time with friends. Or reading a novel. Or going to a movie. And, why, why are they driven to these desperate measures? Because they're single. They are experiencing a 'paroxysmal attack of pain'—need I say more?

Everyone knows: men solve everything. Being in a relationship, or rather, tying the glorious knot to spend the rest of eternity with that special someone, is the answer to happiness. Once you find the one, you've practically crossed the threshold into the Messianic era. There are no more problems, no more worries, none at all. Just endless bliss—who needs money, or food? You can survive on love alone (and sometimes food-stamps). And, until that whole pregnancy and children phase comes along and dominates the rest of your life with diapers, and then terrible-twos, and then tuition bills, and mini-van carpools, and couch fights, and rebellious teenage-hood, and cooking dinner every night for the next couple decades, everything is so quiet and peaceful.

But, it's the hellish singlehood beforehand that needs to be shortened, and eliminated completely if possible. Because, being single is akin to getting stuck on a treadmill for all of eternity. It's that bad (and terrible for the knees). The freedom, the time and space to concentrate on yourself, and no one else, is like a ball and chain. Who wants that? Who wants time to develop hobbies? Who wants time to establish a career? Who wants time to travel, or read, or maybe even enjoy your education? No one in his or her right mind, that's who.

Ergo, we've got a crisis. And whose fault is it? It's the fault of the people who are unabashedly enjoying their singlehood. It's a downright shanda. Believe it or not, there are women, already in their twenties, who are trying to enjoy life. Yes, that's right—enjoyed their singlehood, instead of concentrating on finding a mate, getting through the preliminaries (dating and what-not) as quickly as possible, getting hitched, and reproducing. Pro-creation. Whatever you want to call it. Evolution backs me up—it's not only important, it's the most important.

So, to all those singles out their reveling in their singlehood, I say—shame on you. You are the reason for this crisis. Stop enjoying life. Stop taking time for yourself, you selfish good-for-nothings. And start doing something that matters. Like dating. And marriage. Everyone knows, the only true guarantee of pure, simple, unadulterated happiness is marriage. So, let's work together to solve this crisis. Say I-do?

Liberal Arts At SCW: Too Much Of A Good Thing?

CHANA BRAUSER For most college students, college is a time to be hyper-focused on a career goal and take only those classes that satisfy general requirements or directly contribute to the student's major of choice. For these young adults, life quickly becomes about what is most important: choosing a lucrative profession and engaging in nothing else while attempting frantically to secure internships that are extremely practical and can help fill in the blanks on a resume. For students at Yeshiva University's Stern College, the years they spend in school take on a different note entirely. In a school positively teeming with liberal arts majors, students have no choice but to dabble in a number of different courses that challenge them to broaden their horizons.

With 97% of the student population majoring in History or English, it's no surprise that so many students are so open-minded about their futures and those of their peers. "When I tell fellow Stern students I'm majoring in History," explains Shana Grauser, "no one ever asks me

some ridiculous question like 'What are you planning on doing with that?' because they respect that I don't know yet what I want to do with the rest of my life. In fact, no one here does!" With so many different liberal arts classes to choose from, Shana recalls how difficult it was to choose courses for the Spring semester. "I've always wanted to take a language in college and I knew Stern was just the place to pursue that passion. The only problem? There were too many different languages to choose from!"

Journalism major Anna Treyfus sympathizes with Shana. "When I was choosing colleges, I didn't even look anywhere else," she explains, adding, "I knew that I wanted to be in a place where everyone was sincerely interested in taking classes just for the sake of intellectual exploration, and I realized that when it came to a truly broad liberal arts education, there's nowhere but here." Delia Batnaim, an English major, had always hoped to get involved in the

continued on page 6

BREAKING NEWS: English Department Bans Electricity In The Classroom

OBSERVER STAFF After a recent vote, the English Department has unanimously decided to ban electricity in the classroom.

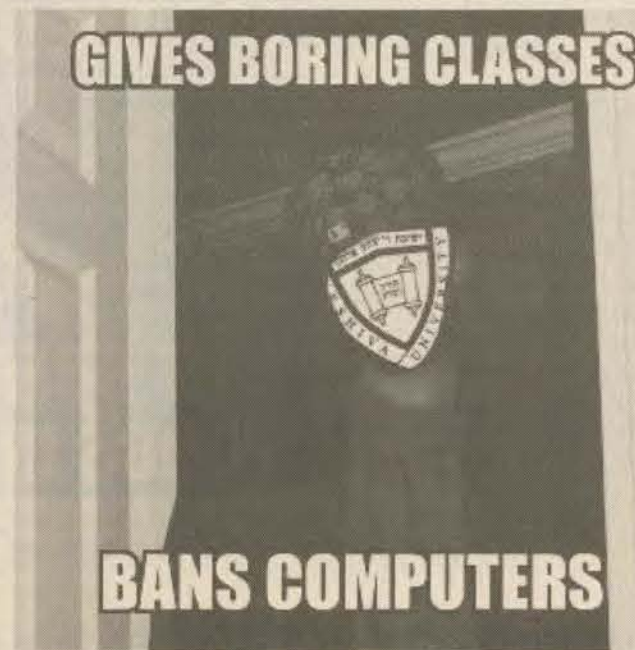
In a recent official statement they stated, "We have seen a rise in texting, surfing,

shopping, Facebook checking, writing papers for other classes, and other forms of multitasking in English Department classes in the last few years. This activity has occurred in most classes, no matter the size, seating arrangement, or teacher.

Therefore, we have chosen to solve the problem by eliminating the source of the concern—electricity."

The ban has been met with frustration and outrage. Many students voice the concern that moving back to a time before electricity is "regressing." "Instead of disallowing electricity completely, why can't the English Department work with students to use electricity in a responsible manner? Denying progress is helpful to no one," stated one exasperated English major, preferring to remain anonymous.

Despite complaints, the *continued on page 7*



Eitan Levine, Avital Tzubeli

BREAKING NEWS: Female Infiltrates Beit Midrash

YAELLA DREFAN For the first time in the history of Yeshiva University, a female infiltrated the hallowed halls of the 470-seat, two-story Jacob and Dreizel Glueck Beit Midrash, while in session. After being informed of the infiltrator, detectives from Wilf Campus Security identified the intruder as Margot Reinstein, President of the Torah Activities Council of Stern College.

Because the perpetrator wore a black mask during her surreptitious mission, lasting 46.03 seconds, she was identified only after detectives analyzed fingerprints of all registered SCW students. Reinstein's fingerprints were eventually matched to those found on the wall. "YU is going to pay for this!" screamed Reinstein, as she was dragged away by a heavily armed SWAT team of around twenty personnel. Tipped off immediately of the unprecedented incident, a friend photographed the scene before escaping seconds later. The photographer has not been heard from since.

The crime left many of the YC students traumatized, particularly certain YP individuals, who hadn't looked up from their Gemaras since swearing off girls during their year in Israel. Many have had to go into intensive therapy to deal with the post-traumatic symptoms. Said one particularly affected YP student, Sordechai

Mith, who has a strict policy against engaging with the opposite gender, "Recovering from seeing a girl has been hard. And, this wasn't just a girl in the Height's Lounge, which is disturbing enough to ruin anyone's day. This was a girl in the Beis. It's going to take me and other like-minded males a while to recover from this unexpected breach of code."

There are, however, mixed reports regarding what exactly occurred on that fateful evening. When students realized a female had stepped 10 feet into Glueck in the never-before-seen stunt, an anonymous insider reported that "Shraga guys cheered, Gush guys offered her a seat, and KBY guys ran for the exits."

When asked how it felt to perform such a daredevilish feat, Reinstein responded, "We will take the Beit Midrash over yet!" before being smuggled into a cellar for further...intervention. With the aid of the high-powered binoculars she brought with her in an inconspicuous black clutch, Reinstein reported YC students were learning "Mostly bava basra." She reported back to TAC through a one-line telegram sent in Morse code. Rumor has it that TAC sponsored this high-risk mission.

Several members of the Mussad have been recruited to ensure that an event of such magnitude never happens again.

Stern College For Women: Diversity and Pancakes

CHANA BRAUSER Ah, Stern College for Women. Just the mere utterance of those four magical words cannot help but bring to mind so much. Where to even begin? The most obvious of the innumerable virtues that have earned Stern College for Women its sterling reputation is doubtless the exceptional diversity of the student body. Even a visitor merely strolling across the grassy, rolling plains of the sprawling campus couldn't miss the overwhelming number of French students milling around at any given time. Why, there must be - at the very least - four of them. And that's just counting the French students. Including the legions of Canadians would almost certainly necessitate bringing out a second hand for counting purposes.

In fact, there are so many deeply wonderful things that can be associated with Stern College that it'd likely be dangerous to list all of them, for fear of monopolizing too many of the valuable lines already generously allotted for this particular piece. After all, articles in the Observer are prime real estate; in recent months, hundreds of Stern students begging to contribute articles have been turned away. "It is hard," admits the Sports editor, "You'd be surprised at the number of students who approach me at all times - in the caf, in the elevator, sometimes they'll be waiting by the door of my house on the weekends- begging to write a piece on baseball. I've actually had to have my home phone number unlisted."

Of course, detailing an exhaustive list of all the glorious things the average person associates with Stern College could be risky for other reasons. In a place positively brimming with school spirit, the mere mention of those two words would likely inspire a torrent of rah-rah's and enthusiastic declarations of school pride. At times, it seems unlikely that so much passion can be contained in one building. Literally. As one Stern College senior - who has daringly chosen to major in Biology because she couldn't stand to be just another math major - complains, "Sometimes it can get so overwhelming. I'll be sitting by my computer eagerly waiting the latest influx of s-studs, and when I see one advertising a poster-making event for an upcoming Macs game, I always double-check which room they've booked for it because I'm so nervous they won't have enough space for everyone who will be attending."

Yet there is one aspect of Stern College that certainly cannot go unmentioned. In fact, for many students, eating in the caf is the highlight of their college experience. With both a dairy and meat caf offering a wide variety of options, it can actually become rather difficult deciding which caf to eat in for dinner. One clever Stern College

student has discovered a foolproof way to ensure that she consistently makes the right choice. "I'll just go online to the YU website," she explains. "It's very user-friendly - they have this handy link to that week's cafeteria menus that they always update, and I can just decide between the chicken they're serving in one caf and the honey-mustard salmon they have in the other." When asked if she's ever regretted her decision, the sophomore nods, recalling the time she chose ravioli over Hawaiian meatballs. "It was a little strange," she concedes, "because the ravioli totally tasted like tilapia. I mean, it even looked like tilapia. Everyone around me was actually commenting on how good the tilapia was. I pretended to agree, but

secretly I felt bad for them. If they had read the up-to-date menu online, they would have known that it was actually ravioli disguised as tilapia."

In a survey of the entire Stern College student body, the caf food that emerged as the number one favorite by a tremendous majority was the Mehadrin Yogurts. "It's just the name," exclaims a recently declared Physics major (her decision effectively increased the department by 100%). "I mean, it's called 'Fit 'n Free.' Doesn't everyone just want to be fit? And also free? And they're Cholv Yisrael. What's not to love? It can be a little stressful, though. I'm always kind of concerned that the other Stern students who make it to the caf before me will have snatched them all up, but somehow there's always a towering stack of them in the fridge. It's kind of confusing."

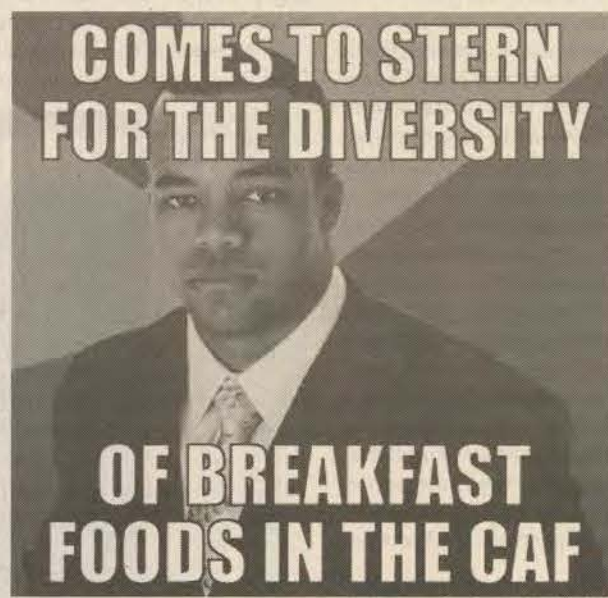
Or is it? In a caf simply teeming with variety, it's no surprise that students gravitate towards the more exciting options. Choosing soup over, say, salad, can be a struggle, especially when each day's soup tends to resemble every other soup that has ever simmered away in those giant vats. Because although there is something comforting about knowing the soup will always look the same no matter how it tastes, there's nothing quite like the satisfaction

of a full stomach after consuming almost three whole leaves of romaine lettuce and a sprinkling of feta cheese, all for the low price of \$13.99.

Recent months have seen heartening evidence of the impact of the Student Life Committee on the Stern College dining program. One committee insider describes the flood of handwritten requests for a pancake machine with all the latest bells and whistles. "We were just doing our job," she shrugs. "It was obvious that there were no less than fourteen Stern College students who felt their college experience would be heightened exponentially by the addition of a pancake machine in the caf, so we responded. Now, students can eat pancakes in various shapes any time of day. Also, we noticed that a lot of Stern students have very similar handwriting."

Life in the big city can be intimidating, but Stern College students can't help but feel safe under the watchful gaze of the security personnel that man each building's entrance. Even the wiliest crook bent on entering the Brookdale lobby would be hard-pressed to find an empty blue plastic case emblazoned with the YU logo to flash at the security guards.

For the ordinary student, there's the secular college. For the extraordinary student, there's Stern College for Women. No matter how bad things get, a Stern student always knows a flower-shaped pancake is only an intra-campus shuttle ride away.



Eitan Levine, Avital Tzubeli

Liberal Arts At SCW: Too Much Of A Good Thing?

continued from page 5

Observer, but hadn't realized just how many students felt the same way: "When I first came to Stern and wanted to write for the newspaper, I thought I was going to be a big fish in a small pond, but little did I know that I was just one of hundreds of Stern students who desperately hoped to be a part of the Observer staff."

Delia remembers how she had to "fight tooth and nail" for an editorial position and notes that she still finds herself swamped by the number of students who, of their own volition, send in well-researched, investigative pieces and eloquent, exciting opinion articles. Sighing, she expresses how she wishes that "everyone would just take a step back and give the Observer some breathing space. There are so many things to get involved with on campus. Maybe everyone should just chill out and take a step back from the newspaper for a second."

With so many liberal arts students around, Biology majors, like Bestee Dobin, sometimes find themselves wishing there were more students with similar interests. "I guess it would just be nice if, you know, the labs weren't always empty," Bestee remarks with a dreamy look in her eyes, adding, "It would just be great if there was, like, a bit of healthy competition. Imagine if there were some sort of scholarship for pre-med students to aim for. That could

probably make our classes a bit more intense. Frankly, I'm sick of being in the minority."

Indeed, the handful of Biology majors at Stern College are often overshadowed by their less vocationally-oriented, liberal artsy peers. Even the course catalog reflects this disparity, as each semester's offerings invariably cater to students interested in more esoteric classes that encourage academic exploration and open-mindedness.

By contrast, most colleges choose to shy away from the type of classes that might spark new interest in previously unexplored fields, choosing instead to offer those classes that will prove most necessary in fulfilling the barest minimum of major requirements.

The inordinate focus on the needs of liberal arts majors at Stern College ought to be reconsidered. More emphasis needs to be placed on ensuring that Biology majors at Stern, no matter how few and far between, receive the same impressive educational opportunities as their peers. At the same time, academic advisors might focus on helping liberal arts major navigate the maze of opportunities available at Stern so that the students do not become overwhelmed or feel that they are "just another History/English major" in a dizzying mass of fellow History/English majors just struggling to carve out a niche for themselves.

A YC Boy's Worst Nightmare: Eliminating The Friendzone

THE TRUTH TELLER I am here to shed light on the greatest horror the YC male has ever known. Like every other beautiful and terrible thing in a man's life, women are involved. Yes, women, I am talking to you. I'm talking about the Friendzone you inflict upon the unsuspecting YC male population, sometimes unwittingly, but always without mercy.

Women have a most terrible method of pain infliction. First, get the man to open up to them. With every conversation, she slowly feeds on the man's attachment. The relationship is declared one of "friendship," not love, and the female runs away with the man's heart while he cries for his stolen heart. Can he grow to love another?

We halakhah-keeping men are distinctly disadvantaged from our non-Jewish counterparts. For non-Jewish men, without the difficult constraints, women can have the relationship upper ground, but men can fight back by leaving in the middle of the night. Ah halakhah! I love thee and yet you took away our only bargaining chip. We have no recourse for a real relationship unless we get married;

but a woman can get what she wants from a relationship without dating. Women, in their woeful ignorance, will talk intimately with the men, creating another Friendzone. They take what they want and assume that men and women can really be just friends, convincing themselves that it is highly moral to have such beautiful non-physical relationships. Why? Because men are immature, rotten, and of course perverted. We are not. We are alive. We desire these relationships, not because they are not dirty, but because they are the greatest thing ever given to mankind (pretty much). Desiring is not a sin, but we can no longer waste our lust upon those who simply take our inner beings for granted.

Only one thing left to do. Men of YU: We must guard our hearts! Let us hold our deep feelings hostage to women until they agree to a relationship of the dating status. Heed my warning, women, and don't try to pry unless you're truly ready to commit. The Friendzone, like the friends-with-benefits, shall thus be forever eliminated.

BREAKING NEWS: English Department Bans Electricity In The Classroom

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English Department has remained firm with their decision. "Really, electricity is good for very little," said one English faculty member. "It is mainly a distraction to students, not to mention its nefarious uses when it comes to aiding and encouraging Facebook use in the classroom." He concluded, "Students might not realize it, but they are much better off without the distraction of electricity. It's for their own good."

Another question that has arisen regarding the current policy is why it applies exclusively to the English Department. Doesn't the distraction posed by electricity equally affect all departments? In response to this question, both the English Department and Dean have declined comment.

While teachers report no more Facebook surfing, students have resorted to different methods of distraction—mainly, sleep. It's been reported that students have been falling asleep en masse since the implementation of the new policy.

"Taking away the lights won't make the teachers more interesting. If students don't want to participate, they'll find other ways to check out

of the classroom," said another anonymous English major.

Due to the new problem of students falling asleep in large numbers because of the lack of electricity, the English department is contemplating eliminating desks from the classroom. If students can't sit down, they can't fall asleep.

And pens. No more pens, so students can't doodle.

The English department is also considering eliminating students from the classroom all together. "I mean, really, they're just a distraction. I personally believe a classroom would run much more smoothly without them," said one English professor, who prefers to remain anonymous.

In a curious turn of events, one very vocal English major on the uptown Wilf Campus came out strongly in support of the ban. "Frankly, I think it a wise decision. English classes are for analytical thought. I only hope the ban is extended to the men's campus as well!" Several YC students swiftly staged a coup, and the English major in question has not been heard from since.

More updates as the situation develops.

So, What Are Your Plans For...Shut Up: Internal Senior Mayhem

ONLY BENADERET It's that time of the year. The end of the year. Freshman—the real ones—finally understand "Caf" terminology and what really goes down in the YU library. Sophomores think they own the school because they are running for every club position, and winning them. Juniors are beginning to realize that they will soon become seniors. This either means pretending to know what they want to be, and getting internships in any corner of the world that will accept them, or spending the next few months creating the best possible medical scenarios to land the 35th street first floor apartments for next year.

This leaves us. The seniors. We've got a large, vacant space in our minds representing what will become of the next million years of our lives, since we believe we are invincible and should be running corporations by this point. We are at the point where we wonder: what the heck am I going to do with my life? Why do I suddenly have to start paying for everything? Should I make aliyah now or later? Why do I have to keep making new friends? I'd like to call this moment "internal senior mayhem." This occurs on average twelve times a day.

I'll give you an example. Let's say you are the senior and you are sitting with a nice group of friends, and believe to be having a wonderful conversation. Then the dreaded-ax-in-heart-question arises: "what are you doing next year?" And you, calm as a cucumber, laugh and say, "Haha, I don't know, but I'll figure it out soon, no worries. How are you doing?" As the other person is responding to your polite question, you have already mentally checked out and the internal senior mayhem takes over: "I have absolutely NO idea what I'm doing with my life... is it too late to apply to graduate school? What exactly is graduate school? GRE vs. MCAT; which will be easier? Hmm YU fellowship, that might give me some time and money to figure out what I want to do!...Why haven't I done anything besides collect YU apparel over the last three years? Maybe I don't actually want to be an occupational therapist...I have always loved animals...why not be a veterinarian? I am going to die alone broke with my 50 cats."

About ten minutes have passed, and the other person is staring at you. You rack your brain for the last words that your friend just said and repeat

them back, as if you obviously agree. You then realize you are late for your CDC appointment, which is a whole other set of life issues...but thank G-d for the free popcorn!

Every senior is just about to scream. Ask them one more time about what their plans are for next year, and you will soon enough hear a shriek: "DO NOT ASK ME ABOUT MY FUTURE PLANS! I DON'T HAVE ANY!" Your freshman, sophomore, or junior friends will try to console you, but all you want to say is, "you don't understand, you're just going on a CJF trip this summer and then life returns at Stern. I just learned how to separate my laundry, and now I need to run my own life!"

Take note to all those who are not graduating this year: please stop asking us. We would really rather not opt for the super senior year and take all of your rooms in 35th street, spots in Professor Russell's speech class, and RA positions for the third time.

We can't have everything in our lives, but if you really want to know what every senior is thinking when you ask them about their future, just keep poking. One of us is bound to pop.

Eitan Levine's Guide To Keeping Yo' Man

SIR EITAN THE IIIV Ok ladies, time to talk, man to man. We all know there is a shidduch crisis. Just ask any girl who has ever attended college—ever. Getting a husband is harder than algebra. You are powerless to this game of Russian roulette known as "Finding Your Basheret" (this explains why Russian people are amazing at dating). So, I should put a disclaimer, this article probably won't appeal to 95% of the girls that are reading it.

To those 95% I say, have you tried OKCupid or going to a gym? JK JK JK, I'm sorry about that one, OKCupid is for non-Jews, try Jdate. (Don't try YUConnects unless you want to accidentally marry your cousin).

To the 5% who this article does appeal to, I am here to help you. We all know that FINDING yo' man is the second hardest thing you will ever do, right behind KEEPING yo' man. Face the facts ladies: men and women are different! Ever seen an episode of Whitney? Whitney and Alex never get along! They also aren't married in the show—see a trend? I do! Maybe they would be married if Whitney worked a little harder on her relationship and cooked a homemade dinner every once in awhile instead of being kinda maybe a little funny if you're into that kind of...What I'm trying to say is that in order for you to keep your man, you need to make some concessions.

I know what you are thinking. "But Eitan! I'm busy with other stuff! How can I keep my marriage/"it's complicated" together! Is there a 7 step program you can teach me that outlines how to keep us together?!?" The answer is "Yes!" I can even do it in 6 steps.

So here you go, here is Eitan Levine's 6 step guide to keeping yo' man. Follow these 6 points and I guarantee you will be together through at least April and maybe even longer.

1. Watch Iron Man, Iron Man 2, Captain America, Thor and then watch The Avengers

Ladies, if you are like any girl I have ever gone out with, your man has probably bought you a lot of shnitzel and has listened to you talk about how Ilana thinks she is soooo great but in reality everyone is just being nice to her because they used to like her but now don't even think she is that cool. You owe it to him to at LEAST have a rudimentary knowledge of the cinematic Marvel universe. We aren't talking about going all out and reading comic books (although, you should, it would make you a better person). All we ask is that you offer an informed response when we say something like "I get how it is by definition a rainbow bridge but the Biofrost in the Thor movie was SUPER lame" or "Scarlet Johanson, Am I right or Am I

right?!?" Also, WHY HAVEN'T YOU WATCHED STAR WARS TRILOGY YET!?! Seriously! It came out like 35 years ago! Do the words "Cultural Touchstone" mean nothing to you? To put it in terms you understand, Star Wars is the Kiki Riki of movies.

2. Always Dress Like You are Going to a Cotillion or Fancy Ball

You know that old saying "there is always someone who is getting up an hour earlier and is staying at work an hour later"? Well, same goes for clothing. Somewhere in the world there is someone who is currently wearing a ball gown while going on her morning jog and you better hope that your man doesn't run into her. Want to ensure your man stays loyal to you? Always be dressed like you are going somewhere important. Dress like you are going somewhere important and you will go somewhere important, all the way to the wedding hall.

3. Have a Man? Congratulations, You are Now a Sports Fan

Ladies, I can't emphasize enough how boring your friends are. Us listening to a funny thing that your friend said is literally the one thing we dread most, besides cancer and Vietnam happening again. But we listen anyways! Why? Because none of us have the guts to tell you "OK! I GET IT! YOU THINK TALIA SAID A REALLY FUNNY THING ABOUT 50 SHADES OF GREY! CAN WE PLEASE

TALK ABOUT SOMETHING ELSE!"

We listen to what your friends say, yet you get all flaky when we talk about sports?! Justice? Want to keep your man? Grab a Mark Sanchez jersey and remember the phrase "Are you kidding me?! Sanchez couldn't throw his way out of a Taco Bell." Looks will only get you so far. If you want to grab hold of your man, get a Fantasy football team, learn about Ben Roethlisberger's "sketchy" dating history and pick a favorite Manning brother.

4. Let's Be Honest, You Should Totally Do My Laundry

I am not doing it myself so unless you want me smelling like moldy towels, I suggest you grab some Bounty and make my clothes smell like a spring meadow. Don't want to? Fine, hope you enjoy being known as a girl that goes out with a guy who smells like a Wookiee (you would get that reference if you watched Star Wars).

5. Learn to Bake, Boil and Fry

Men love three things: freedom, cheerleaders and onion rings. A man that has all three of those things is said to have taken part of an "Abraham Lincoln 3-pointer." If men could date an onion ring dressed in a miniskirt made out of the American flag that can chant "Knock em' Back! Knock em' Back! All the way to Hackensack" they totally would. But they can't, they have to date girls

instead.

6. Don't Have Too Many Opinions

Ok, let me first start off by saying that you should totally have opinions about stuff. Just don't have too many opinions. And, they should never be about anything important. For instance, when I say something like "Where do you want to go out for dinner tonight?" you can have all the opinions you want. Want Chinese food? Say it! In the mood for some Fro Yo? Shout it out loud! Want to stay home and you cook me a dinner? Be my guest! But, for important stuff you should pretty much only speak when spoken too. This may sound harsh, but so are some of the laws in the Talmud (you follow the Talmud, right?). For instance, let's say me and my friends are talking about politics. I say "I'm voting for Romney" and my friend says "I'm voting for Obama." this is not an opening for you to give your opinion. The men are talking. If we want to know how you feel on the subject, we will ask you. Until that time comes, it is your job to be a wallflower. A silent wife is a happy wife.

Well ladies, there you have it. The 6 rules to keeping yo' man. Now go out there, bake your man a cake, and watch Star Wars!

Look Bad, Feel Worse

PEREZ HILTON Women of Stern, I have to be quite frank: the way you dress is an embarrassment. No, seriously. I'm not kidding. Go, haul your sorry self over to the nearest mirror, and look at your reflection. See what I mean? Your hair is all mussed up—it hasn't been brushed in days. You're wearing sweat pants from your little sister's Bat Mitzvah, with a black hard-tail skirt on top. Don't lie—those are your pajamas. And, what's that you're wearing on top? Oh, right—it's a wife-beater. Now, look down—what are those insufficient foam things on your feet? They're flip-flops. For the pool. Not for class. Now, ask yourself—when's the last time you showered. If you have to think about it, it's been too long.

Ladies, this is no recipe for success. Everyone knows: to succeed in college, you have got to look fierce. If it takes a biting article to teach you this lesson, then I'm going to write it. It's for the good of the people. That's right, women of Stern—this article may seem rather derogatory. Critical, even. Maybe some will say, hey—that's not nice. But I can't stress this enough—I'm writing for the people.

Ok, let me give you an example. You walk into a job interview. You're wear-

ing what you usually wear to class—pajamas and flip-flops. Let's not even ask what the interviewer is going to think—let's just focus in on you. Can you take yourself seriously? No. You can't. You need help. And caffeine. But mostly, you need to be arrested. Because you are a walking fashion crime, assaulting people's eyes, and a danger to all of society. Like a virus, infecting the organism. You need to be quickly contained, or you will spread.

Now, I know some of you have good reasons for looking like unkempt streetwalkers. You're busy studying for Orgo, or writing papers—I get it. You're college students, you're busy. You rationalize to yourself—I have a limited amount of time in the day, and I have to make priorities. Hygiene and fashion are first to go. But, I ask you—is that fair to the rest of us? No. It is not.

So, because I care about you, and your success, and my success, I'm going to help you. I'm going to give you some easy, helpful fashion tips.

First off, why don't you exchange that cheap flimsy I-just-fished-you-off-the-sales-rack-at-Forever 21 top for a button-down. Yes, a nice, crisp button down. You can even button the buttons the night before to save time.

Now, to add a sophisticated, put-together twist, tuck it in. That's right ladies—I may sound like your high school principal, but this tip will help you go from clueless pathetic to effortless sheik in seconds (and ya, I spelled chic like that for a reason, ok? It's not just because my editors missed it. Gosh. So stop being so darn judgmental).

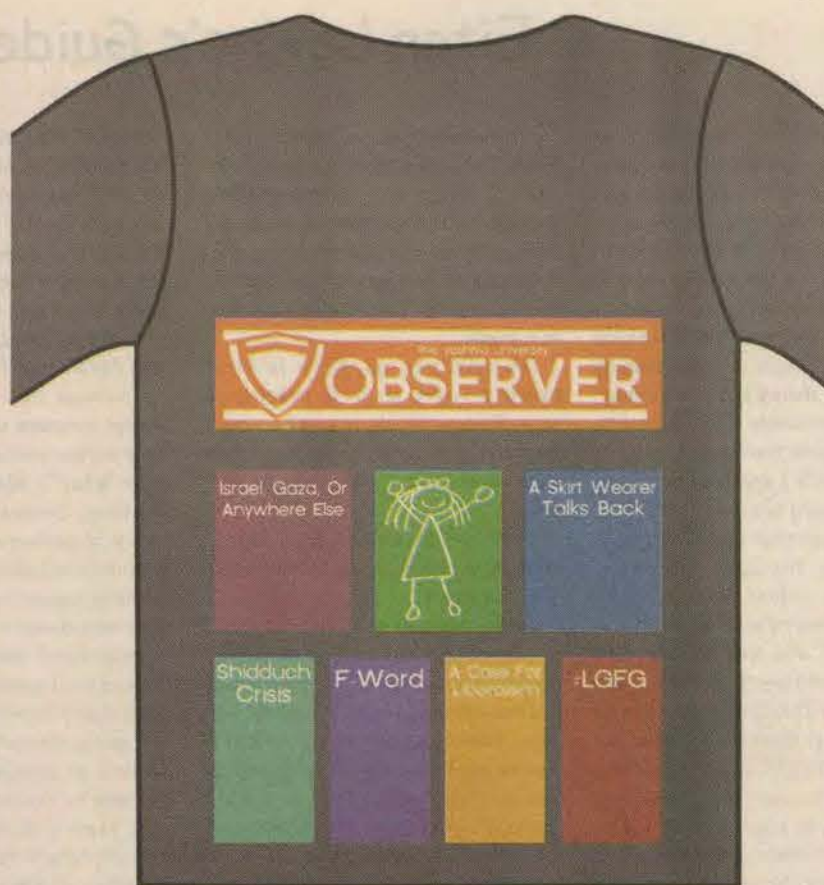
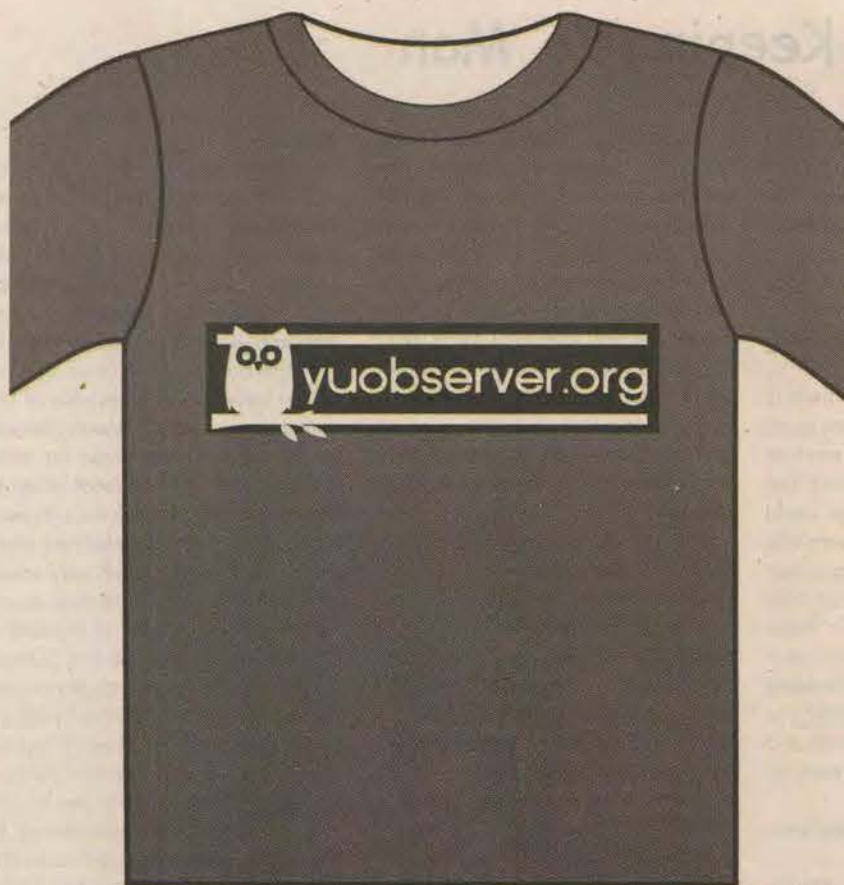
Now, if you are concerned this will make you look fat, you're right. But that's not because your shirt's tucked in. It's because you are fat. So, hit the gym.

It doesn't take that much time or energy to look awesome and flawless—promise. Just carefully select your outfit the night before, and iron it to perfection. Select some attractive accessories, matching color and boldness. Make a chart to ensure you never repeat outfits, and use a diagram to ensure your outfit hits the optimum balance of cute, but not too flashy, but flashy enough to have people notice you, but not so flashy that people are jealous of you. Just a little bit jealous is just right. Makeup never hurt anyone. Just a little mascara, blush, concealer, lip-balm, eye-liner, eye-lash curler, eye-shadow, bronzer, foundation and voila—you're on your way to success.



So to conclude: you might think that this article is bashing what you wear every day. If which case, you've understood accurately. But, and I can't stress this enough, I'm not just insulting you for no reason. I'm insulting you for a reason. That reason: success is important. And you seri-

ously can't succeed looking like the shameless wreck that you do. It's time to start looking like you care, so the inner you can finally shine through and start dazzling the world.



Design By Avital Tzubeli

WOULD YOU WEAR THIS??
Email us at SCWOBSERVER@gmail.com with your opinions!

The Mysterious Case Of Floor 2M

PIRIAM CARTH Stern College for Women is a mysterious institution. What is it about pizza as snaps that keeps us coming back? They're not even that good! Why can you only sign up for the Career Center on the phone? Why does every chagiga need to be so dark that you need ultra violet to see what's in front of you? Why, oh why, does YUWireless uninstall so often? But, there are few mysteries as great as floor 2M. As many of you have probably noticed while walking up the stairs in 245 Lex., in between floors 2 and 3 there is a floor 2M. Posted on this door are signs reading, "Do not enter," "Alarm will sound," and others of the like.

Most people assume that behind this door is the second floor of the Heidi Steinberg library. This is a very logical assumption; the library has a stairwell inside which leads to more study space, from which one gains a bird's eye view of those studying below. This would seemingly explain the existence of a floor 2M. What should strike you as odd, though, is why is this door alarmed? If the door merely leads to the second floor of the library, why can't students use this door to easily access their preferred students spots?

This problem has been troubling us since our arrival on the Beren Campus. As senior Elisheva Matanky (SCW '13) wonders, "I try to take the stairs in an effort to avoid the elevator rush. I am simply going to the third floor, and I can easily walk up three flights of stairs. When I get to the third

floor, though, I am unusually out of breath. Why are my legs beginning to wobble? Why am I leaning over the stairwell to catch my breath? Why am I panting uncontrollably? And then I remember I had walked up four flights of stairs. What is 2M's purpose?" This sentiment has been echoed by hundreds of Stern students, as the puzzle of floor 2M continues.

As investigative journalists, we could not live with this unsolved mystery. We took matters into our own hands, and opened the door. What first struck us as odd was that no alarms went off. We had been prepared to hightail it out of there at the first sound of a bell ringing. We had even worn gloves as to cover up in case they dusted for fingerprints. The door easily opened, though, and what we found was unlike anything we had seen before. Actually, we had seen it all before. In a place called Washington Heights.

When we first stepped through the doorway, we felt a gush of cold air hit our faces. We looked at each other, unsure of what was happening. All of a sudden, we felt ourselves being lurched forward, by an invisible force. We quickly held hands, frightened as ever. The next thing we knew, we feel our feet landing on the ground. We tried to get our bearings, and quickly realized we were in a familiar place. The mounds of backpacks and LeSportsac luggage gave it away: we had landed in the locker, outside of the girls' bathroom,

in the Heights Lounge. This basement meeting place is well known to the women of Stern College as it is both a gathering spot as well as an excellent place to store belongings during one's stay in the Heights.

Once we processed what had just occurred, we had so many questions. Floor 2M was a portal to the Heights Lounge? The school had been keeping this a secret? When had this come into existence? Who else knew about it? We felt privileged to be the keepers of this information but knew that with great power came great responsibility. Being the curious women we are, we decided to investigate the matter. We searched high and low for a portal back to Stern, but could not find one anywhere. Since we were in the Heights, we decided to go to Campus Security to see if they had any information on this mysterious portal, and also to sign up for the next shuttle. On a side note, we were not able to sign up for any shuttle before the 2AM.

When speaking to the security guards, they were as shocked as we were. "This is a serious breach in security. We pride ourselves on the fact that we check each and every ID of anyone who comes into the library, and to think that someone could simply materialize in the women's bathroom is frightening," said an anonymous member of Securitas.

We needed answers. We had been signing up for shuttles uptown and

taking hour-long subway rides for absolutely no reason! While some were happy to hear of this new travel mechanism, others were outraged. Miriam Seidman, (SCW '14) stated in an exasperated tone, "I'm in the Heights every night! If I had known about this, I could have saved tons of time! This type of bittul zman is preposterous!" We knew the students needed answers. We needed answers. The world needed answers. We approached the head honcho herself, Dean Karen Bacon to ascertain the truth behind the portal. Throughout the interview, Dean Bacon seemed alarmed and skeptical. What she told us shocked and concerned us.

We were told that the portal had been funded by the Center for the Jewish Future's program, YUConnects. "YUConnects conducts educational studies and develops programs that foster healthy meeting opportunities and relationships toward marriage," as explained on the CJF's website. Dean Bacon explained to us that about fifteen years ago, research was begun to develop an easier way for the women of Stern College to travel uptown. YUConnects believed that this portal was necessary to connect the two campuses.

The portal was finalized, placed on the third floor of 245 Lexington, and was expected to be utilized in the fall of 1995. At this point, Dean Bacon looked at us and said, "You know girls, sometimes good intentions just aren't enough." Pressed on the issue, she explained to us that the portal was

being misused as a prankster's paradise. The class of '95 was notoriously known to be quite mischievous. Day after day Dean Bacon would receive calls from the administration at YC, complaining of objects appearing in the portal landing. One day, they found a few goats that the women of Stern College had sent down the portal. One particularly sneaky Senior wrote a sign on the door to the portal reading, "Writing Center has moved here." May girls expecting help with their essay found themselves on 185th and Amsterdam. Dean Bacon couldn't help but smile recalling the innocent freshman looking to expand her horizons who believed portal to be an acronym for "place of rational thinking and literature."

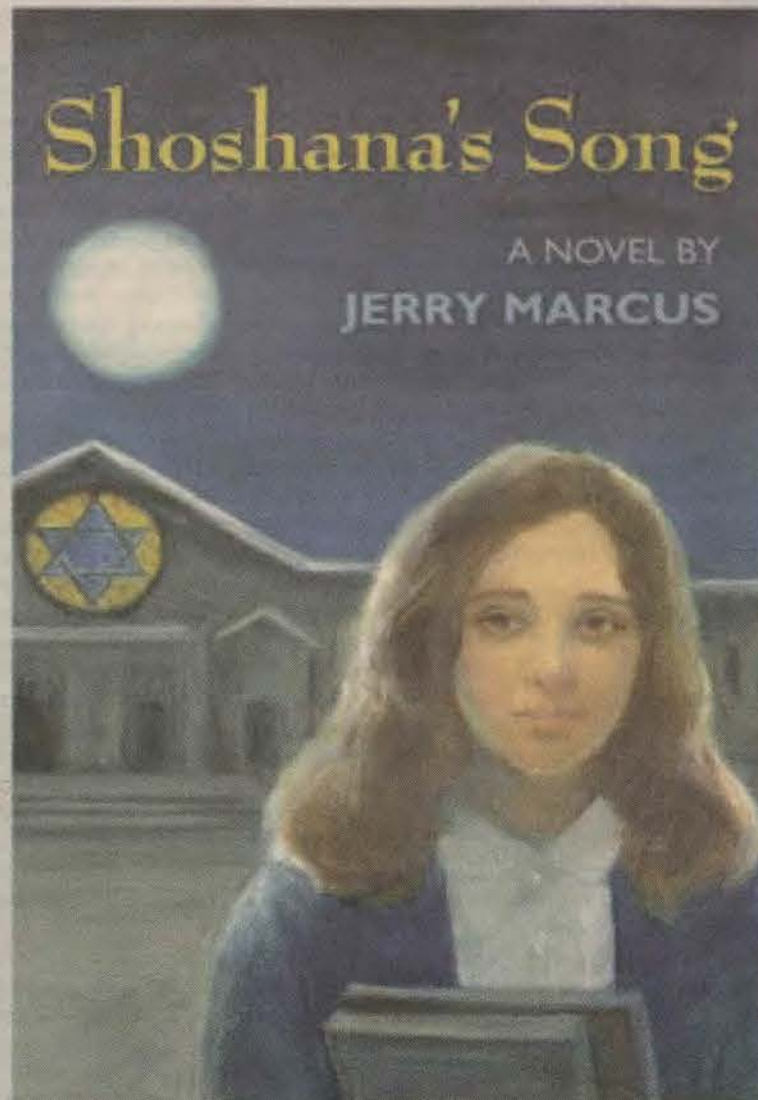
Due to the misuse of the portal, the university was forced to erase the portal's existence from YU's history. Instead of a commemorative upon the door, a sign was put in its place, reading "Floor 2M." The portal still exists, as the CJF did not have the funding to destroy it.

Instead, an alarm was put on the door to ward off any curious students. YUConnects has since changed their tactics to promote mingling. They now use free sushi. Through all of our investigations and inquiries, we never found the portal from the Wilf Campus to Beren. If anyone has any information on unmarked or seemingly useless doors on the Wil Campus, please contact us immediately, if not sooner.

"The spring flowers were doing their best to engage my mind with thoughts of new beginnings. But those thoughts frightened me, even as I knew it was time for me to blossom. Like flowers waiting to bloom, my lungs needed to breathe fresh air while my mind yearned to be free."



In *Shoshana's Song*, Jerry Marcus' fifth novel, he brings readers a perceptive and unforgettable story of how a young woman faces the clashes between her faith, freedom of thought, and observing the traditions she loves. Marcus uses his storytelling skills to portray Shoshana's difficult choices with charm, humor, understanding, and dignity—all contributing to her spiritual growth, and the power of the story.



When Orthodox Jewish teen, Shoshana Rosen, rejects her father's demand for an arranged marriage, she feels compelled to leave New York for Chicago and seek intellectual freedom and a career. Joined on the journey by her Chicago roommate—Kate Shannon, an Irish Catholic—they search for professional fulfillment balanced with an intense desire to keep their respective faiths and traditions. Shoshana did not believe that freedom of thought was the enemy of religion. She never imagined that the prayers she recited out of love could lead to her becoming the victim of an arranged marriage. She wanted to be a literate person, to be important someday.

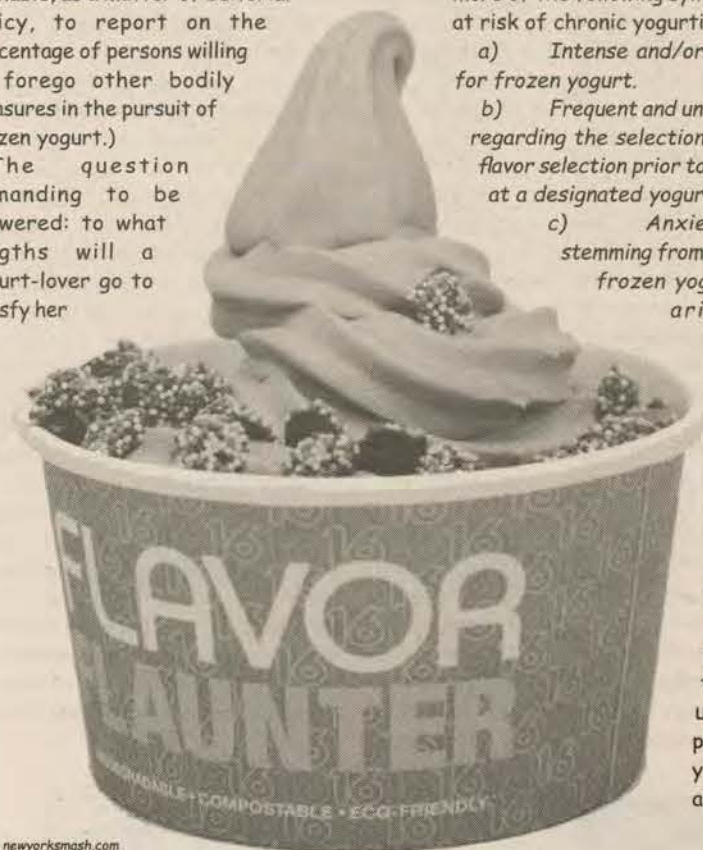
NEW from
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Shoshana's Song
A Novel by
JERRY MARCUS

A Malady Sweeping The Nation: Chronic Yogurtitis

SIMI LOBELL There can be no denying the recent upsurge in frozen yogurt enthusiasm among Stern College students, consistent with the indigenous population at large. Indeed, in a recent public survey commissioned by Sixteen Handles—undoubtedly an unbiased sampling—nearly 79% of snackers expressed a “strong preference” for frozen yogurt over all other icy treats. Approximately 44% of those polled said they would sooner forego ice cream for a month than give up frozen yogurt over the same time period. For that matter, more than 23% stated they would rather give up TV and Internet for one week. (This reporter is unable, as a matter of editorial policy, to report on the percentage of persons willing to forego other bodily pleasures in the pursuit of frozen yogurt.)

The question demanding to be answered: to what lengths will a yogurt-lover go to satisfy her



newyorksmash.com

yearnings? To what degree does yogurt-fanaticism impact the lives of its victims? At what point must one overcome the urge to embrace even the most luring giant pink cup of lusciously rich, velvety smooth yogurt paradise? Extensive research and personal observation leads to the conclusion that blaming desperate yogurt aficionados is misplaced. Whether they have been clinically diagnosed or not, most suffer from fast-spreading chronic yogurtitis (“CY”), a condition characterized by an inexplicable, yet readily documentable, dependence upon frozen yogurt goodness. If you or a loved one regularly experiences one or more of the following symptoms, you likely are at risk of chronic yogurtitis:

a) *Intense and/or persistent cravings for frozen yogurt.*

b) *Frequent and unresolved deliberation regarding the selection of a precise yogurt flavor selection prior to and/or upon arriving at a designated yogurt shop.*

c) *Anxiety-related stress stemming from an inability to secure frozen yogurt when the need arises, and/or*

compulsive yogurt-purchasing in an effort to foreclose

future anxiety.

Until findings and treatment regimens are published, I have compiled, as a public service, a provisional rationale for the staggering upsurge of CY, predominantly among young adults generally and Stern College co-

eds in particular. The information is based upon interviews with real-life professionals at Sixteen Handles (which is to say, the adolescents behind the counter who take your money and stick spoons in your cups).

Close observation of adolescent and college-aged youths indicates that many yogurt lovers rely subconsciously on the frozen dessert to fill an unsettling (and often unknown) emotional void. Stated more scientifically, a primary source of that underlying emptiness is an emotional abyss inspired by a certain ‘shidduch crisis,’ collaborating to extract and destroy every granule of happiness from the lives of young people. Other less common but also prevalent causes include disappointing results and/or anxiety resulting from organic chemistry exams among the multitude of young adults vying to secure much-coveted scholarships to AECOM.

Whatever its root causes, Stern students, buckling under such strenuous pressures, lack the mental discipline to resist the alluring aroma and sweet succulence of pecan praline smothered in salted caramel crème. The latent sugar content overwhelms the innocent stress-filled targets, promising to fill the gaping holes in their mental psyche with cups filled with syrupy satisfaction. Weak and defenseless, the victim quickly falls prey to the sweet allure and the yogurt-frenzy is quickly underway.

As yogurt grows in focus and importance, second-stage chronic yogurtitis often kicks in, inspiring a compulsive need to control every

aspect of yogurt purchasing. No longer can the victim even tolerate the dated image of bi-flavored yogurt swirled neatly at the center of a crisp cone, delivered by the proprietor over a glass counter. Quite the opposite, the CY-afflicted consumer desperately needs to grasp the smooth handle on her own; she must track the buttery-smooth ingredients falling neatly into her cup; and she invariably emits a gratifying grin as she traverses the endless line of flavors. Indeed, no similar phenomenon is evident in any other area of consumer activity. (I mean, have you ever driven with an impassioned driver determined to pass every full-service gas station in a desperate plea to find only self-serve Mobile unleaded? Have you ever heard, in words or in substance, a driver obsessing over the need to finger the slick black self-serve handle, plunge the nozzle into the open gas compartment, and inhale its head-ache inducing vapor?) Yet, in the case of CY sufferers, that is precisely the analog.

Scientists are focused on this spreading issue and treatment options are not far away. In the interim, however, we must reach out in sympathy and understanding to our oblivious, yogurt-obsessed peers. It is our duty to wrench them from their infatuated stupor and make them aware they are actually NOT in control of their lives. As they need to appreciate, so long as they proceed on this downward spiral, unwilling to acknowledge yogurt’s powerful sway, the ramifications to their mental health could be staggering.

Playboy Magazine Ranks YU «Worst Sporting Life»

LINDSAY WESS This past September, Playboy magazine ranked Yeshiva University as the college that has the worst sporting life. The criteria Playboy used to score the schools included, but were not limited to: school spirit, student presence at home games, tailgating, and the cheer leading squad. Being an academic institution that prides itself on its diversity and open mindedness, the Board of Directors’ felt honored to be acknowledged in a magazine of such literary prestige.

Nominating us for ‘Worst Sporting Life’, Athletics Director, Joe Bednarsh, felt that YU deserves to be recognized for their complete lack of school spirit as well. Bednarsh doesn’t believe in a middle ground: “If we can’t be the best, then we want to be known as the worst”.

Apparently we are the only school that bribes its athletes to attend games with diplomas from the college that they actually wanted to go to. Bednarsh also exhibited a great deal of enthusiasm in acknowledging the record YU holds for most consecutive home games where the home team fans didn’t outnumber the visiting team’s.

The cheerleading team is co-ed, but due to ‘shomer negiah’ guidelines, they cheer on opposite sides, forcing the squad to root for the opposing team as well. The women’s dress code requires the cheerleaders to wear skirts to their calves, limiting them to ankle high kicks. In an unexpected

twist, Playboy has been inspired to publish a fully clothed issue, thanks to the example set by the Stern College cheerleading squad.

At first, Playboy did not understand why attendance was so much higher outside the arena at the tailgating events than at the game itself. It was then discovered, through intensive investigative journalism, that YU alumni catered the tailgating event and regained funds by selling Israeli bonds.

Being a Maccabee, the costume of our mascot is a suit of armor, thus constricting the mascot’s dance movements to falling backwards. Part of what contributed to Playboy’s scoring evaluation was the fact that the mascot had to remain on its back for the duration of the game, since no one attempted to pick him up.

Amongst the few people that love going to YU games are the referees. Not only do they get compensated for their time, they also receive free medical attention for themselves and their families.

For the first time in the history of Yeshiva University, President Joel has given permission for the student body to read Playboy magazine. The articles, including YU’s impressive set of accomplishments with some statistics to boot, have now been deemed intellectually worthy of being placed on reserve at the school library. Just ask your friendly local librarian. See what she says.

Reflections ON CFJ's Project Penina

CHANA BRAUSER O\This winter break, dozens of Yeshiva University students chose to head off on various service missions and experiential learning trips organized by YU’s Center for the Jewish Future. While many of the trips saw students heading back to familiar CJF haunts, like Nicaragua, Mexico, and Israel, 27 students participated in a groundbreaking CJF initiative. Instead of spending their time helping build vital community centers or uplifting disadvantaged children, these unique Yeshiva University students chose to devote their time to a far more lofty cause: Project Penina.

For five days, a select group of dynamic YU students dedicated their time and energy to cleaning up 11-year-old Woodmere resident Penina Klein’s bedroom. “It’s crazy that it took so long for the CJF to recognize the tremendous need that exists just a few minutes away from YU!” commented Sy Syms student Mark Itting. The room, according to one Project Penina participant was “in really bad shape; there must have been at least six of those black Hardtail skirts piled in a corner!”

The selfless group of YU students had never before been exposed to the kind of issues they were suddenly faced with, and even a four day training session with two bathroom breaks could not have prepared them for what they faced that first day. SCW senior and Biology major Tippy Kull recalls how, when she walked into Penina’s room for the first time, the sight was so shocking that she nearly dropped her Starbucks latte. “There were just dozens of unmatched Ugg boots, in all different lengths and colors, scattered haphazardly across the room.” Tippy continues, explaining, “And that’s when it hit me, you know? Like, whoa. We are doing really big stuff here... and I’m a part of it.”

For many of the Project Penina participants, the overwhelmed feelings Tippy mentioned turned into a tremendous sense of accomplishment by the end of the mission. “There’s just something so empowering about going into a community that is so totally foreign from anything I’ve ever known and really giving of myself,” gushes Lawrence resident Shelly Terd, an SCW junior majoring in Biology. For some students, the

mission gave them a new sense of purpose. “I’ve been working towards that full ride to Einstein that every Bio major in Stern is after since I was about six,” explains Anna Tomey, “but ever since Project Penina, I’m seriously considering a career that will actually help people in a very real way, and so I’ve begun working towards my Personal Shopper certification.”

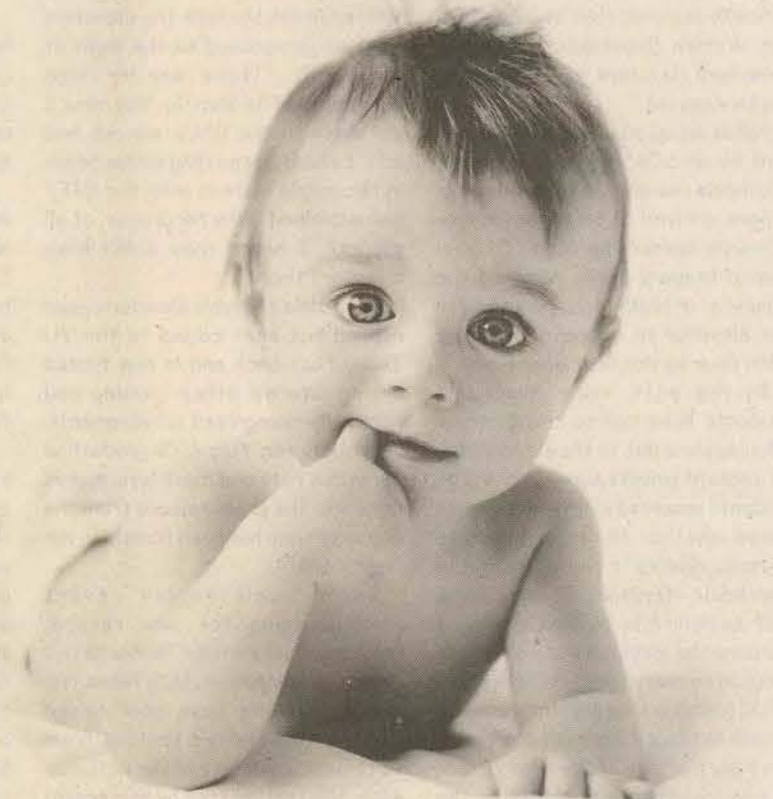
Shai Guy, a psychology major at YC, recalls the agonizing decision he had to make about how to spend his winter break: “I was seriously considering volunteering to clean up the Sandy-stricken shores of Atlantic Beach, but when I heard about Project Penina, I realized that I didn’t want to just spend my break chilling on the beach and that I actually wanted to do something meaningful with my time.” While the participants on all the CJF winter missions returned from their experiences energized and inspired, Project Penina participants certainly take home the grand prize for joining together on this inaugural trip to truly make an impact on the life of one Five Towns sixth-grader.



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JERUSALEM MARATHON

**1/2 MARATHON & 10K
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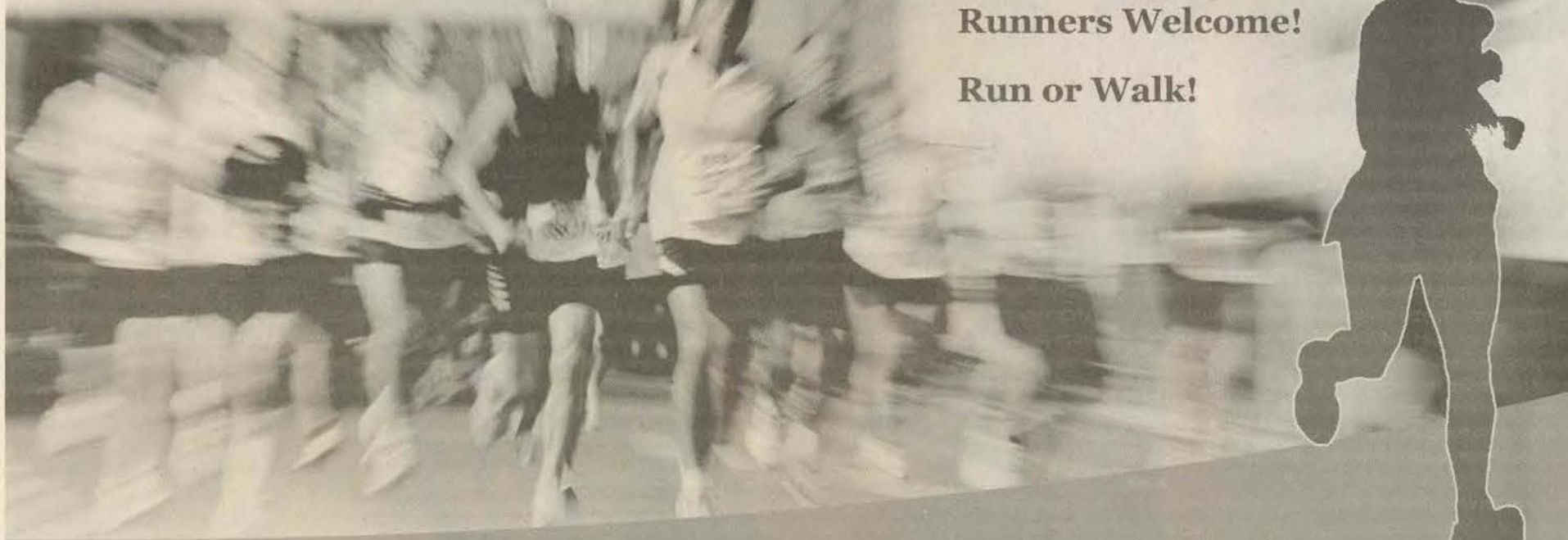
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Brookdale Elevator Records Breaking All-Time Low

ELLA VATER In a press release Thursday, February 14, 2013, a team of Guinness World Record judges officially declared that Stern College for Women Brookdale Residence dormitory elevators the "slowest" in North America.

Following up on an email invitation sent by an SCW Physics major and Brookdale resident, a team Guinness judges arrived 9 am Thursday to seriously assess the claim. Official record-keepers finally released the numbers: it took 26.12 minutes for one elevator to descend from the 20th floor to the first floor lobby.

In the past, many Brookdale students have had to change their morning plans due to the elevator lag. In a recent private survey, 99.9% of students answered affirmatively when asked whether their tardiness to morning classes is the fault of the Brookdale elevators. "I once came half an hour late to my Orgo class because the elevator was so slow. It stopped on every floor," an 18th floor-FTOC (and Pre-Med student) recalled, almost in tears. "I missed the entire first part of the lecture on carbon and hydrogen and its effect on the oxidation system."

When reached for comment, one 15th flooper described how she missed her flight to St. Louis for Winter Break because the elevators were so jam-packed on the night of her flight. "There was so much elevator traffic that by the time I got down to the lobby, my cab had left. I ended up spending winter break in Nicaragua instead with the CJF," she explained. Why Nicaragua, of all places? "I heard they didn't have elevators there."

Brookdale's notable elevator-speed record has been added to the YU Today Fact-book and is now touted among Stern's other glowing and nationally-recognized achievements, right between YU's 89% graduation retention rate and most loyal alumni network. The press release from the Guinness team has been framed in the Dean's office.

In a celebratory event acknowledging the new record, President Joel stated, "Thanks to this recent development, U.S. News and World Reports have now raised Yeshiva University's ranking from 46th best university in the nation to 45th. We feel uplifted by this recent recognition, and we are proud that we

are continuously ennobled and enabled by our ever-progressing technological advancements."

The celebratory event was fittingly held in the 19th floor Brookdale Lounge this past Thursday evening. Unfortunately, media photographers and Fox News reporters arrived 26.9 minutes late for the speech.

When contacted for comment, Rachel Kraut, director of student housing, said, "Among other emotions, I feel proud that Stern Housing has been...recognized by such a respected and honorable organization." Fidgeting, she then quickly excused herself and declined to comment further.

Although Brookdale features staircases, the mechanical mode of ascension is the favored route for most dormers. "Why take the stairs when we have elevators?" answered many wide-eyed students upon being questioned. "It's such a long way up," they declared, refusing to even glance in the direction of the staircases. The consensus was confirmed when a group of 12 juniors, returning to Brookdale late Thursday night, attempted to pack themselves into the 2x2 sq. ft. elevator. When three of them

realized that the elevator doors couldn't close because they stood halfway in between the lobby and elevators, they reluctantly stepped out, distraught. Instead of taking the stairs, the students waited 12.9 minutes for the next available elevator.

It was later revealed the juniors in questions reside on the 3rd floor.

However, some students do, in fact, prefer stairs; in particular, student athletes make up 99.9% of the staircase club. Meira Lerner, for example, who also happens to be the athletics student leader, had a vocal opinion about this statistic. "The laziness here is definitely palpable," she remarked, shaking her head. If only more people would join the Cross-country team, they'd be able to take the stairs more easily and quickly. Or, students can also join the softball team. We still have a few openings!" She announced. "Even limping down steps after practice is better than taking the elevator," she added firmly. (Ed. note: It appears that Meira's opinion on utilizing the elevator was personally impacted by her experience of getting trapped in the 35th Street elevator during Hurricane Sandy.)

But not many students heed Lerner's advice.

In an effort to change this Black-Plague-like avoidance of staircases, various student leaders have taken to voluntarily policing elevators. The volunteer elevator police organization has formally announced its new chair, Meira Lerner.

Student patrol the elevators to ensure that students are not pushing buttons 2-12. The rules? "If you live on the 12th floor or lower, you can walk up," explained one patrol security member, designated by badges, explained.

While some residents are defying orders rebelliously ("If I want to take the elevator from the 1st floor to the basement, or vice versa, I reserve the right to keep doing that," said an anonymous senior who lives on the 2nd floor), terrified-looking freshmen have been spotted adhering meticulously to this new rule.

However, this new policy does ramifications. A few 19th-floor freshmen were found unconscious on 17th floor landing, having fainted from the physical strain. Hatzalah rushed in to revive them.

Eitan Levine, Avital Tzubeli

ELEVATOR TOOK TOO LONG

HAD TO TAKE STAIRS

New Campus Couple

CHANA TZIREL ZAKS

Stern's New Campus Couple, Esty and Jonathan Schwab (affectionately known as Schwab), are excited to get to know you.

Esty (Stern '10, Psychology major and English minor) is in her third year at Mt. Sinai School of Medicine. Schwab (Yeshiva College '11, English major and Chemistry and Languages, Literatures, & Culture minors) is now the Assistant Director of Communications and Recruitment in the Office of Undergraduate Admissions. The couple met as students at Yeshiva University and is scheduled to move into their campus couple apartment on 33rd St. and Lexington Avenue any day.

1. Does the campus couple have any other roles besides staying in for Shabbos?

Schwab: We'd like to be another touch point or friendly face if students want guidance or just someone to talk to.

Esty: We're not just a "Shabbos couple," we're a campus couple. We don't technically have office hours, but we do want to be present on campus throughout the week.

2. What were some of your best experiences when you stayed in as undergraduate students?

Schwab: There were lots of enjoyable shabbatot that we had when we were undergrads. Sometimes it's the really big ones when you get a sense of being part of this great community and sometimes it's the really small ones that have a really interesting theme or really interesting guests.

3. Are there any specific shabbatot coming up this semester that you would encourage students to go to?

Esty: Yes, the senior class shabbatot coming up. What I really like about this Shabbos is that it's

an opportunity for students to reflect on their time to look forward and anticipate their futures. We've been lucky to be here both participating in it and kind of leading it already. We hope that we model what it's like to graduate from Yeshiva University but still remain close to it afterwards. The TAC shabbatons are also really good; I feel bad singling out specific ones.

4. As the campus couple, do you have any advice for students who are stressed out because of their schoolwork and involvement in numerous clubs?

Esty: Balance is a really important skill to develop in your adult life. It very much comes in handy when you're a professional working member of your community with a family, and balancing all of that together. This is a skill that's probably not easy for anybody, but it's good that you're all practicing it now. I think that you have to find fulfillment in the activities you're doing, so if you're participating in an extra-curricular activity and you're not feeling fulfilled by it, you might have to prioritize.

Schwab: Or find an extra-curricular that is fulfilling. I think a lot of people have notions about what you're supposed to do. You're supposed to do this extracurricular activity, you're supposed to major in this, etc. This is a time where you can really do what you want to do, within reason, and that usually actually gets you farther. A lot of graduate schools and employers are looking for you to have been successful and to have enjoyed your college experience regardless of what you have studied. And you'll do the best with the things that you really like.

5. Any advice for students who are stressed out because they don't know what

they want to major in?

Esty: This is a lesson that I learnt at my time in Stern and by my experiences. I was also very stressed out and very linear when I came to Stern. I was very goal-focused; I knew that I was going to take this number of classes, and by this semester I'm going to graduate, etc. I had it all figured out and calculated. But there are so many things that you can't plan. In the beginning of Stern I didn't know that I wanted to be a doctor and that I would be going to medical school. It wasn't a goal of mine, it was something that I had considered but I had kind of eliminated. I thought I was going to become a psychologist, and I majored in psychology because I enjoyed it very much. People should be open to whatever is interesting to them. It doesn't have to be a very linear process; as long as you're pursuing opportunities that are interesting to you and that you're passionate about, it's going to get you to where you ultimately want to go. It might not be where you thought you would have wanted to go when you started college, but it could be something even more fulfilling, meaningful, and better for you in the end.

Schwab: It's going to be what you want at the end, not what you want at the beginning. Knowing what you want at the age of nineteen is rare. Some people know that, and that's great, but then sometimes these three, four years of college are the time that you figure out what you like. I came into college thinking that I was going to medical

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school and then I realized that I loved English. I took as many English classes as I could and then a little bit after that I realized that I really wasn't all that interested in medical school and that some of the things that interested me about it were really available in almost any field. I thought about it for a while and realized that education was where my heart really was. I don't think I would have realized that if I didn't explore it and say, "Here's a class that I really enjoy, let me take more classes like it," or "Here's an extra-curricular that I really enjoy; let me get involved."

Esty: We firmly believe that your college years are a journey and that's why we're so excited to be here with students as they go along this journey. We're only a couple of years older than you are, and we've kind of set out on the journey fairly recently, but we have a couple of years of experience upon which to reflect and relate to you.

Schwab: We're a few steps ahead, so we can tell you what to jump over. (smiles)

6. Do you have a message that you'd like all the students to hear?

Esty: We want to thank everyone here for welcoming us to into your community and we really hope that we can get to know all of you. Please come over and introduce yourselves whether you're here for Shabbos or not. We're on campus; please get to know us and we hope to get to know you as well.

Printable Organs

ARIELLA SIEGER

Thanks to ideas formulated from childhood viewings of Jurassic Park, our conception of what scientists can accomplish is unlimited. Well, get this. Scientists are on the brink of something unimaginable, something that, until recently, was only possible in futuristic sci-fi movies: Bio technicians are working on making printable organs. Printable organs are produced like words on paper, but here, the "words" being used are stem cells.

Without getting into the controversy of stem cell research in and of itself, this is some really cool science. Generally, 3D printers work by crafting three-dimensional objects with a computer-aided design program, then forming them as instantly functional objects using a few basic raw materials. This technology has previously been used to make everything from jewelry and models of human faces to smartphone cases and battery-powered motors. All you need to do is to scan an existing physical object into a computer and a 3D printer can completely replicate it just a short while later, right down to the pins and screws, no assembly required.

Now let's take this technology one step further, where "bio-ink," as scientists refer to it, is used instead of our traditional ink. "Bio-ink" surpasses even the inkiest of pens. This concept is part of a process known as bio-fabrication: bringing together the critical cellular building blocks of organs using the mechanical precision of computer-driven, three-dimensional printing technology. For example, let's say a patient needs a new trachea, an organ that scientists have successfully transplanted to a human with late-stage tracheal cancer using replicated stem cells. With a 3D printer and stem cell-saturated bio-ink, the trachea can be printed on demand using a technique that passes human embryonic stem cells (hESCs) through a printer without destroying them.

Early February, researchers from Scotland announced that they'd succeeded in acquiring an inkjet-style printer to craft an organic 3D object. They haven't printed an organ just yet, but they have overcome a major obstacle; getting hESCs to survive the printing process. The solution involved adjusting the way the 3D printer operated, primarily the printing valve, which had to be fine-tuned to lightly deposit spots of hESCs in programmable patterns without risking the sustainability of the cells. The researchers worked out this kink by using two types of bio-inks and by manipulating the amount of cells in each droplet (less than five cells per droplet). The results were recently published in the

journal *Biofabrication*.

"We are able to print millions of cells within minutes," said paper co-author Will Shu of the Heriot-Watt University in Edinburgh, Scotland. Shu mentions that the printer is equivalent in size to a standard laser printer, and he also reports, "We found that the valve-based printing is gentle enough to maintain high stem cell viability, accurate enough to produce spheroids of uniform size, and most importantly, the printed hESCs maintained their pluripotency — the ability to differentiate into any other cell type."

This scientific breakthrough is not completely unexpected, since printed cells and even printed DNA has been around for years already. Still, getting the hESCs effectively and precisely through a 3D printer without compromising their viability is no small feat. As Jason King, business development manager of stem cell biotech company Roslin Cellab, which took part in the research, said: "Normally laboratory grown cells grow in 2D but some cell types have been printed in 3D."

However, up to now, human stem cell cultures have been too sensitive to manipulate in this way. Although scientists predict that time remains before entire tracheas, and of course more complex organs containing networks of blood vessels are printed, a giant step in the right direction has been taken. Moreover, the immediate benefits of this technology extend beyond human organ genesis. Shu and his team's next project is to print liver tissue, which could essentially eliminate the use of animals in laboratory drug tests.

This is beneficial primarily because current analysis of potential metabolite toxicity is conducted on experimental animals, which is not ideal, since animal models provide a less accurate representation of the metabolism and toxicity levels in humans. Also, it has been shown that cells growing in more physiological 3D cultures behave differently than cells grown in the 2D culture used in drug development. Additionally, when analyzing the potential toxic effects that drug metabolites may have on other cell types, it would be useful to have an in vitro system.

At the same time, the major benefit centers around organ production. As King mentions, "This is a scientific development which we hope and believe will have immensely valuable long-term implications... [such as] to provide organs for transplant on demand, without the need for donation and without the problems of immune suppression and potential organ rejection."

Newton Visits For Project 20/20 Siyum

SHAYNA DARLING December 14, 2012: This date will forever be etched into the minds of the American people. It will join the ranks of others such as 9/11 and Columbine: days flooded with tears and sorrow as loved ones and neighbors were killed; days which we pray will remain nothing more than memories.

It — was the day of the shooting at Sandy Hook Elementary School.

It may be unfortunate, but it is tragedy that brings people together and is a mirror that blinds us with society's weaknesses. This could not be any more the case than with the Sandy Hook shooting. In the days and weeks that followed, gun rights and mental illness became the talk of the country. Family members turned to one another in love and gratitude. There were an overwhelming number of teddy bears sent to Newtown. When there is a tragedy, nearly every human being can understand the pain.

And it also hit close to home among Yeshiva University students. Stern junior Rachel Lunzer was propelled to action, and she created a movement called Project 20/20. This project consisted of a week-long commitment among over 2,000 people to do something good for 20 minutes a day in honor of those who died. Among other activities, this 20-minute period included learning Torah, refraining from gossip, or doing chessed. When the thirty-day mourning period, or shloshim, came to an end on January 23rd, members of the YU community came together to commemorate the deceased and complete the Mishna and Tanach at the Project 20/20 Siyum.

The highlight of the evening was a speech given by the Newtown, Connecticut Rabbi Shaul Praver. As one of many among a community of closely-knit religious leaders, Rabbi Praver was at the aftermath of the tragedy early on to provide emotional support. The Rabbi stoically revived painful memories of arriving at the fire station. The station was surrounded by news teams, and within its walls were the CIA, police forces, and despairing parents. There was a "good room" and a "bad room"; the former was filled with parents who were reunited with or had children who were accounted for, and the latter held families who were waiting for their unaccounted-for children. Rabbi Praver stated that this room was "the worst thing I've ever seen." These parents were filled with anguish and anxiety, and when the news was released that their

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children had died, a tsunami of sorrow drowned the room. Rabbi Praver was there all along to provide comfort. He spoke candidly about his responsibility of comforting mourners and how he goes about doing it. One recipient of this solace was Veronique Posner, a member of the Jewish community and mother of six-year-old Noah Posner, the sole Jewish victim of the shooting. He gently assured her of his certainty that the soul is eternal and that one day, she will see her son again.

After this painful retelling, Rabbi Praver pieced together the broken pieces of confusion surrounding the event, and he entreated upon us all to contribute to a more peaceful world. He noted a culture in which the most popular movies and video games focus on violence and murder. He mentioned a culture of bullying and isolation, a culture which puts down social outcasts and breeds hatred. He pointed out the powerfully negative consequences of embarrassing someone, and emphasized the importance of reaching out and giving respect to every human being. Rabbi Praver provided an example of this from the Torah: when Yaakov gives Eisav presents in the midst of war, an act which surely goes against basic human instincts. Ultimately, however, we can see from this biblical example that respect eventually defeats animosity.

We will never truly understand what happened, a notion made clear by Rabbi Praver. Yet Rabbi Praver continued to clarify that we have the power to make our society, our country, and our world a better place. Every individual, through reaching out to a friend, neighbor, or even a stranger, can spread kindness like a flame, and can reconstruct an upside-down society that "appeals to our lowest senses," in the words of Rabbi Praver. This entreaty was imparted into the minds of all those who attended. Stern College junior Leah Gottfried, who is majoring in film studies, said of the evening, "I expected to walk away from this event heavy-hearted, and though it was heartbreaking to listen to at times, more than anything I left inspired---inspired to work towards a world of peace, to respect people instead of humiliate them, and to make positive movies instead of violent ones. To do something, instead of sit in sadness."

We would like to believe that such a message is intrinsic and always consciously revived in our minds, but unfortunately it is not, and unfortunately it takes a tragedy for it to cling to our minds like a magnet. This message stuck with Rabbi Praver the most, and this was the sentiment he shared with us. Project 20/20 and its culmination, the Siyum, were successful programs to instill in us the realization that we must always be good people---not only in the worst of times.

ORLY BENADERET The only memory I have of December 21, 2012 is walking towards 37th and 3rd Avenue. Then I am opening my eyes, staring at the proverbial bright light. *I'm dead, I'm dead, I'm dead... Oh those are car lights... I think I was just hit by a car...* The rest of the night felt like it was, somehow, simultaneously speeding up and slowing down. Someone calling 911. Someone else calling my friend. Strangers crowding around me. *Maybe we should move her?... No I think that could make it worse...* my friend arrives at the scene. I don't remember what she is saying. My body starts shaking. It's cold and raining. My head is starting to throb. Everything hurts. The paramedics place a neck brace on me, and continuously tell me to try and not move. The police are talking to me. So many questions. In the ambulance, they place an oxygen mask on me. I'm shaking, but I can feel my friend holding my hand. She's trying to say anything to calm me down. I'm laughing, then suddenly crying. *Is her head still bleeding?* Asks the paramedic to my friend. *My head is bleeding?* At this point I thought I was going to die. That was it. Brain hemorrhage. Seconds to live. Good-bye, world.

Not quite good-bye. After hours of tests and waiting, nothing was broken, thank G-d. There was internal bruising in my lower back, which physical therapy is now helping to heal. I had a bad gash on the back of my head, which explained the concussion and the amnesia from that night.

The doctors and nurses told me that the next few weeks would be much worse than right then. I didn't understand how that would be possible.

Over the next few days, all of the symptoms of this severe concussion hit me: headaches, anxiety, depression, irritation, confusion, sleep disorder, decreased appetite, sensitivity to lights, and difficulty with concentration. These symptoms, along with my constant back pain, made my life nearly unbearable. But I was told by my physician that all my feelings were, oddly, normal. I now think of the Psychiatrist and Holocaust survivor Dr. Viktor Frankl, who explained, "An abnormal reaction to an abnormal situation is normal." Everything I was experiencing was normal, so though it was not easy to endure, it was somewhat comforting to know that it was okay to feel this way.

My parents flew in and helped me recover enough to be able to fly back home with them to Detroit. I had to make up all of my finals and papers when I returned. My anticipated CJF Mexico trip was definitely not happening anymore. Graduate school applications were due in a week. It was fair to say that I had very little optimism for my recovery, or just about anything.

Patience, as well as watching endless hours of movies and television shows, went a long way in my recovery. Besides struggling to construct a positive attitude, so much of my daily suffering was decreased because of the amazing support

system I had. My friends and family sent me gifts and cards; they called, emailed, and texted me daily. My professors were also very accommodating in helping me reschedule my exams when I returned. I have no way to express my deep gratitude to those who have helped me, but I hope they know how much I value and am thankful for each and every one of them.

I also did something while I was home: I called the Counseling Center. Although I talked to my close friends and family about the mental health-related issues that I was experiencing, I had no way of expressing myself properly, nor were my close friends or relatives able to provide the type of support and advice that I was seeking. I needed professional advice, someone who could talk to me more objectively while still being understanding and sympathetic. The therapist whom I spoke to was able to reassure me that my abnormal moods were normal for my particular experience, and, at the same time, she taught me various coping methods to try and decrease these emotions. Without seeking the proper advice, I might have continued to think negatively due to my anxiety and depression. I would have lost most of my hope of returning to classes or a normal life again.

As president of the Active Minds club (a club whose objective is to spread mental health awareness and information to students on campus) and as someone who believes in the benefits of ther-

ward School of Public Health, the highest quality vegetables are those of the dark green, yellow, orange, and red variety, like spinach, red peppers, tomatoes, and broccoli. Your best bet for making sure to get in your daily vegetable servings are incorporating them into your meals in creative ways like throwing them into a stir-fry or throwing them into a salad with your main dish.

3) Fruits: Fruits, like vegetables, have an extraordinary amount of vitamins and minerals that are essential to proper overall health. With their high water content and naturally sweet taste, fresh fruits keep you fuller for longer and satisfy that sweet tooth all in one. Make sure you get your fruit in its most natural form (stay away from canned fruit!) and get in a variety of colors.

4) Protein: Protein is an essential part of our diet because it provides energy and because our body digests it slowly, it keeps us feeling satiated for longer periods of time. According to the Harvard School of Public Health, fish, poultry, and beans are your best bet for protein-rich foods. But for all of you meat-lovers out there, meat is still a viable option if you make sure you're eating lean meats and not those with tons of saturated fat. Other excellent protein sources include eggs, edamame, tofu, and nuts.

5) Dairy: As most of us know, dairy is one of the best sources of calcium, the nutrient responsible for building strong bones and preventing bone loss as we age. According to the Harvard School of Public Health, though, there have been recent studies that show that dairy may not even be the best source of calcium and a high intake of dairy products can increase our risk of developing prostate and ovarian cancer. Therefore, it is recommended to stick to 1-2 servings of low-fat dairy products and try to get additional calcium and Vitamin D from other sources like supplements, soy milk, and broccoli.

6) Water: Doctors and health professionals can't emphasize it enough---it is so important to constantly drink water throughout the day. Water allows for proper digestion, prevents dehydration, and as an added benefit---it makes your skin look great! Doctors generally recommend 8-10 cups of water each day, but aim for more!

You see---dieting doesn't have to be a game of "all or nothing." When you think about all the great, nutrient-rich food options that are out there, your diet morphs from a strict regimen that consists of the same, boring foods to a lifestyle that incorporates foods of all different colors, textures, and forms. So, the next time you consider "going on a diet," try instead to run through the different food groups and get creative with your choices! Hopefully you'll find yourself heading down a path that leaves more doors open, rather than closed.

Happy, healthy eating!

Diet

ARIELLA SIEGER Living in an all-female college dorm building, the word "diet" is bound to come up in conversation multiple times a day. What most people forget when they throw around the word "diet," however, is that in its most classical definition, diet simply means "food and drink regularly provided or consumed" or "habitual nourishment" (Webster's Dictionary). But what diet has come to mean in our most common use of the word is a strict regimen of eating, often limiting oneself significantly, with weight loss as the ultimate goal.

When people think "diet," they think of these crazy regimens that often have us eating all of one thing for weeks at a time: the "cookie" diet, the "Special K" challenge, the all-protein diet---all of which seem to severely limit its participants. It is because of this modern "re-definition" of the word that many of us have a negative association with the word "diet" and have a try-and-fail track record with our weekly "I'll start on Sunday" diets. In light of these issues with dieting, I think it's about time we redefine the "D" word, debunk some common diet mistakes, and come to understand what it truly means to have a proper "diet."

Very often, when we think of a balanced diet encompassing all of the food groups, our minds wander to the famous MyPyramid graph (or what has been recently transformed into MyPlate), that would hang in our elementary school cafeterias. The problem with using this as a template, though, is that the USDA, (United States Department of Agriculture, the organization responsible for creating these guidelines), created this program as a means of promoting agriculture and setting general guidelines, not necessarily focusing on encouraging people to develop healthy eating habits.

For example, the USDA encourages you to make "at least 50% of your grains whole" and equate canned and dried fruit with fresh and frozen, when one who is trying to be healthy should actually be cutting out any grains that aren't whole and sticking to fruits in their most natural form---not those dehydrated of water or sitting in a bath of sugary syrup. To help you re-define your standards of what it means to have a "balanced" diet, here's the breakdown of all the food-groups and what foods make great choices for each of them:

1) Grains: Make your grains whole and high in fiber! Grains rich in fiber will slow down the valve that carries fat and will keep you fuller for longer. Get your whole grains through whole-wheat or whole grain breads, whole-wheat pasta, quinoa, brown rice, and high fiber-cereals, like Kashi or Raisin Bran.

2) Vegetables: Try to get in at least 4-5 servings of vegetables a day. (Sorry folks, French fries DO NOT count). Vegetables are packed with vitamins and minerals that you can't get in any other foods and are crucial for fighting diseases. According to the Har-

Life After Trauma

apy, I cannot stress enough the benefits of speaking to a mental health professional. I do not have a mental illness, but I needed to speak to a professional who knows about mental health. My neurologist, general physician, physical therapist, and rehabilitation physician didn't inquire about a thorough assessment of my mental health. It was not due to their apathy---it was just not their job. A therapist takes the time to evaluate, assess, and strengthen your mental health, which is just as important as your physical health.

It is hard to get help when you don't see a future. No purpose. No meaning. My mind thought this way. It's not in my nature to have these thoughts. But this proves that at any point in one's life, something traumatic or stressful can occur, and knowing how to react when something traumatic happens is essential for your mental health.

I have had clearance from all of my physicians to return to class this semester. I still to do not remember the accident, but remembering it will not change anything. I will not focus on the "why" of the situation, but rather on how I can make the most of my last semester in college. Though I hope that nobody ever undergoes the trauma that I did, I hope that you have gained some new perspective from my experience, that you will appreciate the family and friends you have in your life, and that you make an effort to take care of both your mental and physical health.

Hansel and Gretel: Witch Hunters A Review

EZRIEL GELBFISH If *Hansel and Gretel: Witch Hunters* is a bloody mess, at least it doesn't take itself too seriously. The movie, directed by Tommy Wirkola, is what you'd expect from something called what it is: a revisionist fairy tale laced with action scenes and zombie-witch-horror-intestines. But it also includes little surprises that make it more palatable, and at a crisp 88 minutes, it is painless to digest. Let the interminable running times of epics (cue Lord of the Rings theme song) make way for Hansel's short romp in the forest.

Hansel and Gretel get lost in the forest, as per *The Brothers Grimm's* fairy tale, where they stumble upon a house made of candy and get invited inside, at which point they are almost eaten by a rabid witch. Thinking quickly, Gretel saves the day by pushing the witch into the fire. In my imagination, I had always seen the witch's hut as an enlarged gingerbread house complete gum-drop doorknobs, a wafer roof, and frosty snow icing. In the movie, the house, designed by production designer Stephen Scott, looks like a demon mouth, with teethlike tombstone sculpt-

ed out of sugar and lollipops that are somehow menacing.

Flash forward a few years and Hansel and Gretel are full-time witch hunters, called upon to protect a vaguely Austrian village from a coven of witches who regularly prey on the townspeople. Said witches are a mess of prosthetics, black make-up and cut-glass cheekbones hatching plans to make all witches invincible. Quite cheesy.

Hansel is played by a bristling Jeremy Renner. In the *Hurt Locker* and *The Town*, Renner proved himself a serious dramatic actor, but he has since sold out to action movies (most recently, *The Bourne Legacy* and *The Avengers*.) He has the action type under control, always acting angry, suffering from major PTSD, and straining his eyebrows to look heroic. Hansel's chemistry with sister Gretel (the British rose Gemma Arterton) remains under-developed.

The movie has little else interesting to cover. The townhouses are a cliché of thatched roofs and carved banisters. Warriors fight with crossbows and automatic guns with no sense of history. Sometimes the anachronisms serve for comedic effect. It doesn't actually matter though, because it runs less than an hour and a half so is short enough to satisfy with less.

I'm sick and tired of being chained to the theater, forced to be exhausted by the imagination of sprawling movies. *Hansel* is just short enough to give a taste, a fine grab-bag of chintzy thrills and stifled laughs you can't help but enjoy.



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The Non-Cook's Review of the Rachael Ray Show

MICHAEL KAPLAN NADEL IThe wind whipped our faces and our fingers started feeling the slightest bit numb as we waited outside the studio on a particularly chilly morning. We pulled our scarves tighter and adjusted our hats, eagerly waiting to be let into the warmth. But we weren't just eager for the warmth — we were eager to get inside for a taping of the Rachael Ray Show. This was more exciting for my cousin who was accompanying me, since she is an aspiring chef. She is in the process of applying to culinary school and is the designated cook in her family, whipping up dinner on most weeknights. Needless to say, she is a devoted Rachael Ray fan, with a monthly subscription to her magazine and many of her recipes on file. I, on the other hand, do not consider myself a chef on any level. Cooking pasta and baking Duncan Hines brownies are pretty much the extent of my culinary endeavors, yet there I was posing for a picture in the mock studio kitchen and waiting to be let in to the real studio.

Despite being a non-foodie, it was still exciting to watch a TV show taping — I saw it as the quintessential New York City experience. We had gotten our tickets through a connection I had to one of the women who worked on the show — since it is a small Jewish world after all — and when we came in we were taken on a quick backstage tour.

The kitchen where the food is prepared was rich with delicious smells, the control room had screens showing hundreds of different images, and there was a props area filled with overflowing shelves of serving pieces arranged by color, shape, and size. The staff was friendly, greeting us as we passed through. When we returned to our seats, the opening act featured a guy cracking jokes and

entertaining the crowd before the show started.

Rachael Ray soon appeared, greeting the audience and taking her place behind her stove top and carefully arranged ingredients. She has become extremely popular over the last few years because of her relatively fast, simple, and cost-effective recipes that she presents in a very manageable way. The show is taped in multiple segments, including guest interviews, cooking demonstrations, and fashion/lifestyle guides and tips.

On that particular day the "hot" topics were casseroles and visits to some of Rachael's favorite spots in NYC. As the show continued, Ray was certainly entertaining and enjoyable to watch, but I found myself not entirely interested in the kale spaghetti that she was so fired up about. My cousin, on the other hand was alert and wide-eyed. "That's exactly how I get around food!" she exclaimed, referring to Rachael's palpable excitement about adding shallots to the pasta.

I couldn't really understand that sentiment, but her energy was contagious enough that I perked up and started getting more enthusiastic. We were both excited enough that it was only a slight disappointment when the giveaway prize of the day happened to be an order of bacon and cheese from an award winning smokehouse — not exactly what we were hoping for.

As we left the show, we couldn't wait to see ourselves on TV in a couple of days — but mostly what we were excited for next was getting lunch (staring at food for 3 hours can do that you). So if you're looking for something fun to do in NYC, don't shy away from a cooking show even if you're not quite a cook yourself — just bring along a friend and make sure to eat before!

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Soul-ed Out!

ATARA ARBESFELD On January 26, 150 Stern women and their female guests gathered for the premier all-female concert of the Bulletproof Stockings, sponsored by the Chabad Club, Mechina, and TAC. The event celebrating the musical talents of Orthodox Jewish women appropriately fell on the Saturday night of Shabbat Shira, when the Torah and Haftarah portion include Miriam and Devorah's contributions to shira, or song.

"Women have a unique role in Judaism," said Angelie Stokes, a junior from the Mechina club in the Dvar Torah she delivered to open the event. "We have a unique mission: Miriam and Devorah may have been in the background but they were also the backbone. This night is all about inspiring other women."

It was also a night celebrating the talented young women at Stern College. "Youth is the engine of the world," said Chabad co-president Rochel Spangenthal, quoting Matisyahu's song "Youth," as the audience cheered.

The B'Notes were the opening act; all the members wore grey shirts, imprinted with "B'Notes" in pink letters, and denim skirts, singing Kol Gaga with alternating whispers and whimsically humorous "Whees!" For the second song, the group performed their version of Six13's "Al HaNissim," featuring the incredible beat boxing skills of the talented duo Daniella Eson and Tanya Gutterson. Next came a medley of "Yehi Shalom," "Mikimi," "Hinei Bah HaShalom," and "Oz V'Hadar," all beautifully conducted by B'Notes leader Sarah Diamond.

As the audience waited for the arrival of Bulletproof Stockings, a talent show commenced. Dasha Sominski played the guitar and performed a soulful rendition of a song which she dedicated to her sister, the lyrics expressing her admiration

for her sister's strength. "Sister, sister/You are made of steel," she sang huskily in a smoky voice slightly reminiscent of Janis Joplin.

The following acts included the B'Notes' Tanya Gutterson also playing the guitar as she sang Matisyahu's "One Day" with a kind of country twang to it, as the audience clapped and sang along. She followed up with her own original song, "Closer to You," describing her own struggles of connecting with G-d. Her final solo performance included a soulful rock version of "Adon Olam."

Tamar Schwarzbard, a presidential fellow at Yeshiva University and recent Stern graduate, also got hold of the guitar to play and sing Taylor Swift's "We Are Never Getting Back Together" and Adele's "Rollin' In The Deep."

Finally the Bulletproof Stockings arrived. Singer and lyricist Perl Wolfe and drummer Dalia G. Shusterman were clad fashionably in gold and black outfits, respectively, accompanied by cellist Elisheva Maister, dressed in black. The audience rushed towards the stage and began to dance and sway along to "Easy Pray," "You Are," "Homeland Called Stomp" and an as yet unnamed instrumental piece. The audience had shaken loose and were showing off their moves to fast-paced beats of "Off Track" with clever lyrics ("Children gallop through the void with a purpose/This is not the means to an end we hold for"). With their rising stardom in both the Jewish and secular world — they've garnered favorable press in news outlets like the New Yorker, New York Post, and most recently AOL, the musical group not only did not disappoint but rose beyond expectations.

Overall, the event was a smash hit, with soulful music, talented performers, the lively crowd... and of course, free pizza.



Long-Lasting Friendships: A Review Of Wicked

FRIEDA SUTTON The performance of *Wicked* at the Ger-shwin Theatre, as directed by Joe Mantello, is two and a half hours of sheer delight! This Broadway musical is the story of *The Wizard of Oz* told from the point of view of Elphaba, who is the future Wicked Witch of the West. The play begins with her death and then tells the story of her life through animated flashbacks. The musical focused mainly on the developing friendship between Elphaba, who became the Wicked Witch of the West, and Glinda, who became the Good Witch of the North. Elphaba's true character is revealed especially when she is teased, sometimes quite cruelly throughout the whole play. And yet, the storyline is ultimately an uplifting performance.

At first, when Elphaba and Glinda met at school, they did not like each other. Glinda was the stereotypical pretty, blonde and popular girl, and Elphaba had dark hair and emerald green skin. Although not by choice, Glinda and Elphaba became roommates, and to their surprise, they started liking each other despite their differences. They formed a special friendship based on the fact that they understood each other. Together they went to the Emerald City to see the Wizard, who offered them positions to work for him as his assistants. Glinda and Elphaba each had to make the hard decision whether they should take the job. Even though Glinda decided to stay and work for the Wizard, Elphaba decided to take a separate path. Even so, they still remained friends.

The songs really drew me into the play, especially when Elphaba sang. I felt a connection to her because she was different from everybody in her school. Elphaba and I can relate because we both have physical challenges that make us somewhat different than most people around us: Elphaba had green skin; I have to use a wheelchair for mobility. Her appearance made it hard for her to make friends and she was often teased. Although I have the good fortune of having many wonderful friends, when meeting new people, they often see the wheelchair instead of me. In the beginning, it is always hard for me because people stare at me. Despite our differences from others around us, Elphaba and I actually share the same experiences that everyone else has.



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Like Elphaba, I befriended a girl named Janet even though we were different. She is able to walk, and I'm in a wheelchair. When we first met, we clicked, despite our differences. When we were in school we would do almost everything together, like taking the same classes, cracking jokes and laughing together. This friendship was not like any other because she was always there for me, and I was there for her. She knew me better than anyone else. She was one of the people that I told my secrets to. Over the years our friendship grew.

While our physical differences did not affect our long lasting friendship, like Glinda and Elphaba, Janet and I chose to take separate paths. Many of you reading this may feel the same way; that you had childhood friends that you had to part from in order to move on with your life; in my case it was going on to Stern while she did not join me. Janet and I used to speak to each other every day, but now that we are on different schedules it makes it harder to do that. Glinda and Elphaba's paths never crossed again, but Janet and I still speak to each other, though not as often as we would like. While I've made many new friends here at Stern, there are times that I feel like I'm losing Janet, like when Glinda loses Elphaba at the end of the play. But the truth is, Janet and I will remain lifelong friends.

I definitely recommend *Wicked* – the storyline, costumes, sets, lighting, music and performances were fantastic. The aspect that touched me most deeply was the way it reminded me of how some friendships are built and truly last, even between different people. Seeing the play motivated me to call and tell her that I miss her. I really encourage many of you to go out and see the production of *Wicked* and have your own great experience.

Puzzle Corner: Purim Costumes

DAVIDA KOLLMAR

This year for Purim, five of my friends (including Batya) decided to dress up together. At night, for the Chagigah, they were Disney princesses (including Ariel). For Simcha Deliveries during the day, each represented a citizen of a different continent (one was an Asian). Of course, no group costume theme would be complete without pictures. When looking at the pictures later, I noticed that the girls had lined up in the same order both at night and during the day. Can you figure out which costume each girl wore at night and during the day, as well as their order in the picture? (Note: right and left is from my perspective looking at the picture.)

1. Each person's name, name of Disney princess, and name of continent start with different letters. (Note: North and South America start with N and S, respectively; Snow White starts with S.)
2. Neither Devorah nor the one who dressed up as Belle came from the Americas.
3. The one who dressed up as Cinderella was to the immediate left of Ora, who was to the immediate left of the one dressed up as a European.
4. The one who dressed up as Aurora was to the immediate right of Sara and to the immediate left of the one dressed up as an African.
5. Baila was all the way on the right, and was next to the one dressed up as Snow White.

Sara	Belle	Asia	1 left
Batya	Aurora	South An	2
Devorah	Cinderella	Africa	3
Ora	Snow White	North An	4
Baila	Ariel	Europe	5 right

	Ariel	Aurora	Belle	Cinderella	Snow White	Africa	Asia	Europe
Baila								
Batya								
Devorah								
Ora								
Sara								
	1							
	2							
	3							
	4							
	5							
Africa								
Asia								
Europe								
North America								
South America								

Strollers Rolling In The Deep: New Museum

AIMEE RUBENSTEEN As part of "NYC 1993: Experimental Jet Set, Trash and No Star," Nari Ward's *Amazing Grace* is on view in the New Museum's adjacent space, Studio 231. Without the standard painting or sculpture paradigm, museum-goers and tourists usually ignore and misunderstand installation art. Surprisingly, Nari Ward's installation is both accessible and consumable to its visitors.

At first, the gallery looks like a pile of trash, which is precisely the point of the space. The New Museum highlights the year 1993 and the unique art that was produced from this time of political and cultural upheaval. However, after spending some time sifting through the surface of the dirty strollers and hoses, the brilliance gradually reveals itself. Ward collected 310 abandoned strollers from the streets of his neighborhood in Harlem. The copious amount of arranged and broken, dirty strollers is bizarrely touching. The strollers, empty of children, allude to nostalgia and abandonment.

Ward lined up the clusters of strollers into two large circles, and nailed flattened fire hoses in between them, creating a weaved pathway (the

visitor can actually walk on it and around the inner circle of strollers!) through them. The hoses draw attention to the ground and its uneven surface. From beneath the strollers a recording of gospel singer Mahalia Jackson singing "Amazing Grace" plays. As the wall text explains, suffusing the installation with the song creates an uplifting and reverential tone, and this tone is definitely palpable. As visitors walk between the two circles of strollers and reach the center, the music builds, becoming louder and louder. Each stroller becomes a monument of the past, representing childhood or even memory lane and loss. The gospel notes quicken and with the notes the visitor is temporarily drawn into an alternate reality. When the visitor steps out of the circle

and away from the music, the pile of strollers and hoses becomes just that: a pile of strollers and hoses, and nothing more. Its beauty is not lost in its medium; it is in fact touching because of the intentionality.

Originally installed in an abandoned house in Harlem in 1993, *Amazing Grace* becomes a tableaux of what would have been. The children are no longer sitting in their strollers, yet their voices linger and bounce off the walls in the gallery.



www.newmuseum.org