



THE YESHIVA UNIVERSITY OBSERVER

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VOLUME LX, ISSUE II

OCTOBER 2014 / TISUREI 5775

Gaza Conflict Reveals Mounting European Anti-Semitism

Shira Kaye Abraham Foxman, national director of the Anti-Defamation League, stood in front of Yeshiva University students last April and pronounced that globally, anti-Semitism is the worst it has been since World War II. The potency of these remarks, delivered as part of the Hillel Rogoff Memorial Lecture, has dramatically increased in light of the Gaza conflict this past summer.

Even before the Gaza conflict began with the kidnapping and murder of three Israeli teenagers and the subsequent Israeli offensive into Gaza, anti-Semitism was growing steadily stronger in Europe. In May, a radical Islamic French citizen with apparent ties to the Islamic State of Iraq and Syria (ISIS) opened fire at the Jewish Museum of Belgium in Brussels, killing four people. Since the offensive in Gaza began, Brussels has held several pro-Palestinian protests, some with shouts of "Death to the Jews!"

There have been strings of anti-Semitic attacks this summer following Israel's invasions into Gaza. Perhaps most chilling were the riots

held in Sarcelles, France: reminiscent of Kristallnacht in 1938, youths attacked synagogues and Jewish-owned stores, including a kosher supermarket and a funeral home. Rioters threw gas bombs and shouted "Death to the Jews."

As Roger Cuikerman, head of the Representative Council of Jewish Institutions in France told Radio France International: "They are not screaming,

'Death to the Israelis' on the streets of Paris. They are screaming, 'Death to the Jews.' The community was not just scared, but anguished" (*The Huffington Post* UK, Jul. 22, 2014).

There has been an upsurge of anti-Semitic incidences in Germany as well, inciting exceptional alarm because of memories of Nazi Germany. In July, protestors were heard shouting,

"Gas the Jews!" on the streets of Berlin, according to the Associated Press. In Frankfurt-am-Main, a Rabbi received a phone call from a man who threatened to kill thirty Jews in the city if his family in Gaza was harmed. On July 29th, fire-bombs were thrown at a synagogue in Wuppertal.

These anti-Semitic acts extend far beyond France and Germany. The Anti-Defamation League's website contains a lengthy page devoted to describing anti-Semitic occurrences this summer from around the world; the list seems infinitely continuous.

In Rome on July 26th, anti-Semitic graffiti including Nazi swastikas and posters reading "Anne Frank Storyteller" was found on various buildings. Fliers were also distributed calling for the boycott of over forty Jewish-owned shops.

"[The situation of Jewish communities in Europe is] worse than any previous period we can remember," said Richard Goldstein, operations director at the Institute for Jewish Policy Research in London, in August. "It's *Continued on page 7*



<http://www.dailytimes.com.pk/>

Bit by Byte: The Rise and Fall of Computer Science at Stern

Riva Tropp In these tech-driven times, some knowledge in computer science is a must for any field. Medical researchers use complex algorithms to map genomes and model the living cell, psychologists evaluate information about their patients, and even the exegetical fields use programs to analyze literature like never before. The rise in career opportunities seems to have provoked a surge of interest in Stern students, some of whom are wondering why no computer science major exists despite resources uptown.

No SCW student would be surprised to hear that the root of the problem is financial. But there are other issues at play.

Up until a few years ago, Stern did offer a computer science major, and many computer science graduates from SCW went on to pursue promising careers in the field. However, according to Dean Bacon, Stern students lost interest in the major sometime around 2011. Class attendance rates dropped to one or two girls, so that the major *Continued on page 18*

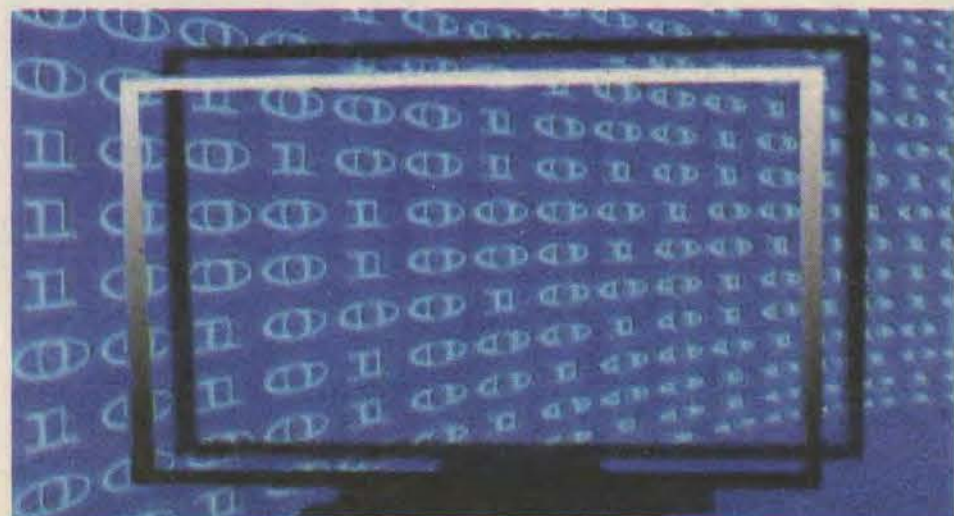
Waiting on Tables, Waiting for Respect

Sara Rozner "You have a new table at 42, Sarita." I go to the fridge to get pickles, coleslaw, ketchup, and mustard, and make my way across the dining room to table 42. About fifteen feet away, I stop. It's a girl I know from Stern, out to eat with a date. I groan inwardly; I know her too well to escape the pleasantries, the joking explanation to the question she will ask in her mind, if not aloud — "Why are you working *here*?"

I spent my summer and the first month of school working as a server at a popular kosher restaurant in Midtown, where more than half of the customers are Orthodox Jews, many of whom I know personally from the Jewish community. I loved my job in almost every way — the fast pace, the challenge of multitasking, the camaraderie with my awesome co workers — but serving my community members and classmates was somewhat... unsettling. When I would show up in my uniform to work after school, I would invariably end up serving girls who had sat in my classes earlier that day. Every time, I would see that jolt of recognition, the glance at my apron, and the dawning awareness that I *actually* worked there, which usually seemed to lead to some discomfort.

Relating to my classmates at work, as a server rather than as a peer, created a confusing shift in social structure on both sides. On the social hierarchy, server is viewed as lower than classmate, but I was clearly the same person I had been that morning.

This job forced me to straddle the fence between two very distinct world — the privileged Orthodox consumers, and those who serve them their steaks — without fully belonging to either. After only a few weeks, I began to feel much more connected to my co workers than my community members during my working hours, and I even found myself identifying pretty deeply with random service members I encountered in the city. I felt that I had suddenly entered an exclusive club of people who knew what it was *Continued on page 14*



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Is it Ever Acceptable to Part Ways with Piety? A Look Into Maintaining the Letter of the Law

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Founded by the women of Yeshiva University's Stern College in 1958, *The Observer* is the official newspaper representing the student body of Stern College and Yeshiva University. *The Observer* is an independent student publication, self-funded, and published on a monthly basis throughout the academic year. Views expressed in *The Observer* are those of the writers and do not necessarily reflect those of the editorial board or the student body, faculty, and administration of Yeshiva University. All *Observer* content is copyrighted and may not be reprinted without permission.

Elana Kook In the most recent "separate seating" controversy, on the eve of Rosh Hashanah on an El Al flight leaving Israel, a Hareidi man refused to sit next to the woman sitting in the assigned seat next to him. Hysteria quickly spread: a large cohort of men on the flight refused to sit next to women, bribed passengers to switch seats with them, and prayed loudly in the aisles upon refusals of the women. Women were bribed to switch seats with their husbands and mothers to separate from their children, all in the name of maintaining a stringent view of the letter of the law. The ruckus delayed the airplane from taking off, and ultimately landed in the pages of the *New York Post*.

According to the ultra-Orthodox passengers on the El Al flight, Jewish law prohibits a man from coming into contact with — and therefore also sitting next to a woman who is not a blood relative or a spouse. However, their determination to fulfill what they saw as their religious duty prevented an orderly boarding, and more importantly, blatantly disregarded and insulted a female passenger.

Although not the first incident of its kind, the recent discussion surrounding this event raises a question: are there specific circumstances where adherence to the law that goes above and beyond the letter of the law needs to be set aside for a greater purpose?

The image Jews present to the global community has always been of great importance. With anti-Semitism raging in Europe, the Middle-East filling with radicals who want nothing more than to annihilate the Jewish State, "The Death of Klinghoffer" being featured at the Met in late October, and religious Christians booing Ted Cruz off the stage for pro-Israel and pro-Jewish comments; some positive Jewish PR is seriously needed. At the very least, the source of public condemnation

of Jews should not originate from Jews themselves.

I do not proclaim myself to be an expert in Jewish law, but sometimes it is appropriate to avoid instigating a *chilul Hashem*, an act that may elicit condemnation of Judaism or God, at the expense of a strict adherence of certain Jewish laws. In certain circumstances, there are other values that come into play, and perhaps override the stringent observance of the the law. The El Al incident is an extreme example where members of the ultra-Orthodox community needed to balance their strict adherence of the the letter of the law with something more: morality, common sense, and the bigger picture of Jewish observance.

However, when it comes to understanding the role of observing the letter of the law in Jewish practice, I think the Modern Orthodox community is sometimes guilty of the opposite offense than that of the ultra-Orthodox community. Generally speaking, the emphasis that the ultra-Orthodox places on observing Jewish law can be seen as a strength in an area where the Modern Orthodox community often slips in an effort to balance observance with participation in secular society.

For the Modern Orthodox, at times the importance of fulfilling the letter of law can get diluted in a raging sea of secular priorities. Although notably different in nature from the passengers on the El Al airplane, as Modern Orthodox Jews, we grapple with keeping the Torah to the best of our ability while also balancing values from the secular world in which we live. While balancing observance with other competing values, observing Jewish law in its entirety is at risk of becoming just another one of our many priorities and values. We value secular culture, but sometimes at the expense of maintaining Jewish law and our Jewish identity at the core of our beliefs.

The laws of *tzniut*, modesty, have always been a struggle for me to conceptualize. I love to flip through fashion magazines and sift through the racks of clothing at the mall, yet, the concept of *tzniut* rarely crosses my mind. After all, why should I want to look different?

But perhaps what really-dare I say it turns me off sometimes from *tzniut*, is not the idea of looking frumpy less fashionable clothes, but rather, my difficulty relating to the the stigmas surrounding the laws of *tzniut*. Afraid to stand out and uncomfortable with the idea that I should dress a certain way for the opposite sex (yes, I know it is really for myself, but that's not how *tzniut* is often spoken about), these laws sometimes get lost amidst other secular concerns. So, maybe I should ask myself: at what point do I set aside my conflicting thoughts and submit to Jewish law?

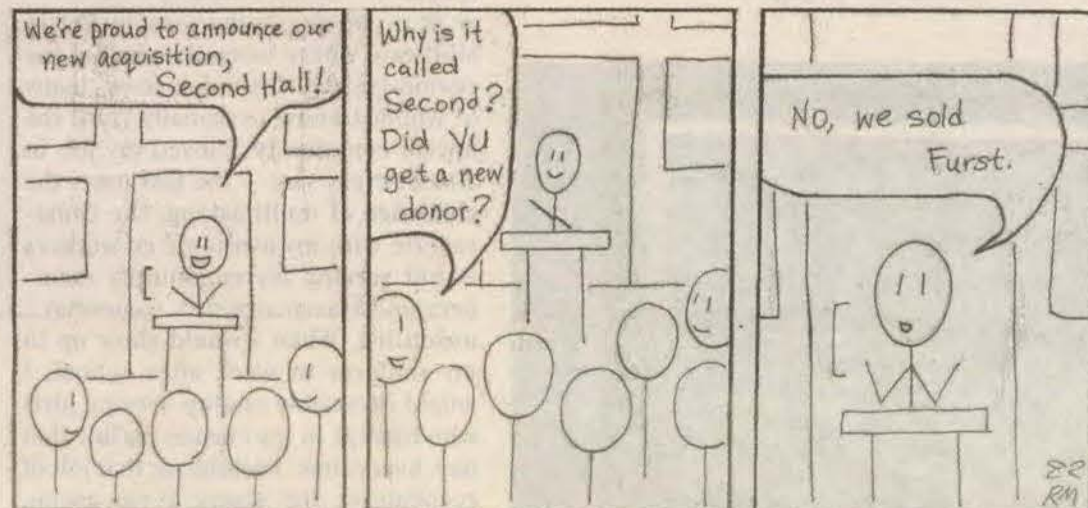
With the ultra-Orthodox needing to veer from one extreme and the Modern Orthodox community often struggling to sift through priorities, a balance between full observance while acknowledging other existing values seems almost unattainable from the ideological standpoints of both communities.

In the El Al incident, the pursuit of adherence to Jewish law was taken to a detrimental extreme. However, in light of the struggles of our own community, before shaming the broader ultra-Orthodox community and labeling devout piety as a negative outgrowth of their community, I think it is necessary to note an important takeaway. Both communities have flaws. The difficulty for both communities resides in understanding where the interplay between adhering to the letter of the law, morality, and other values should exist.

Until that time comes, do we have the right to point fingers?

What's Inside

- 3 Joe Lieberman
- 3 ISIS at YU
- 4 Y Haven't U Heard?
- 4 New YU Apps
- 5 Learning Program for Post Grads
- 5 The DL on GPATS
- 6 Shabbat@Berren
- 6 Secure at Ster
- 7 A Jewish Education
- 8 Skewed views on Israel
- 9 Lady Macs; Volleyball
- 9 Meet Erica Lemm
- 9 Ultimate Vitamin Guide
- 10 Late Night with Jimmy Fallon
- 11 *The Giver* vs. *The Giver*
- 12 Jeff Koons Exhibit
- 13 To Ice or Not to Ice
- 13 Reflections on 9/11
- 14 Uncpoken Truth
- 15 The Iron Dome
- 15 ASL; More Than Just the Ice Bucket Challenge
- 16 A world Without Color
- 17 This is Ebola
- 19 Where Stern Went on Torah Tours
- 20 Counseling Center, What You Should Know
- 20 This month on Berren



Lizzie Rozentsvayge and Rachel Miriam Rosenfeld

Interested in writing for *The Observer*? Contact an editor and always **WRITE ON!**

In Conversation with Senator Joe Lieberman

Rivka Hia Former Senator Joseph Lieberman (I-CT), who represented Connecticut in the United States Senate from 1989 to 2013, has been appointed the Joseph Lieberman Chair in Public Policy and Public Service at Yeshiva University for the 2014-2015 academic year. Originally the Senator was not planning on occupying the chair, but Ira and Ingeborg Rennert (the chair's benefactors) said if the Senator was willing, they wanted him to occupy it — that it would be an opportunity because of his experience with public policy as an observant Jew to influence students at YU.

The Observer: Why did you decide to teach at Yeshiva University this year?

Senator Joseph Lieberman: Yeshiva University President Richard Joel reached out to me after I ended my career in the senate to find a way for me to be involved at YU teaching. I have a lot of family connections there. My wife and daughter both went to Stern, my son-in-law got ordained at RIETS. I have a lot of respect for YU and the role it plays in the Jewish world.

O: Can you describe the public lectures you will be giving? When and where will they be taking place?

JL: I will be giving three public lectures this year in the university—one in YC, one in SCW, and one somewhere else, probably at Cardozo. The first one will be after the holidays, probably at the WILF campus. This will be an opportunity for increasing

student interest in getting involved in public service.

O: Do you have any apprehensions about teaching at YU?

JL: I don't. I know a lot of YU students. I'm impressed by their values and intelligence. I taught a course at Columbia Law School and enjoyed it, and I have the same expectations for the YU students.

O: What do you envision your role to be with regards to interacting with students outside of class?

JL: There are obviously time constraints, but, I want to be available to the students. I will try to interact with students to the best of my abilities.

O: Do you think your prior family and personal connections to YU will influence your stay here?

JL: My personal contacts at YU have educated me on the centrality and increasing role of YU in the Jewish world, and in the broader American community.

O: Do you have any advice for students looking to go into politics? What about other careers where students will be both in the spotlight and have to balance their religious commitments?

JL: My own career has stood for this — that you can be religiously observant and pursue your career goals. Students will never have to make a choice between religious and secular goals. Society is accepting of observance today — it has not always been the case. Not just in politics — in

NEWS

Shalva Ginsparg
Sara Olson



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business, in the professions, in other careers students at YU aspire to. I want to convey that.

O: What is the most important lesson you learned throughout your political career?

JL: Be true to yourself. Do what you think is right. This is true in every

line of work: being successful means working hard six days a week and resting on the seventh. [Laughs]

O: Is there anything else you would like to share?

JL: I am eager to get going. I am excited to meet everyone.

Rumor Has It: ISIS at Yeshiva University

Abigail Bachrach When Yeshiva University informed its students of heightened security over the holiday break, a rumor circulated that this was in part the result of a threat the school received from ISIS. Security declined to say much on the matter, but a member of security stated, "Especially with what's going on in the world we're gonna be a little more vigilant than we normally are." The claim of a direct threat to the institution is dubious and unfounded, but is also more telling than its rumormongers may realize.

Although the danger presented by Islamic State, the name the group calls itself, on Yeshiva University's undergraduate population is an analysis better performed by experts, how it journeyed into the mouths of YU students is not hard to ascertain. The terrorist organization has made a rapid shift from a regionally specific threat to one of global concern that dominates headlines and newscasts, so much so that name-dropping ISIS in conversation has become a norm.

Islamic State, also known as ISIS or ISIL, is an Al-Qaeda offshoot comprised of Sunni extremists who follow Sharia law. Their violent tactics, disregard for international boundaries, and rapid growth enabled their current control of significant territory in the Middle East and declaration of a caliphate, an established Islamic state. Foreign recruitments, a frightening phenomenon to the Western world, and funding, as well as theft and extortion furthered their expansion.

The militant group began their territorial advancements this past June, making front pages around the globe with their foray on major Iraqi cities like Mosul and Baghdad. Their attempts to remap the Middle East are accompanied by the targeting of all non-believers and minority groups like the Kurds and Christians and public executions. The group's frequent use of media includes horrifying beheadings of citizens and captives released in brutal videos, including the recent murder of US journalist James Foley and Steven Sotloff, who was Jewish and held Israeli citizenship.

The group has also expressed anti-Semitic statements and propaganda. The Anti-Defamation League reports that the primary ISIS spokesperson blamed Jews for the opposition the group is now facing from the United States and other countries. Pro-ISIS demonstrators have called "Death to Jews" and supporters on Twitter have threatened another holocaust.

The American response to ISIS recently escalated as President Obama resolutely declared war against the group this month. In a televised address from the State Floor of the White House, he said, "Our objective is clear: we will degrade, and ultimately destroy, ISIL." Calling for a global alliance to fight the group, he laid out a strategy while promising to avoid ground troops and combat. He announced the launch of airstrikes in Syria, our country's first incursion into the brutal civil war sedulously

avoided until now. Thus far, the growing US-led coalition has more than forty nations including Arab allies like Saudi Arabia and the United Arab Emirates.

As the frightening ascent of ISIS now poses a threat to global — and possibly national — security, US media and consequently its citizens, college students included, have rapidly become familiarized to the terrorist group's name. In Yeshiva University, where the summer's Palestinian-Israeli conflict hit home for many students and placed the name of a different extremist group, Hamas, into many a conversation, ISIS too has now arrived. It is hard to find someone who has not heard of the rebel group and their intentions.

At this very moment, protests and unrest in Hong Kong, civil war in Sudan, insurgents in Yemen and terrorist attacks in Pakistan are only some instances of the other global issues that threaten to garner the international concern ISIS merits. When placed in a broader context, Islamic State is but one of a dauntingly and

depressingly long list of major world conflicts. The outbreak in West Africa of a deadly disease called Ebola made its way to the forefront of American news cycles this month. Other issues in parts of the hemisphere remain tense; an apprehensive cease-fire in Ukraine, undetermined results of this summer's war in Gaza, and the persisting question of Iran's nuclear status.

In President Obama's speech to the nation on September 11, he cited Islamic State as the "greatest threat" of the moment, saying, "We cannot erase every evil in the world...that's why we must remain vigilant as threats emerge." While the vigilance of YU security and the American military are hard to compare, and it is difficult to assess just how serious the threat of ISIS may be. But the threat of Islamic State may not be a rumor after all. While the terrorist group's priorities for attack locations seem overwhelmingly unlikely to be Yeshiva University, its existence is one of utmost relevance and concern for any student here.



Y HAVEN'T U HEARD?

Shalva Ginsparg and Sara Olson

Geri Mansdorf: Director of Undergraduate Admissions

At the end of August, a letter from President Joel to the YU Community announced the appointment of Mrs. Geri Mansdorf as Director of Undergraduate Admissions. Mrs. Mansdorf, who holds a Masters in Education from Azrieli, has been a part of the undergraduate admissions team for 10 years.

Regarding her goals for the admissions department in the 2014-2015 academic year, Mansdorf commented, "One of our goals is to widen our reach make sure that YU is on the radar of every Jewish high school student in every day school in the country. Another is to make every one of these students and their parents aware of the exceptional programs and opportunities available to our students from both the academic and social perspectives."

The role of director was previously held by Moish Kranzler, who will now be joining YU's institutional advancement team.

New Study Center Now Open

In an email to students on September 15th, academic advisement director Miriam Schechter announced the opening of an official study center on the SCW campus. The center, which will be open on Tuesday afternoons from 3:45 to 6:45, was created to provide further academic support to the study body in areas such as test taking, critical reading, note taking, and academic self-advocacy. Ms. Sharone Waldman (M.A., ED.M), currently a Focus Instructor at Winston Prep School in Manhattan, has been appointed as the director of the center. Said Schechter, Ms. Waldman is "a dynamic and energetic addition to our staff". The study center operates on a scheduled appointment basis.

YU in the Top 50

In the U.S. News and World Report National Universities Ranking - a list of the best colleges and universities in the United States - Yeshiva University has landed within the top 50 universities in the country. In the brief description about the university, highlights included the lower

student-faculty ratio of 6:1 and commendation for YU's, "highly ranked research opportunities at the Albert Einstein College of Medicine." YU tied for 48th place alongside the University of Washington, the University of Miami, the University of Florida, and Penn State. For a list of all university rankings, see the U.S.

New Upcoming Restaurants Accessible with Caf Cards

If you haven't already found out the hard way or heard through the grapevine: Tiberias is no longer accepting the "Caf Card." However, according to Bruce Jacobs, director of food services at Yeshiva University, by the end of November, students can expect to have three new restaurant options under the dining plan: Pitopia, Bravo K kosher Pizza, and Bravo's new meat restaurant, Bravo K kosher Market, which will feature deli, hamburgers, and fried chicken. The new restaurant, set to open in several weeks, will be located next door to the Bravo K kosher Pizza in the financial district.



APPEaling or APPalling? Students React to New YU Mobile App

Meira Nagel Yeshiva University is officially part of the 21st century, thanks to the release of their new YU Mobile App. Students can now have access to news, events,

courses, photos, shuttle ride scheduling, making appointments with the career center, and more, all with a touch of a finger.

The idea for the app began a few

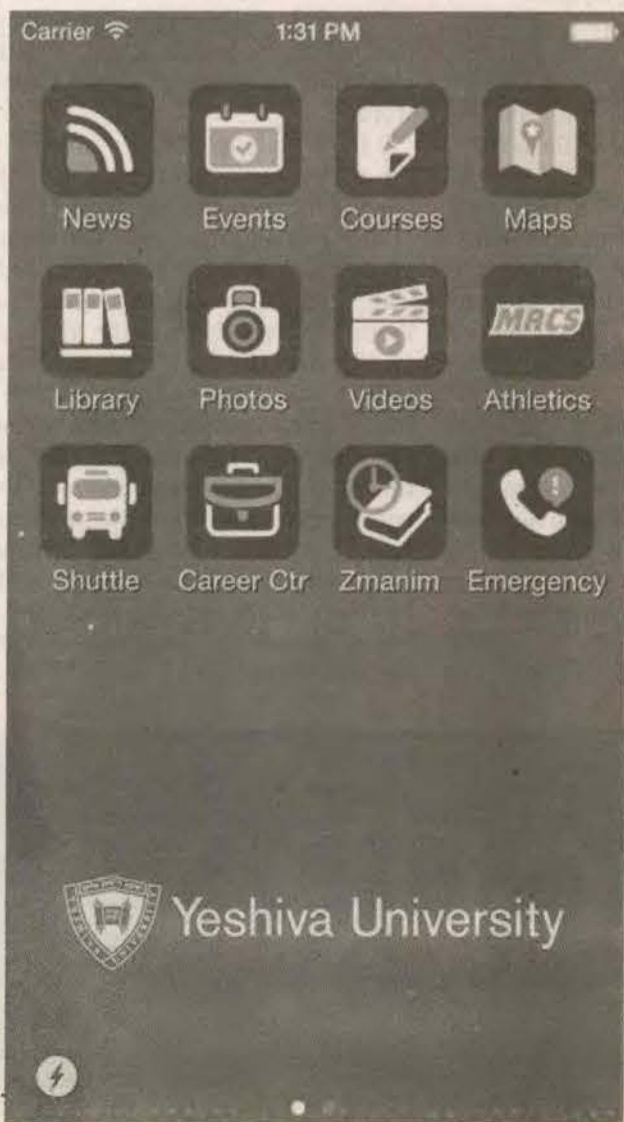
years ago, and it is now finally ready to use. However, like with the release of all new technological developments, the reactions from the app's users have been mixed.

After asking several students what they thought about the new app, most of the students admitted to only using the app to book shuttles between campuses. Most students who were asked were quick to point out the flaws with this system- particularly how it is un-fair for those students who-I know, unheard of-do not have a smartphone.

For students who do not have a smartphone, booking a shuttle can be a fairly tedious task. They have to go to a computer room on campus, book the shuttle, print out the confirmation email, and bring it with them to the shuttle along with their I.D.

Another issue most students had with the shuttle booking on the app was that the app often freezes and does not load when they are trying to book a shuttle. Additionally, when trying to book a shuttle for 12:00 AM- 2:00 AM, the app will book it for 12:00 PM- 2:00 PM the next day, so students still need to call the security office to book a shuttle for those times.

However, Don Sommers, Chief of Security, has assured that the app is still being tweaked and various improvements will be made. Sommers and the Office of Security are in constant contact with the software developer at the Communications Department, and hopefully all of the glitches with the app can be addressed. Already, the app has proven a huge time-saver for the office of security. Time will tell if the same will be true for the student body.



Back

Shuttle

OUR SCHEDULE FOR OCTOBER 2014

Click a free day to apply for an appointment.

October 19, 2014		
1:00 am	1:15 am	1:30 am
5:00 pm	6:00 pm	6:45 pm
7:15 pm	7:30 pm	8:15 pm
8:45 pm	9:00 pm	9:45 pm
10:15 pm	10:30 pm	11:15 pm
11:45 pm		
October 20, 2014		
12:00 am	12:30 am	1:00 am
1:15 am	1:30 am	5:00 pm

Shteiging isn't Just for Students: A New Semester of the Community Beit Medrash Program

Naamah Schwartz Your parents can take a course this fall that was recently offered to SCW students.

The occasion is a new semester of the Community Beit Medrash Program, which brings YU learning opportunities to the broader YU community. YU Alumni, donors, board members, and parents are among those who have taken advantage of the program in the past. This semester's program, which begins at the end of October, will feature Rabbi Dr. Meir Soloveichik, Director of the Zahava and Moshael Straus Center for Torah and Western Thought, and Dr. Jacob Wisse, Director of Yeshiva University Museum and Associate Professor of Art History at Stern College.

The topic of the program—"The Image and The Idea: An Interdisciplinary Seminar on Art History and Jewish Thought" will

sound familiar to students who took a course by the same name at Stern last year. Similarly, that class was co-taught by Wisse and Soloveichik.

The Community Beit Medrash program began at the request of several community leaders who attended YU's Championsgate Leadership Conference in Orlando, Florida a few years ago and wanted an opportunity for continued intellectual Jewish education with a "YU feel." The first semester of the program featured Rabbi JJ Schacter and Rabbi Hayyim Angel, and the program has enjoyed much success since its inception.

According to Julie Schreier, director of institutional advancement, the goals of the Community Beit Medrash Program are to provide the Jewish community with access to learned YU speakers and to allow participants to reconnect with YU, talk to

students and faculty, and enjoy the campus atmosphere. The program has led to many participants becoming more involved with the YU community, whether through philanthropy, helping current students find jobs and internships, or hosting events in their own communities.

The program accepts sponsorships for the weekly learning from members of the community celebrating various occasions. This semester's program has been sponsored in honor of Rabbi Dr. Meir Soloveichik by members of his synagogue, Congregation Shearith Israel.

The Community Beit Medrash Program will be running

for six weeks starting on October 29. Class will take place at the Yeshiva University Museum.



What You May Not Know About GPATS This Year

Jenny Stieglitz Following the extensive hype regarding the status of Yeshiva University's Graduate Program for Women in Advanced Talmudic Studies (GPATS), the singular major change this year has been the appointment of Mrs. Nechama Price as director, as was announced by the Observer in early September. Regarding her new role, she explained, "GPATS changed my life, without question, which is why I was excited when I was given this position."

Mrs. Price is a full time instructor at Stern in both the Bible and JUDS departments. She spent three years in GPATS while completing master degrees in both Bible and Jewish Education at Yeshiva University's Azrieli Graduate School of Jewish Education and the Bernard Revel Graduate School of Jewish Studies. Afterwards, she spent four years as a Sha'al U'meishiv in the Stern Beit Midrash, while teaching on the Beren Campus. She has been a Kallah teacher for over ten years and taught over one hundred Kallahs. Last year, she graduated from the Yoetzet Halacha program and currently works in the New Jersey communities of Tenafly, Englewood, West Orange, Livingston, and Long Branch.

As the first woman staff member of GPATS and an alumna of its second graduating class, Mrs. Price is an appropriately chosen mentor to the students in every way. She will help students approach any issue that they may face on their path to becoming Jewish leaders. According to Mrs. Price, whether students plan to become teachers (either informally or formally), Yoatzot Halacha, or Kallah teachers, this program will give them the necessary skills for their future. As she explained, "no matter your next step (after

GPATS), those two years will change your life."

Gabrielle Hiller, a current student of the program, who intends to teach Tanach and Gemara to high school students after GPATS, expressed, "The world of women's Torah learning is still growing and developing, and it is amazing to have someone to speak to who can guide us on that journey."

Mrs. Price stated that she is "a voice for the women" and, as such, she will help them deal with a large variety of leadership issues that are specifically applicable to women today. In addition to the mentorship aspect, her role also encompasses recruitment and arranging programming.

As in the past, the GPATS curriculum entails learning Gemara in the morning, taught by Rabbi Moshe Kahn and Rabbi David Nachbar, and Halacha in the afternoon, with Rabbi Gedalia Berger. The topic of afternoon Halacha will continue to alternate each year between Nidah and Kashrus.

Every Wednesday, Mrs. Price

organizes a "Lunch-and-Learn" featuring a presentation from guest speakers such as Rabbi Brander, Dr. Pelcovitz, or herself. As part of this program, Mrs. Price will be increasing the focus on public speaking by "listening to them speak and critiquing them," during the one-hour luncheons, in order to hone that critical skill.

Additionally, Mrs. Price wants "to work on getting GPATS students more involved with Stern students. For one thing, seeing GPATS students engrossed in learning Torah in Stern's Beit Midrash gives Stern students the chance to consider GPATS for their future, a sight that influenced the decision of numerous current students to apply. Mrs. Price hopes to facilitate a meaningful collaboration that will benefit both sides.

At its core, GPATS is "two years of



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solid learning, skill building, growing as a person, and getting yourself ready for the next step," says Mrs. Price. Her goal is for GPATS to continue educating women in Gemara and Halacha and to give the students the leadership capabilities that they will need to impact the Jewish community at large.



www.timesofisrael.com: Nechama Price with fellow graduates from her Yoetzet Halacha program. Graduates (left to right) Lisa Septimus, Nechama Price, Avital Weissman, and Tova Warburg Sirensky, Dena Block (photo credit: Norman Goldberg)

FEATURES

Shira Kaye
Talia Stern

Extreme Makeover: Shabbat@Beren Edition

Malka Katz “Some of the closest friends and connections that I’ve made at Stern were all because I stayed in for Shabbat,” Shayna Kayla Lis, a senior, confessed.

It’s wonderful to note that cultivating meaningful relationships becomes more prevalent as more students stay in for Shabbat. Shabbat is that shared experience which strengthens the ties among students – something almost impossible to replicate during the hustle and bustle of the week. That being said, various student councils are planning to implement new changes to improve this year’s Shabbat experience on the Beren Campus, to make it one in which every student wishes to stay in—a feat worth celebrating.

The Shabbat Enhancement Committee (SEC) is a specialized club whose purpose is to maintain and enhance the Shabbat atmosphere on campus. One major concern students have brought to the SEC’s attention is the club-sponsored *Shabbatonim*. This type of programming has been the default mode in which *Shabbatonim* function.

There is definitely a great benefit to having a club-run *Shabbaton*: they create a big pull and attraction for many students who know what type of activities they can expect from a certain club. On the other hand, explained SEC president Aliza Katzin, if a student does not have any attraction to the club running the *Shabbaton*, she loses interest and may even feel unwelcome staying in for Shabbat.

Amanda Esraeilian, TAC president, shared her vision for what Shabbat on campus—“Shabbat@Beren”—should look like. She stated the commonly overlooked fact: “We [the student body] all share something profound in common: we are all Jewish.”

But the buck stops there. The student body is also vibrantly diverse, and is blessed with wide interests and a breadth of clubs that promote their ideas with the hope to share them. While clubs do bring people together, on such a large scale, it’s hard to strike the right balance.

Amanda continued, “The goal of the TAC board is to create the sense of community which caters to every

type of student...to find a niche within Shabbat.”

She also explained that instead of a club taking control of an entire Shabbat’s activities, it will instead choose a certain component to be responsible for, and in that way, still impact that Shabbat in a meaningful way.

Malka Sigal, president of the Stern College Dramatics Society (SCDS), explained how downgrading the club involvement may actually hurt the number of students who stay in for a given *Shabbaton*. This is her fourth year on campus, and her involvement in both SCDS and the Fantasy/Sci-fi clubs is valuable testimony to the evolution of Shabbat programming.

“I stayed in [for Shabbat] for clubs that I was actually a part of, and other random clubs that I wasn’t a member of because I don’t have time to be a part of all of these cool clubs [on a regular basis]...and so it would be great to see what they had to offer on Shabbat, in a non-committal way to explore new things,” Malka shared. She has run fantastic *Shabbatonim* in the past with both SCDS and Fantasy/Sci-fi, and hopes the clubs will have the

same opportunities to run exciting programming this year. “It might also be harder for less well-known clubs to break into the scene”, Malka added, referring to smaller clubs that do not run as many events during the year.

Aside for this major change in club programming, Shabbat@Beren hopes to keep some things the same. The downtown campus is proud to host the men from uptown for *Shabbatonim*, and has been trying to smooth out any issues with getting them here for Shabbat. The student body can agree that coed *Shabbatonim* are a nice time to interact with the other students. Financially speaking, the only change may be different ratios of students from YC coming downtown than in the past, but nevertheless, there will always be a *minyán* for *davening*.

Overall, the most important message to impart to students is that YU is their home, and student voices are always heard: student council organizations are making an effort to make Shabbat on campus a more dynamic experience for the diverse student body here at YU.

Secure at Stern: Being Proactive and Reactive on Campus

Talia Stern In a world where Jews are often targets for anti-Semitic hate crimes, a Jewish institution in midtown Manhattan requires extensive security measures—both apparent and unknown to the student body—to ensure safety on a day-to-day basis. Several security programs and protocols have surfaced in recent weeks as part of enhanced security implementation on both the Midtown and Washington Heights campuses.

About a week into classes, students received an email to their Yeshiva University accounts informing them of a mandatory Active Shooter training to take place during the upcoming week of school. Students were required, according to the email, to attend one of two sessions offered.

During the lockdown training sessions, Paul Murtha, Director of Security at SCW, addressed a crowd of Stern students in Koch Auditorium. She showed a video with guidelines for Active Shooter incidents and informed students of specific safety protocols to be carried out in each of the 215 Lexington and 245 Lexington buildings in the case of an Active Shooter situation (as part of the security revamp, links to the guidelines and training information for an Active Shooter incident are posted on the YU Security web page).

Murtha also described a new

magnetic door lock system installed on the posts of classroom doors that can be stripped off to create a quick and sturdy lock to prevent intruders from entering.

When asked why now, in particular, Active Shooting training has become important, Don Sommers, Stern College chief of security for twenty-five years, responded, “It is appropriate now all over the country. There have been so many incidents [of active shooters], and it is a precautionary measure. Just like fire drills, people should know what to do to prepare.”

“I am happy that the students were informed on how YU is taking steps to create a safer campus. I also found the new magnet system to be extremely creative,” stated sophomore Miram Pearl Klahr.

Daniella Penn, a senior, felt that the session helped her realize “that a large part of the effectiveness of security on campus is student cooperation, and the more informed and aware we are, the safer we are.”

For others, however, the session stirred up feelings of being inconvenienced.

“I think that it was just really absurd that they thought the most effective way to share a large amount of important information with us was by shoving us all into one room on one

assigned night,” said Chevi Friedman, a senior at SCW. “Commuters especially...you can’t force people who don’t live on campus to stay after hours...I just think that making something ‘mandatory’ for us was a little silly and really unrealistic.”

Others felt that the practicality and applicability of the information relayed during the session were perhaps lost due to the way the session was conducted.

“I understand the importance of the session and the increased awareness of security on campus,” said one SCW senior. “But when you have three hundred packed into a room where many have difficulty seeing the screen and hearing the presenter, the information will not be absorbed or retained.”

Two weeks after the security training sessions took place, another email went out describing the special NYPD coverage to be implemented during the weeks of the High Holidays. On the uptown campus, an NYPD Mobile Command Center Vehicle has been placed at the intersection near the Gleuck Center, where prayer services are held during the holidays. One email sent from YU security to the student body lists “the backdrop of the Gaza conflict and the recent actions of ISIS, along with reports of rising incidents

of anti-Semitism around the world” as an impetus for these increased security measures during this time.

These relatively recent security measures come amidst already pre-existing safety precautions that Yeshiva University has been practicing for years. Murtha has been conducting security orientations, as well as providing extensive fire safety and evacuation training for the student body, employees, and security officers here at Stern.

Sommers recounted that when he started his job at Stern twenty-five years ago, the student council was working to successfully implement a policy that would require students to show their IDs when entering campus buildings. Though he understands that many students feel inconvenienced by having to locate and show their IDs, Sommers stressed, “in this day and age, it is important that everyone is comfortable with who is entering the building. It can only be done with everyone’s cooperation.”

Sommers imparted a lasting message to the student body: “If anything [strange] is observed, immediately notify the security department and let us know. The quicker you notify, the quicker the response,” he stated. “Always be prepared.”

Gaza Conflict Reveals Mounting European Anti-Semitism

Continued from page 1

hard now to predict how things will look once Gaza calms down. But it looks like a red line has been crossed where many don't make the distinction between Israel and Jews anymore" (Ha'aretz, Aug. 12, 2014).

Most recently, two Islamic teenage girls were arrested on September 2nd for plotting a suicide bombing of a synagogue in Lyons, France. On September 14th, rocks and bottles were thrown at the Jewish Martyrs' Memorial in Brussels, and on September 16th in Anderlecht, Belgium, a synagogue was the target of an arson attack, with Belgian fire services stating that initial investigations point towards a racially motivated attack.

Although these attacks are far from home for most Stern students, they nevertheless serve as a reminder that time and again Jews feel threatened in their home countries. Zahava Lieberman, a senior at Stern College, said, "I've heard from Europeans, mostly those living in Paris, that Jews are treated as second class citizens. There's a clear distinction between Gentiles and Jews and I don't think that exists in America. I know that the Muslim population in Europe is rising and...based on the news, I definitely think anti-Semitism has gotten worse. On most levels [anti-Semitism] is irrational, but I do think it always existed and always will."

The rise of the Muslim population in Europe is not the only factor contributing to increased anti-Semitism. In the Hungarian parliamentary elections this April, the radical nationalist Jobbik party, known for its explicit anti-Semitic remarks and positions, became the third largest party in Hungary. As one example of

their anti-Semitic views, in November 2012, Jobbik's deputy parliamentary leader Marton Gyongyosi suggested in Parliament that the Hungarian government should tally up a list of Hungarian Jews who pose a national security threat to Hungary.

Natan Szegedi, a senior at Yeshiva College from Budapest, Hungary, described how anti-Semitism is categorically growing in his home country. "European countries are showing strong bias against Israel, which is a modern manifestation of anti-Semitism."

Szegedi also discussed how "the economic downturn in many European countries led to a renewed anti-Semitism, something that did not happen in the U.S."

Regarding the growth of the Jobbik party, he said, "there is an obvious and visible rise of the far-right, anti-Semitic segment. Hungary is in the news a lot for having openly anti-Semitic political parties doing well in elections. You can clearly see that the country is not headed the right way."

The Anti-Defamation League recently conducted a poll in Europe that

was elucidated by Abraham Foxman in a letter to the *New York Times* on September 24th. "When asked if they agreed with the statement 'Jews don't care what happens to anyone but their own kind,' 33 percent of the population in Belgium agreed. The responses varied little from country to country." Foxman emphasized that European mindsets such as these promote the ever-increasing anti-Semitism and hatred in Europe, "which has had remarkable staying power through the ages and so far no clear antidote."



Miguel Medina via Getty Images: A man walks, on July 21st, in Sarcelles, a Northern Paris suburb, along a restaurant that was damaged on July 20th after a rally against Israel's Gaza offensive turned violent.

Yeshiva University: An Unparalleled Experience for Students from Around the Globe

Natasha Bassalian The beauty of New York City is its intensely condensed population of people from many locations around the globe who bring with them their language as well as elements of their food, expressions and behavior. To compare one's own thoughts and mind with those around her is the key to learning, and there seems no better place than Manhattan to do so.

Stern College for Women, located at the absolute heart of this magnificent city, is a ground for education, connections, friendships and diversity. Each year, many students from all corners of the earth decide to enroll in one of the only colleges with combined religious and secular opportunities. Whether it be from The United Kingdom, Chile or Brazil, young Jewish girls make the bold decision to leave their families, friends and all things familiar to come to a city full of new and interesting people, a wild array of incredible opportunities, and new ways of thought and knowledge to gain.

Dasha Sominski from St.

Petersburg, Russia, majoring in Neuropsychology and Creative Writing, did exactly this. She left her familiar life in Russia and created a new and exciting life for herself at Stern College.

"Ambition is something quite unheard of in Russia," she said. "I was coming from a limited sort of perspective to New York, but I found a window into new ways of thought and a new identity."

Coming from a religious background, Sominski expressed that "No school is similar to what Stern offers, with the ability to solidify the Jewish life with religious studies as well as the ability to earn a degree."

Majorie Ferreira from Sao Paulo, Brazil, an Accounting/Management major and president of the sophomore class of 2017, began her experience in the United States as an exchange student in Arkansas at the age of 16.

"It then became my dream," she said, "to come to a university in the U.S. and I specifically sought out universities with large Jewish communities." Ferreira stumbled upon

Stern College, and it became one of her leading choices.

"There is a very strong, warm Jewish community at Stern and in New York, and when coming from a different country to the new and unfamiliar, there is already something I have in common with everyone else—a shared sense of Jewish identity—which instantly helps."

To the south-west of Brazil lies Chile, where a flourishing community of Ashkenazi Jews thrives. Melanie Hes, majoring in Psychology, is a native Chilean who made the daring decision to come and live in New York City as a student at Stern College.

"My Jewish identity and continued education is very important to me as well as my parents," Hes remarked. "Stern College for Women has a flourishing department devoted to enhancing the students' sphere of knowledge and exposure to Jewish studies and life, as well as great degree of opportunities. Stern opens up so many doors to girls seeking to continue their religious studies as well as acquire a degree. This

combination was perfect for me."

Stern is also home to students from Great Britain. Rebecca Hye, a native Londoner who just completed a year of seminary at Midreshet Yeud, has just begun her first year at Stern and is "excited about this new chapter of life that has just begun to

Continued on page 8



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Yeshiva University: An Unparalleled Experience for Students from Around the Globe

Continued from page 7

unfold." She is double majoring in accounting and finance and stated, "New York City is the best place on earth to be in the world of business. It is a powerhouse of brilliant people with brilliant opportunities to offer."

Upon being asked why she chose Stern specifically, Hye replied, "The connections are endless and the education is very stimulating and challenging. I also value immensely the continuation of my Jewish

studies and influence, and Stern is ideal in this sense."

Ester Eliashev, from Strasbourg, France, studying Neuropsychology, feels similarly about the excitement of pursuing education in America. "There are new lessons to learn each day, new challenges to face and immense growth potential. I feel it is a huge accomplishment in and of itself that I have challenged myself to compete my degree in English."

Upon comparing society in France to that of New York, Eliashev

explained that "there is a lot of anti-Semitism in France, and to see such a liberated display of religious belief go undisturbed in New York is a beautiful thing. After spending a year at Michlala in Israel, I yearned for [a university which would allow] a religious atmosphere to follow along with me into college," Eliashev added. "Stern certainly does so."

New York City is home to millions seeking out a dream, whether for success, for happiness, or for nurturing a lifelong passion. Stern

College has a very similar dynamic. Girls from various countries decide to live here in this fascinating city in pursuit of a degree as well as all the experiences they will happen to come across along the way.

As the popular saying by Robert De Niro goes, "I go to Paris, I go to London, I go to Rome, and I always say, 'There's no place like New York. It's the most exciting city in the world now. That's the way it is. That's it.'"

A Skewed View: Biased Media Reports on Israel-Gaza Conflict

Miriam Saffern In a bomb shelter, a young boy gazes at a bird perched on his wrist, while another boy chuckles contently from his green plastic chair in the corner of the room.

Beneath that is a shocking close-up of a ten-year-old Gazan murdered in a drone attack. Her eyes are shut, her mouth is slightly ajar with the tips of her crooked newly grown adult teeth visible, and her small head is wrapped in a graying bandage. A woman's delicate hand strokes her chin and two palms clutch her cheeks.

Photo series like this from the *New York Times Magazine* convey the destruction of the normalcy of Gazan life in a tragic and pity-invoking manner. The contrast of Palestinian funerals to the colorful and seemingly bearable Israeli realities elicits further horror from viewers, and presents the Israeli-Palestinian conflict as an attack on the innocent Gazans.

In many other areas of media, the news is reported in ways that elicit recurring sympathy toward the Gazans, especially during the war

this summer.

On the radio: Radio stations periodically reported the casualties suffered by both Israel and Gaza. They mentioned that the number of Israelis killed was under one hundred, with a small number of them civilians, and they subsequently emphasized that the death toll of the Palestinians was over one thousand, stressing that a high percentage of them are civilians. However, they failed to report that Hamas hides in highly populated civilian areas, and that Israel is protected by the Iron Dome, which prevents civilian casualties despite the constant firing of rockets at civilian areas.

Additionally, even though far less Israelis were killed, the attempts to kill Israelis were constant. Sirens sounded every few minutes in the south, day and night. A Stern student who was in Israel during the beginning of the war this summer recalled that she was on a train passing through Tel Aviv, when a siren began to blast. Everyone in the area was forced to race for shelter. "That was a real shock," she said,

"and also strange to see an entire city completely disrupted for half an hour because of a rocket attack."

Another time, a siren awoke her and her family at two in the morning. "We had to wake up all my younger siblings and run to the ma'amad, and then count and make sure that we didn't leave anyone upstairs. That gave us a real taste of what the south went through every night." Overall, she pointed out, "even though there weren't many casualties from the rockets, the sirens themselves caused real disruption and anxiety."

On television: On August 26, CNN showed footage of fiery explosions amidst homes in Gaza. On the Israeli side, they showed children and parents who were forced to evacuate their homes due to rocket fire, smiling as they jubilantly boarded a bus to Jerusalem. Though the facts were accurate, the video portrayed the Israeli situation, specifically citizens being uprooted from their unsafe communities, as miniscule and tolerable, whereas the images of bombs erupting in Gaza seemed far more

severe.

Generally, media reports relay information about both Israel and Gaza, but they tend to be geared toward arousing sympathy for the Palestinians, rather than revealing the truth of their terrorizing goals. And when they air reports about Israel, it is typically accompanied by footage of Gaza or by mention of other reasons to believe that Israel is the avenger.

Tova Kwiat, a Stern sophomore who interned for an organization called Endowment for Middle East Truth, the Capitol Hill think tank, worked this summer to reverse those effects.

"The whole point of my internship was to inform congressmen and their staffers the truth about the Middle East. So often the media talks about Israel and half of what it is saying is wrong," she notes. "Some people have no clue. They follow the media and therefore think poorly of Israel."

In addition to working on Capitol Hill, Tova also attended an Israel rally as well as a pro-Israel conference, among other events. At both events, protestors who have a skewed view of Israel because of the biased media came to shout that Israel is the murderer.

"They are saying it as if the Gazans are just sitting there, minding their own business and suddenly being killed," Tova observed. But the truth is, Tova remarked, that Israel does "all it can to avoid injuries and death."

In contrast to the protestors, those that are not yet completely swayed by the media are willing to listen to what Israel has to say.

"During the war we had the ambassador to Israel come give an information session about what was really going in Israel. It was well attended," Tova recalled. "People are interested in hearing the truth."

The bias of the media also makes it difficult to ascertain which information is accurate and which is not.

Rabbi Hidary, professor of Jewish History as well as other Judaic studies at Stern College, advises students "to approach current events the same way we approach ancient history. Read multiple sources from various points of view, try to distinguish fact from opinion, and use your best judgment."

American Media
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Against Jews



Meet Erica Lemm: YU's New Assistant Director of Athletics

Devi Braun Leaving the state of Michigan and daring to enter the hustle and bustle of NYC, Erica Lemm, the new assistant director of athletics, has joined the YU Macs family. Erica grew up in Clinton Township, Michigan with her younger brother and sister. There she attended Chippewa Valley High School, and encountered her role model, the goalie of her soccer team; a player who was talented enough to flourish in more than three sports. She was an inspirational person filled with positive energy and encouragement. Though this young woman passed away years ago, Erica never ceases to forget how this goalie contributed to her life.

Sports was always an integral element to Erica's identity. Her brother played basketball throughout college and her younger sister currently plays both hockey and lacrosse for her school. Years ago, Erica's father was recruited to play professional baseball but turned down the offer because his heart was with basketball. He started the women's basketball team at Lawrence Tech University, and is now the assistant coach there.

Growing up with a coach in the house, Erica learned the importance of following her heart and discovering all that sports has to offer. At a young age,

she slowly veered away from karate, and moved on to play just about every other sport out there, including soccer, running track and cross-country, volleyball, and hockey.

While in high school, she hoped to get recruited by a college to play soccer, but she tore her ACL. After recovering, Erica once again played soccer, but only three games into the season, she tore her ACL for the second time. As a senior, it was too late to be recruited, so Erica went on to attend Central Michigan University where she intended to pursue her dream of becoming a sports writer.

Erica's path to becoming a sports writer was altered after she began to coach and work administratively for club teams at her school. She declared a major in Sports Management. Although not on the Varsity team like she had originally intended, Erica continued to play soccer for that program. After college, Erica worked as the sports coordinator at a community college in Ann Arbor, while she simultaneously worked on receiving her Master's Degree. During this time Erica somehow found time to give back: she coached both high school and middle school teams and provided aid to the American Cancer Society by

running the Relay for Life twenty-four hour walk.

After years of perseverance, "never give up" is one mantra Erica firmly believes in. After tearing her ACL three times, she continues to play the sport she loves and runs daily. Even when her high school coach doubted her ability to play if she ever returned to soccer, she used people's doubts to push herself harder. Erica allows for others to drive her, and guide her to the road of success. As a result, she is constantly giving back to those who have touched her life and pushes others to fulfill their potential.

Now living away from her family for the first time, Erica explains that taking on this new position is what she thought was the best move for herself. She has adjusted well in New York and can now comfortably call it home. Erica delights in the fact that Yeshiva University has allowed her the opportunity to work with students who value and focus mainly on their academics and also manage to find time for athletics. She hopes to bring more organization into our sports program and to build the recruiting aspect so that each of the teams will continue grow.

Through her time on teams she realized that athletics are not only about

winning, but also about learning skills that can be carried throughout life. Sports bring out the importance of time management, working with others, and many more life lessons. Athletics have touched Erica's life, and now she hopes to impart that same experience to the students on the Beren Campus.



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The Start of Something New: A Look into the Lady Macs Volleyball Team

Emily Rohan New year, new season, new coach, but no new teammates. Heading into my first preseason training camp session at the end of August, the situation seemed bleak. Not having enough players for a full team, and having just been notified before camp began that we had a new coach, my teammates and I feared our season might be over before it even started. However, despite our reservations, the five volleyball players eagerly awaited a week of intense training with friends and bonding over our upcoming season.

We were greeted at the bus stop to camp by our new assistant coach, Grigoriy Agrest. He explained that the head coach, his father Joseph Agrest, would not be attending camp this week, but Grigoriy intended on covering a lot of ground. With the anticipation of an exhausting week, I settled in for the bus ride to Camp Seneca Lake

in Honesdale, PA. When we arrived at the campgrounds, I was surprised by the beautiful accommodations and the array of athletic equipment provided: There were more basketball courts than I could count, an outdoor and indoor pool, outdoor volleyball courts, a beach volleyball court, soccer fields, and tennis courts. My expectations were beyond exceeded and the week had barely begun.

As practices began, we were not surprisingly, very sore and tired. Our day started way before breakfast, and aside for a couple hours after each meal, our training wasn't over until after dinner. Each day was filled with four to five practice sessions. Having so few players was difficult, and it was difficult becoming accustomed to having a new coach. Nevertheless, we were determined to have fun off the court, and although our bodies were aching and were exhausted, my

teammates and I spent our nights socializing with each other and our fellow Yeshiva University athletes.

After five grueling days of drills and exercise, and a lot of team bonding, I left camp confident that we would survive the season, and I have not been disappointed. The number of players continues to increase. Although we have yet to cease a 'W', week after week the core girls who began the season, along with many new players, continue to push ourselves to our limits. We motivate each other when we're down, and celebrate the small victories, and we hope to build a stronger program in the weeks to come. Knowing that before the season began that the odds were against us, I am amazed by this team's willpower. I am confident we will continue to work and drive through this season.

The Ultimate Vitamin Guide

Ariella Sieger Your mom always pushed you take that chewy gummy vitamin, but did you ever think about why she was so insistent? What is it about vitamins that make them so crucial to our diet? Each vitamin, with its own seemingly random letter, has its specific benefits.

Vitamin A: This vitamin is made up of retinoids (active particles found in animal particles) and carotenoids (non-active particles found in plant particles). This vitamin plays a crucial role in vision, cell differentiation, and the immune system. The most common foods that contain high amounts of Vitamin A are sweet potato, carrots, and cantaloupe.

Vitamin D: Also known as the "sunshine vitamin," Vitamin D helps the body absorb Calcium. People may not realize that while they may be taking in solid amounts of calcium through milk and other calcium rich sources, without Vitamin D, this calcium cannot be absorbed into the body. There are two forms of Vitamin D: D2, which is found in plant foods and Vitamin D3, found in animal foods and are synthesized by the body. Though Vitamin D may be attained from fortified dairy products, dietary sources of Vitamin D are generally insufficient, and doctors therefore generally recommend taking Vitamin D supplements.

Vitamin E: Many people have heard of Vitamin E as an element of cosmetic products such as lip balms or lotions. Vitamin E functions as an antioxidant, protecting the cell membrane from oxidative damage from free radicals. Thus, preventing wrinkles and early aging. It also has a general, but very important role in allowing

Continued on page 18

HEALTH CORNER

Devi Braun

ARTS & CULTURE

Abigail Bachrach

It's Late Night New York with Jimmy Fallon

Zahava Lieberman Late night television is not actually filmed at midnight. In fact, the process to attend a taping of any late night show can begin up to three months prior to its filming. Luckily, living in New York City makes it almost too easy to catch at least one late night host live.

Whether you prefer Lip Flip, Fake or Florida, Meyers, Fallon, or even retiring Letterman or Colbert, there's one thing you can't know unless you attend their show live: there's about 180 minutes of waiting involved. And most of that waiting is done on your two feet.

It's not all bad though, especially since the tickets are completely free. There's a live comedian waiting to prep you for the show once you arrive at the studio. The comedian will entertain until the show begins. Not only does the comedian wish to see you smile and laugh, he or she (although overwhelmingly he) teaches you how to behave as a member of the audience. Since almost all late night television shows are filmed with the backdrop of a live audience, one learns how important an audience's energy is to a late night host. The host directly feeds off the audience's energy. One is not permitted to talk or shout while the segment is filming. An audience member suddenly learns new ways to clap and cheer. The process, though routine, can also be pretty enlightening.

On August 21st, I sat in the audience of Jimmy Fallon's Tonight Show at NBC Studios. It hadn't been easy to get tickets. I had signed up to get instant alerts every time Fallon tickets became available. At the beginning of certain months, fans are invited to wait on a virtual queue in the hope that they may be chosen to receive tickets to the Tonight Show. Tickets are distributed on a first-come first-served basis. Since the process is totally electronic, the first individual to

log in is taken to a page showing available dates for tickets and asking for personal information. Once the first person completes the form, the next individual is able to proceed in the virtual line and is invited to fill out the same form.

The Fallon ticket request page was set to open at 11:30 AM and I had started refreshing the page as early as 11:25. The process is not all that different from class registration. I wasn't accepted to the queue until 11:45. Within 40 seconds I had an email in my inbox confirming my reservation to the Tonight Show.

Although the taping doesn't start until later in the evening, guests must arrive in the early afternoon to be guaranteed a spot in the audience. Additionally, the guest list only becomes available during the week of the taping. Josh Brolin, Artie Lange and Giada De Laurentis were the night's guests. I was only familiar with their associated careers: actor, radio show host, and something related to eating or making food.

To be honest, I wasn't all that pleased with the roster. Fellow Stern College senior Daniella Eson, my plus-one for the evening, did not allow her dismay to get in the way of her enjoying the comedic genius that is Jimmy Fallon.

Turns out, we had nothing to worry about. Josh Brolin performed Goonies skits—a 1985 Spielberg classic in which he played a major role—at one point even throwing his red bandana, a reference to the film, to the audience.

Artie Lange told hilarious story after story, shedding light on his hectic lifestyle. Lange also announced, much to our glee, that every audience member would receive a free copy of his autobiography immediately after the show. Trust me, I would probably be ecstatic to read just about anyone's autobiography cover to cover if he was placing it directly in my hands.

Giada De Laurentis whipped up a veal-based dish followed by a sweet alcoholic beverage for all the audience to see.

After all the guests had been presented, they came together to play a game of Catchphrase. The game is similar to Taboo and played competitively with teams. It was a motley crew, complete with vulgar humor and inside jokes. As a guest to the show it was interesting to see celebrities interacting in such a nonchalant manner. Fallon was on point for the entire show, targeting ever-popular issues such as Obamacare, Congress and terrorism. Fallon's clean-cut, fun-loving personality really

shone when he was interacting with the guests, primarily in contrast to Lange.

After leaving the show—Lange biography in hand—I thought to see what I had gained from this experience. I had, without a doubt, been exposed to trending media, because, after all, each guest had been promoting their latest project. I had also witnessed award-winning celebrities firsthand. At the same time, I also felt part of a larger context because I played a vital role as a member of the audience. And all this for free.

As someone who has attended various late night productions, there are many reasons Fallon stands out in the ranks. He is willing to go to any length to put a smile on the audience's face. His antics are original



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and he attracts popular stars. He rarely breaks character while on the air. It's easy to tell that he can be edgy but still come across as a gentleman. His personality permeated the show and received constant applause from the audience. Fallon is also one of the few hosts to run among the audience at the very end of the show, and allow guests to give him high-fives.

Again, the most worthwhile aspect of attending a late night show lies in the up-close exposure to the entertainment industry. Not only does an audience member learn what is up and coming, he or she feels personally connected to the celebrities. All those aside, there are free giveaways.



Zahava Lieberman and Daniella Eson at the NBC Studio



Zahava Lieberman and Daniella Eson at the NBC Studio

THE YU OBSERVER OBSERVES SOME MOVIES

The Giver vs *The Giver*

Sarah Katz As soon as I heard there was going to be a film adaptation of the beloved novel, *The Giver*, two thoughts popped in my mind. The optimistic side of me was excited and thrilled. Twenty-one years after the John Newberry Medal winning book was published, Hollywood was finally going to make a movie adaptation that was worthwhile.

The other side of me was not as enthusiastic. Like many people, I read *The Giver* in middle school. To this day, I can remember the way Lois Lowry wrote the simple yet haunting tale of what happens when an authoritarian government dictates the way people live their everyday lives. Lowry was a pioneer in writing the popular genre of dystopia, which many successful books today like *The Hunger Games* and *Divergent* use in their plots. But even while many movies fail from their book counterparts, I was willing to give *The Giver* a chance.

The Giver tells the story of 16-year-old Jonas who lives in a society where his government controls everyone's lives. People are assigned their jobs, spouses and even children and blindly follow all instructions and orders. At the ceremony of 16 with all others his age, Jonas is assigned his future position, "The Receiver of Memories." Through receiving the memories and forming a friendship with his mentor, a man known as "the Giver," Jonas realizes he cannot live in a society where he cannot think and experience emotions of his own. He then devises a plan which goes against everything his government tells him to do.

The Giver has an all-star cast including Meryl Streep, who plays the new role of the government's leader, the Chief Elder, and Jeff Bridges, who plays the Giver and spent almost 20 years developing the film. It seems its producers knew a cherished book like *The Giver* would need a heavy dose of Academy Award winners to play such iconic roles. Brenton Thwaites, a newcomer from Australia, easily fits the role of the curious, yet courageous Jonas with Odeya Rush playing his love interest. Bridges and Thwaites have a chemistry throughout the film, which makes the moviegoer, who may have problems with the rest of the film, somehow still want to watch their scenes. Streep and Bridges both steal the screen with their impressive acting chops, but the young actors, Thwaites and Rush, both show they can hold their own as well.

One of the biggest parts of the film and the novel is, (spoiler alert!) Jonas' world is in black and white. In the novel, the government decides that removing color and emotions will get rid of jealousy, pain, and competition.

Before entering into the movie, I wondered if the film would be in black and white. Much to my happiness, the

movie begins with Jonas and his two friends, Fiona and Asher (Cameron Monaghan) riding their bikes on a colorless morning. The movie starts showing color when Jonas notices Fiona's red hair and the color of the apple in the Giver's home. The movie does not change those parts from the novel and brings them to life by doing something a book cannot—allowing its viewer to truly see the transition. Even when the film is in color, the colors are dull and rarely bright, which lends to the idea that with the government still in charge, the world can still not be completely colorful.

Fans going in should know that Jonas and his friends' ages change from the innocent age of 12 to the more mature 16. Many young adult novels have turned into huge franchises like *Twilight*, *The Hunger Games*, and *Divergent*, who all have teenagers starring as the main roles. By increasing the ages, producers must have hoped for similar results.

Truthfully, the age did not matter to me so much. I always felt while reading the book that Jonas was dealing with a lot of heavy stuff for a twelve-year-old. He receives all types of memories including wars, sicknesses and death. Even though altering his age changed Jonas' innocence, it made his character seem more authentic and believable to be dealing with such intense responsibilities.

There are some major additions in the film that provide information the book never addresses. In the film, "receivers" have a special marking on his or her wrist. Jonas first notices it on Gabriel, a baby he rescues from release, their society's term for death, and the Giver has one as well. Some of the best scenes are with Thwaites and baby Gabriel as he serves as a hero for the child.

Another big change is with the character Fiona. Fiona is featured heavily in the movie as Jonas' love interest, a choice clearly intended for its younger viewers and different from her more minor original role in the novel. For the most part, Thwaites and Rush are believable as the society's forbidden lovers. Rush's acting, however, remains emotionless even towards the film's end when their government no longer controls her.

One of *The Giver*'s best aspects is when the memories are shown near the film's conclusion. Jonas experiences a series of memories that makes him finally understand he cannot live a life under a government that does not let him experience such wonderful and tragic experiences. Even though Lowry describes the memories in the novel, the film does an excellent job of bringing them to life for the viewer.

Even with its changes, the film does not lose the emotion and beauty that the book is famous for. Lowry made her readers think about how living is about experiencing all types of emotions: the good, the bad, the exciting and the painful. The movie executes this well, staying true to the book's message and bringing them to life on screen. The magic that was felt by children when reading the book for the first time is still there on the screen, all these years later.



One Boy Captures Life's Passing Moments: A Review of *Boyhood*

Miriam Pearl Klahr Movies often build up to one pinnacle moment: a graduation, facing a challenge, death, or birth. But *Boyhood* (2014) does not attempt to tell one specific story. Some of the movie's scenes feature milestones, such as birthdays, graduations and first days of school. Others are ordinary: a father and son eating lunch together, note passing behind a teacher's back, walking with friends. *Boyhood*, like life, is simply comprised of life's many moments, blurred one into the other.

Capturing the unique rhythm of life's passing moments was no simple feat. It required twelve consecutive years of filmmaking with the same cast, beginning in 2002. Upon choosing the film's actors for the movie, *Boyhood* director Richard Linklater knew he would be working with them for a long time, regardless of how they would change. Linklater had a general direction for the movie, but the details were left open to organically unfold with time. The actors themselves helped write the script and develop their characters as their own personalities evolved from year to year. The result: A compilation of many scenes that capture the growth trajectory of protagonist Mason (Ellar Coltrane), his divorced parents (Ethan Hawke and Patricia Arquette), and sister (Lorelei Linklater), as he develops from a first grader to a college freshman.

For today's college students, watching Mason grow up is almost like looking through a personal time capsule. The backgrounds of the film's scenes are mirroring backdrops of their childhoods as millennials. For example, current events such as the war in Iraq and the Obama campaign surface within Mason's day-to-day activities. The technology surrounding Mason shifts from bulky VCRs and Gameboys to sleek iPhones. The music, car models, and fashion styles Mason encounters are the recognizable changing fads of the early twenty-first century.

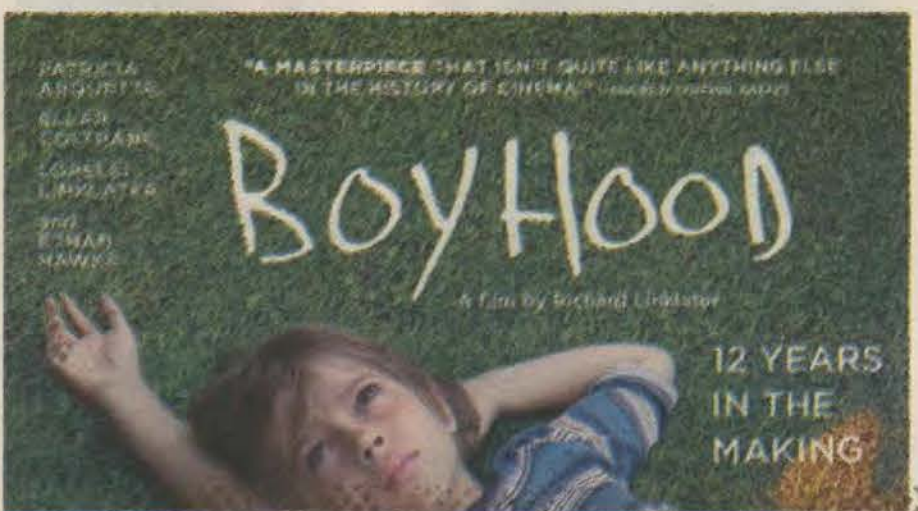
Though Mason doesn't emerge as the stereotypical teenager of today's generation, the film depicts him as a product of his era. In a world of constant selfies, Mason feels most comfortable behind a camera. Instead of using the camera to take images of himself, he expresses himself through capturing moments from a different point of view.

He contemplates deleting his Facebook page and wonders how technology affects interactions and perceptions, often reducing people to a profile picture and emotionless text. As he matures, Mason struggles to discover his identity. He experiments with different fashions, such as nail polish, earrings, buzz-cuts and long hair, portraying the way today's generation explores sexuality and identity. He enjoys deep conversations, but doesn't act upon them. He isn't terribly motivated and lacks specific goals. And though he is sweet, he is also self-absorbed. Mason is his own unique character, and yet every college student can identify with Mason's experiences of growing up at the start of the twenty-first century.

Boyhood received strong reviews and numerous awards, namely because the film's messages transcend beyond today's youth. Though the moments encapsulated in the movie are Mason's, they are also universal. They convey life's confusion, its joy, sorrow, and bliss that occur in the small fleeting moments often ignored. They capture how people slowly change, some finding themselves, other's losing motivation or chasing something, though they don't know why. *Boyhood* shows how some characters fix their mistakes while others keep returning to their shortcomings. The movie's power lies in how these realisms unfold slowly, through decisions of everyday life. They are not filmed as climaxes, but simply as moments.

Watching the series of scenes as Mason grows leaves the audience with big questions. What gives certain moments significance? The movie captures how life is often lived for the next milestone, but when countless milestones disappear into memories, the viewer is left wondering about the significance behind these blurred memories. Which moments in life are deemed as significant: the moments a person seizes or the moments that seize a person? Or, is life just a culmination of the average moments?

Boyhood doesn't attempt to answer these questions about life and time. Instead it invites viewers to embrace the passing nature of time and to explore the questions life evokes through the lens of one boy growing up one moment at a time.



Jeff Koons: Just Another Art Exhibit

Shira Huberfeld As the Whitney Museum closes its Madison Avenue doors and moves downtown, it ends with Jeff Koons. How appropriate, as the contemporary artist attempts to herald in the end of art.

Koons, in his kitsch engagement with the readymade, conflates skill with substance as is apparent in his highly technically skilled works. But while he evokes countless art references in an attempt to write himself into the artistic tradition, it comes off as shiny but hollow—the trademark features of all of his work. However, he remains one of the most successful contemporary artists and his stuff is incredibly sought after. Koons is arguably the most famous artist of this generation; his works are known well outside the confines of the art world.

The exhibition is quite large and takes up almost the entirety of the museum. It is divided on three floors of the Whitney, moving chronologically from the second to the third and then the fourth. Each room contains works from specific series that Koons did over the years on all sorts of subjects and in all different media, from “The New,” with its glass enclosed vacuum cleaners, “Banality,” which contains large versions of porcelain statues, and “Celebration” which includes his most famous works such as “Balloon Dog” and “Hanging Heart”.

The works in the exhibit, while varied in technical skill and make-up, are recognizably that of one artist. Koons returns to two major themes in his work, mirrors and hollowness. Many of his pieces are made out of metal and are polished in a way that one can see their reflection. This is depicted in “Rabbit,” and the “Antiquity” series among others. The shiny surfaces of his sculptures are identifiable as Koons pieces around the world. Featured items at the Whitney exhibit from

www.flipsidepa.com; “Hanging Heart” is displayed during the media preview of “Jeff Koons: A Retrospective” at the Whitney Museum of American Art in New York.



Koons' first solo exhibition, called *Equilibrium*, serve to demonstrate this; a scuba tank and life raft that are both completely hollow. Each appears to be a lifesaving device. Instead, their bronze makeup will not save but instead will kill their user.

These trademarks beg an engaging question for the exhibit's viewer. Does Koons' art, which is engaged in the shallow and superficial, reflect our own relationship with art?

Koons' work holds up a mirror to us as we are forced to engage this question. The idea of the mirror in Koons' work, however, goes beyond the physical depiction. He places a mirror up to society, demonstrates what he sees in an incredibly technically skilled way, and presents his new reading of

contemporary culture to us. People react quite strongly against Koons, but one could say they are responding to the horror of seeing their own hypocrisies bared up in front of them.

In his “Banality” series, Koons created porcelains of all sorts of figures including John the Baptist, Michael Jackson and Bubbles and Amore, a teddy bear. People responded negatively to seeing John the Baptist beside Jackson and seeing Jackson in this way. However, one could say Koons was showing the public that they truly equated these two, and placing them together was showing the truth of how society truly sees religion and celebrity.

The hollowness plays into this as well. With his emphasis on things empty on the inside, Koons is demonstrating the hollowness of contemporary culture. In his “Inflatables” series, he blows up flowers and rabbits. The blowups are filled with just air, nothing within them. He again returns to inflatables in his “Celebration” series, demonstrating that it is a common theme in his work.

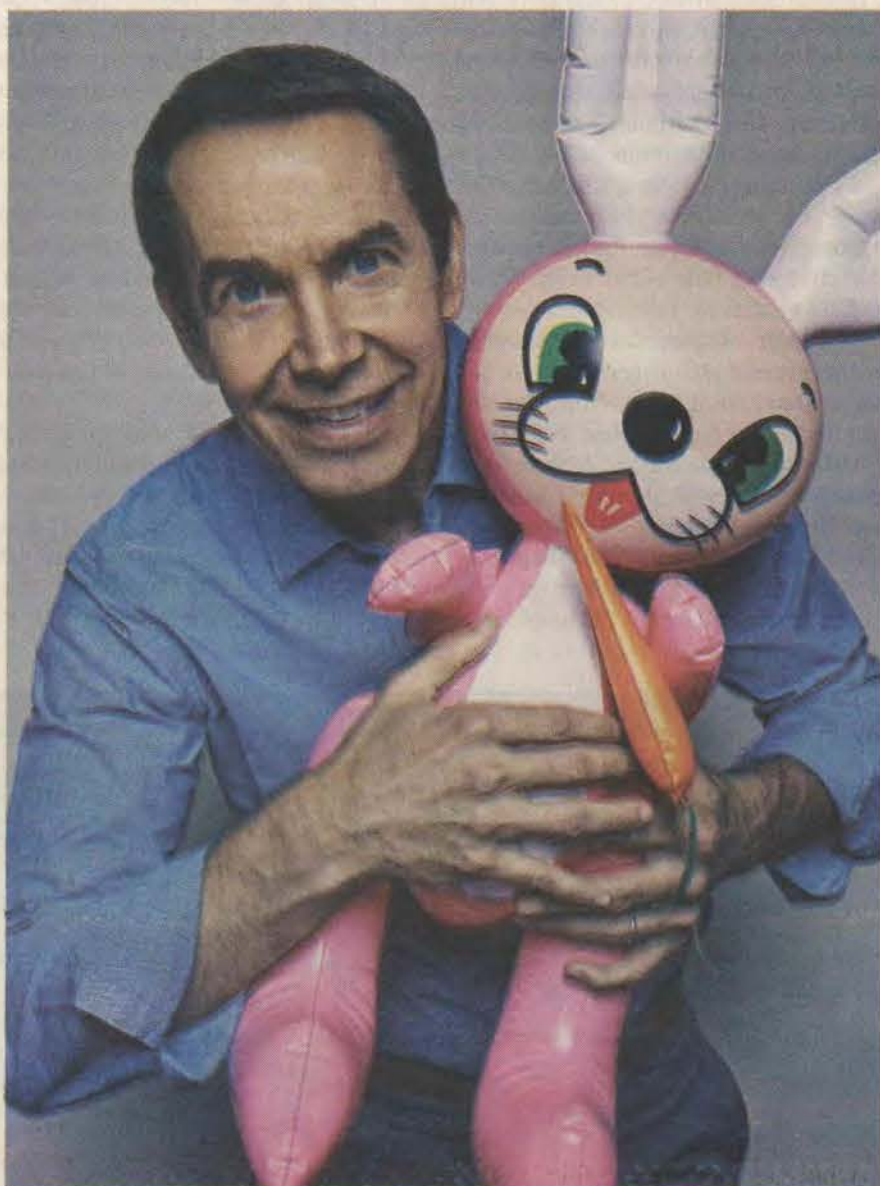
Though there is a way to understand Koons in the perspective of a social commentator, the exhibit overall doesn't depict that level of depth to its full possible extent. The walls are stark white and the division of the gallery space into small rooms and floors does not allow its viewer to truly grasp an integrated view of Jeff Koons. By the time the end is in sight, the first few rooms are already fading from memory. The rooms all resemble each other, after all,

and there are a lot of works to see.

Additionally, Koons himself does not truly develop an independent identity throughout the exhibition; he lacks a voice. As he strives to take his place in the legacy of art, the predecessors who he evokes with artistic references overshadow him. He pays homage to Duchamp with his ready-mades, Flavin with the lighting underneath them, Judd with the minimalist containers for them, Oldenberg with his inflatables, Warhol with his use of pop culture, and Lichtenstein with his Popeye. His later works from the “Antiquity” series seem to be a pandering to the classical history of art, as he tries to redo the classics in his own technical way. His uses of these influences can be interesting, but it makes him an aggregator of culture, not a cultural voice.

While waiting on line to see the exhibit for the second time, I was shocked to see how the line remained long well into the show's third month. Koons, with his technical skill and theatrical pieces, continues to inspire an audience and attract a crowd. But it's like that lifeboat. It may be detailed, but it's hollow on the inside. If one is looking for the true history of modern art, travel to the fifth floor of the Whitney instead, with its permanent collection of Andy Warhol, Jasper Johns and others.

Jeff Koons: A Retrospective will be at The Whitney Museum of American Art until October 19, 2014.



To Ice or Not to Ice: #IceBucket Challenge Revisited

Sora Gordon “At least it was a small bucket,” was pretty much the only thought that managed to penetrate the brain freeze to which I had just voluntarily subjected myself. By donating a sizable amount of my limited funds and dumping a bucket of ice water on my head, I committed myself to being the latest participant in the most recent viral sensation to sweep the nation – the ALS Ice Bucket Challenge.

The origins of the challenge are the source of heated debate amongst those who claim superior knowledge surrounding all things meme-worthy. However, Facebook’s data scientists did manage to pinpoint origin of the challenge’s spread across social media, narrowing it down to Boston. Boston, of course, is the home of former Boston College baseball player Peter Frates, who was diagnosed with ALS in 2012 and whom many identify as the inspiration behind the Ice Bucket Challenge. But although the challenge may have originated in Boston, it has since spread across the globe, from England to Israel to New Zealand and Australia.

The challenge is a simple one: within twenty-four hours of being nominated, participants in the challenge must donate to ALS, or face the penalty of dumping a bucket of ice water on their heads. After that, the rules seem to be flexible. Some people

stipulate that the donation must be at least \$100; others insist that the bucket must be able to hold at least three gallons. But although the rules vary, the focus remains unchanged – to raise awareness of ALS.

ALS, or Lou Gehrig’s disease, as it is commonly known, is a neurodegenerative disease that affects nerve cells in the brain and spine, causing patients suffering with the disease to progressively lose control of voluntary muscle action, eventually leading to paralysis and death. Although there are many sufferers of ALS, the disease is not limited by racial, ethnic, or socioeconomic boundaries. Despite this, research funds are sorely limited, so a viral campaign like the Ice Bucket Challenge was long overdue.

However, there are many that bemoan the prominence of the campaign. Sick and tired of countless challenge videos saturating Facebook, Vine, Twitter, and Instagram, people have begun to lash back at participants in the challenge for a variety of reasons. Fed up with the apparent stupidity or just plain clumsiness of several participants, BuzzFeed compiled a list of epic Ice Bucket Fails. Others claim that the challenge is insensitive to those living through a water shortage. But perhaps the most widespread cause of the ice bucket backlash is what many critics of the challenge call “slacktivism.”

OPINIONS

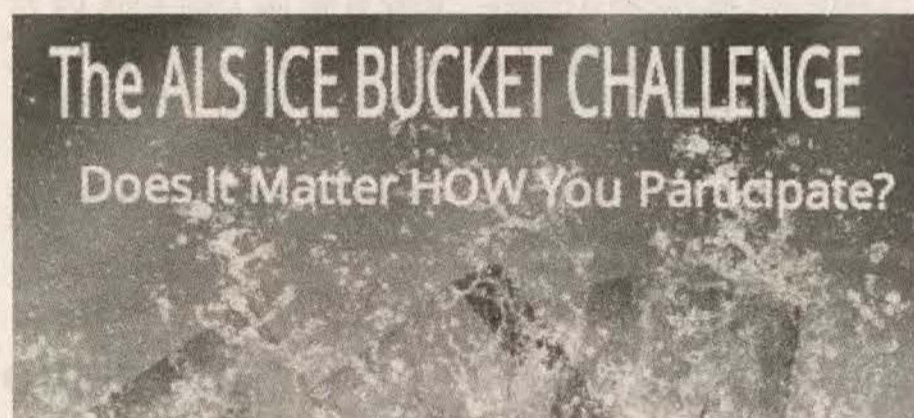
Maddie Zimilover
Renana Nerwen

Simply put, slacktivism is when rather than actually donating to ALS research, a participant in the challenge would rather spend the money buying ice and a bucket and then waste copious amounts of water filming the challenge. Of course, to the slacktivist, this all gets chalked up to raising awareness. The critic on the other hand, sees this as yet another participant in a global, “charitable” wet t-shirt contest.

Many dismiss the “slacktivism” critique because the Ice Bucket Challenge *did* manage to raise over 111.6 million dollars for the ALS Association. I dismiss critiques of the Ice Bucket Challenge for another reason. I dismiss the critiques for the same reason that ten rabbis joined the challenge at a wedding reception. I dismiss the critiques for the same reason that an Israeli citizen rushed

to complete the challenge as an air raid siren wailed in the distance. I dismiss these critiques for the same reason a groom joined the challenge in the middle of his own wedding, for the same reason the challenge went viral, for the same reason this challenge was started, for the same reason that I chose to participate in the challenge in the first place.

Because while the ALS Ice Bucket Challenge raised millions of dollars in much needed research funds, the Ice Bucket Challenge is about so much more than donations. It’s about showing sufferers of ALS that they’re not alone. That we haven’t forgotten about them. That we support them. That we care. So go on. Don’t wait to be nominated. Make your donation and grab your camera. It’s time to join the challenge.



Their Grief and Sadness Are Thirteen Years Old Today: Reflections on September 11, 2001

Blanche Haddad *For Elliot and the faith you have in me.*

I opened the sliding door onto our back patio and my younger brother followed. He slid the door shut behind him, an act that silenced the television. The sky was perfectly blue, the sun perfectly warm. We stood on our back porch in Brooklyn, watching the gray-black smoke float away.

My brother was still significantly shorter than me when he was six years old. He wrapped his small hands around four small plastic cups of water as he carried them over to the patio table. Our plan was to make clouds so it would rain, so the smoke could be cleared and the firefighters could save everybody faster. My nine-year-old mind was so sure that we could put clouds in the sky. An hour (maybe more, maybe less) later, my brother and I looked at the cups, looked up at the sun, looked up at the now gray smoke, looked back at the cups, then at each other.

“The water isn’t evaporating,” I said definitively.

“No, I think some of it did,” my brother said with the brightest blue eyes I’ve ever looked into. We don’t think about the people who have died,

we can’t imagine how many lives are unraveling, we don’t know about the huge evil that drove this day to hell.

For years afterward, I would play the events of September 11, 2001 over and over again in my mind, the way that the news channels played footage of the crumpled towers on a loop that day. I continued to remember so I would never forget what evil, pain, fear, panic, and even a nation looked like. I thought about the people on those flights, imagined their absolute terror that must have paralyzed each of them, their tears and rushed breaths, the last words offered up as prayer, their instantaneous deaths. I thought about the ones in the towers—looking out the windows, their eyes begging for help, clutching the walls of the very structure that would deliver their deaths.

That day went on too long, I remember. For hours and hours my siblings and extended family huddled around our television, everyone wearing the same empty look. Nobody spoke, save for the news reporters whose brows were turned up in fear.

Now, I am twenty-two years old and I walk to Ground Zero on September 11, 2014. My sadness and

unanswered questions are thirteen years old today. The streets aren’t any more crowded than they would be on a normal Thursday afternoon in the financial district; yet everyone around me seems to be walking too quickly. Marines and uniformed police officers stand dispersed in the streets.

“Is the memorial open today?” I ask when I don’t see a way in, but only a way out. The police officer looks me in the eye and I look for the sadness but I only see worry. “Only for family members until six, then it’ll be open to the public.” I think this is very appropriate; their grief and loss are thirteen years old today, their memories of loved ones just as vivid. I stand for a few minutes and study the tower erected in place of the fallen ones. I look up at the perfectly blue sky and the perfectly warm sun and I think that this new tower must reach into heaven, my God, it’s so tall. From where I stand, it seems like there are three triangles: two that point upward, and an inverted one between them. The tower, I realize, points up and points down. Up and down.

Up, like the direction our eyes were pointed that day—at the television, at the death filled sky, at

heaven—like the direction the smoke and fires had risen in order to destroy; like the direction my eyes would turn each time I stood on my porch, expecting to see two towers erected; like the direction our heroes were climbing when they acted heroically and died heroically; like the direction so many climbed on their way into work that morning, never to climb—

Down, where the towers inevitably crumbled, taking so many; where the stares of loved ones were pulled as they watched their worst nightmares come to life; where our tears fell as we looked on.

On that day, thirteen years ago, my brother and I stood in confused silence for another thirty seconds when it suddenly dawned on me. “Oh! If we *pour* the water on the floor, the sun can help it evaporate into clouds faster!” My brother didn’t question the nine-and-a-half-year-old me. We dumped the cups of water on the porch, watched it slowly fade away, until the paved cement was the same light gray color as the drifting smoke in the sky. Disappeared into thin air... There, I thought. My brother and I go back inside, and wait for the clouds to f...

Waiting on Tables, Waiting for Respect

Continued from page 1

to be ordered around by obnoxious customers, who were familiar with the experience of being yelled at by a middle aged lady, cheeks taut with Botox, for bringing out limp onion strings on her sandwich. In a strange way, being in both worlds at once highlighted the fallacy of the low class server stereotype. I came to recognize that I had previously, in some subtle and inarticulate way, looked down upon these people, and yet I was now one of them! Clearly, there was something wrong with my stereotype of the server.

The world of service is a bizarre one. As soon as you enter the bubble of the restaurant, normal concepts of courtesy melt away, replaced by a sort of sanctioned stratification. There is a pecking order, where the customer is suddenly always right, and the server is always at fault, no matter the circumstances. The superior customer has control practically as well as symbolically, with tip control. If the waiter doesn't notice the customer's hand go up quickly enough, the customer has the right to punish with a bad tip. Basic politeness and courtesy are commended in the customer rather than expected, with plenty of customers opting to decline commendation. As my coworker Kayla put it, "Some people confuse server with slave."

There is also a subtle expectation that service people are less intelligent. After all, there is no special schooling required to serve sushi.

After my first few weeks at work, I joined a few of the other more experienced servers and stopped taking notes on orders most of the time, unless I had a large table. Customers would frequently cast doubts upon my ability to remember, some even telling me that the accuracy of the meal would be my test. "Are you sure you don't want to write this down?" they would ask. "It's a lot to remember." I would laugh it off, flashing them wide smiles and saying that I thanked them for their concern, but that I would be okay without my notepad, that I was good to remember orders for tables of four or five. When I would turn away to enter their orders into the computer system, I always shook my head at their assumptions. It was inconceivable to them that the charming girl who was their server might also have a better than average working memory, that she might even be in any way more intelligent than they were. My memory was like a party trick to them, something to chuckle at in mild wonderment and amusement, and then forget in the blur of a pleasant meal.

I don't mean to imply that all of my customers were rude, or that they all spoke to me like I was a dolt. On the contrary; most of them were very polite, kind, and complimentary. In any given shift, I always got about five comments on what a nice smile I had or how friendly I was, and I always had a number of tables who would leave me very generous tips. I engaged in pleasant

banter with many of my customers, especially the regulars, and for the most part enjoyed making them happy with good service. There was, however, always a vocal minority of customers who were jerks, and treated either me or my co workers like we were scum, and it is to them I am speaking in the previous two paragraphs. The issue of subtle prejudice, though, is one that I think is far more universal than many of us would feel comfortable acknowledging. I am an extremely polite and open-minded person, but before I became a waitress, I really did have a quiet default assumption that the people who worked in Duane Reade, the cashiers at the pizza place, and the blue-eyed girls who waited on my tables were lower class, and probably not as intelligent or well educated as I was. This didn't mean that I treated them rudely, but as unhappy as I am to admit it, I definitely looked down on them in certain ways.

Now that I have been in both worlds, I realize that the perception of servers as inferior is totally undeserved. People in service jobs are just like everyone else, with accomplishments and ambitions and lives. If anything, the people I worked with were some of the most upstanding, funny, intelligent, and kind-hearted people I know. When I first started work, they all, without exception, welcomed me and trained me and helped me when I made mistakes. Apart from their good natures and remarkable lack of

competitiveness, I am also in awe of my co workers' work ethics. Most of them immigrated to this country within the last ten years, and have learned English as their second (or in the Bengalis' case, sixth) language. Many of them have families who depend on them fully for this income, and many of them have one or two other jobs to make ends meet. Their lives are full and interesting and rich; over the course of four months, I learned about Macara's modeling career, Camilla's aspirations to go to medical school, Abid's career as an engineer in Bangladesh, Martha's DIY projects on her fixer-upper home, Kayla's passion for art, and Hila and Carolina's surprising shared aspiration to become veterinary nurses. I personally am a psychology student, and hope to one day earn a doctorate and become a therapist.

Waitressing was not the unfortunate pit-stop I expected it to be. On the contrary, being a waitress was a huge growth experience for me, and ended up being one of the most interesting and thought-provoking things I have done in the past year. But the best part about it was that it allowed me to become friends with this incredible group of people, and spend my days laughing and joking with them. Getting to know my co workers shattered all of my stereotypes, and taught me better than any article ever could that server is far from synonymous with stupid.

An Unspoken Truth: Is There More to College than Finishing Your Pre-Health Major?

Merav Gold Like many of my peers, I came to Stern with my course schedule basically all planned out. Throughout my three or four years, I would take four lecture and laboratory courses, a variety of classes for the biology major, in addition to organic chemistry, physics, statistics and all the other classes needed to be pre-medicine. In Stern, it seems like a lot of students are on some sort of pre-health or science track: medicine, nursing, occupational therapy, physical therapy, or one of the many other health-related fields of study that are available.

One of the interesting benefits of majoring in a health-related field, is that there is not one particular track you need to follow. While this holds true for many professions, one advantage that being pre-med has in American universities is that it is a course of study and not a major. Theoretically, a student could major in whatever topic they want, such as biology, chemistry, political science, or art history. Aside from their chosen major, each pre-med student would be required to take the prerequisites for medical school, including the basic sciences (biology, chemistry, physics), organic chemistry, specific math classes, and a list of other social sciences, all of which medical schools expect their incoming students to know before starting their first year of med school.

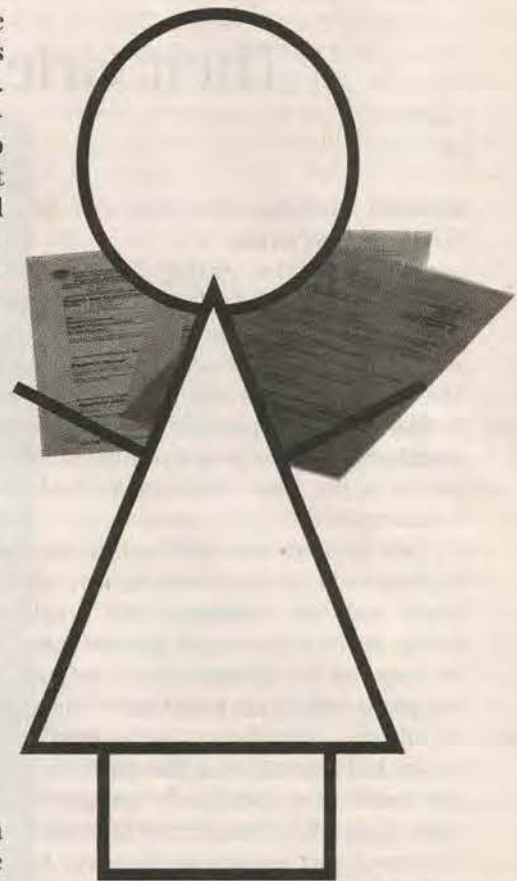
My question is this: why is the biology major the default and most popular major for those who

the health care world? There are many so classes offered in Stern that are often overlooked by students who are focused only on their career aspirations and the courses required to get them there. Oftentimes, students ask "what is the easiest class to fulfill requirement X," in the hopes of boosting their GPA with an easy A. I can't deny that a strong GPA is important for applying to graduate school. But I also believe classes, which may not specifically pertain to your major or career, must not be overlooked. We have the opportunity to learn almost any subject at a liberal arts college. It is frustrating when I see many of my career oriented peers focus only on what they believe will help them in the long run, rather than broadening their horizons academically while in college.

A school that combines both the arts and the sciences offers a wide variety of classes, which allows students to study subjects that don't just contribute to their career aspirations but to also explore anything the student might find interesting. For example, I am pre-med, while also majoring in Judaic Studies. That is the benefit of attending a liberal arts school like Stern; I can major in something that I am passionate about, like Judaic Studies, while also completing my requirements for medical school.

Education is not only about learning those skills that will prepare a person for their career. It bothers me that I often see and hear my peers lament the extensive general education

requirements at Stern. It seems to me that they don't see the opportunities that these diverse classes offer them. If the purpose of college were to merely prepare students for their next step in their career, then the entire concept of liberal arts core requirements would be superfluous. I believe that there is a method to the seemingly pointless madness that constitutes a liberal arts bachelor's degree. Information does not exist in a vacuum; everything we learn is interconnected. Just as one cannot truly understand the Torah without its commentaries, each subject in its own way, provides insight on another subject. Imagine learning history without reading the books that were culturally popular at the time, or learning biology without knowing concepts from chemistry. History and literature, biology and chemistry, are all connected. Beyond the subjects themselves, there are also important skills you develop through a liberal arts education. In some classes, you learn to analyze a reading, so that when you pick up the textbook for another class, you have learned to focus on the important passages. In others, you learn how to think critically, so that when you are in class or are doing home-work, you know how to ask the right questions. Choosing only those classes that are easiest, and not thinking seriously about which classes we take, prevents us from being able to gain as much as possible from our limited time at Stern. We must



challenge ourselves to take the more demanding course, to follow our interests and learn something new.

And don't worry, you can still be pre-med.



The Iron Behind the Dome

Allison Tawil During Israel's Operation Protective Edge this past summer, the Iron Dome defense system was responsible for saving countless lives, homes, and infrastructure throughout the Holy Land. Thanks to this missile defense system, in 2014 alone, over 1,000 missiles aimed for Israel were intercepted, with a 90% success rate.

While it is simple to understand the importance of having such a defense system in Israel, the technology behind the Iron Dome is not as simple to understand. The Iron Dome's development began in 2005 with joint funding from the U.S. and Israel, and it was first ready for use in 2011—but it continues to be perfected until this day.

The technology was developed by Rafael Advanced Defense Systems, an Israeli company, which, according to their website, "develops and manufactures advanced defense systems for the Israeli Defense Forces ... as well as for foreign customers around the world. The company offers its customers a diversified array of innovative solutions at the leading edge of global technology, from underwater systems through naval, ground, and air superiority systems to space systems." The Iron Dome is one of the company's most notable developments.

Rafael is also in the midst of developing David's Sling, a new defense system that will be able to intercept medium to long-range rockets and cruise missiles, fired from a range of over 186 miles. David's Sling is planned to be deployed in 2018.

The Iron Dome protects highly populated areas from short-range rockets, missiles, and mortars fired from a maximum range of 43 miles away, within seconds. To fully appreciate this advanced technology, think of it this way—while going at an average speed of 65 miles an hour, it takes at least 39 minutes to drive 43 miles on a highway. In a few seconds, the Iron Dome system is able to detect the incoming rocket, calculate where it is projected to land, determine if this area is highly populated, and fire.

SCIENCE & TECHNOLOGY

Jackie Benayoun

The system operates day and night and in all weather. It can also respond to multiple rockets being fired simultaneously. It has three major components, each accomplishing a specific task. The detection and tracking radar is a Multi-Mission Radar (MMR) that does just what it says—detects and tracks the trajectory of incoming rockets. The battle management and weapon control unit (BMC) is the control center that calculates the impact point of the incoming rocket based on incoming information from the radar, also taking into account wind speed and direction. When the threat is determined, the Missile Firing Unit launches Tamir interceptor missiles to intercept the rocket before it hits ground. These missiles are specially equipped with sensors and steering fins for high accuracy and maneuverability. Tamir is an acronym for *Til Meyaret*, Hebrew for "interceptor missile."

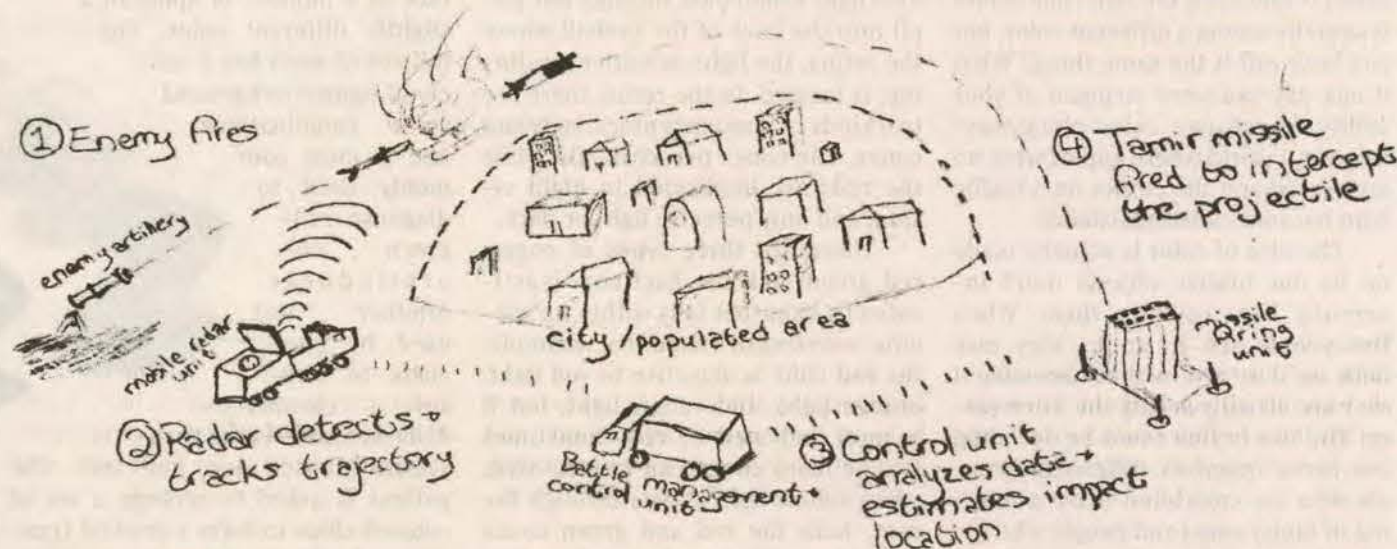
There are many of these setups,

or as they are called, "batteries," scattered throughout Israel. Currently, there are ten in total, but by 2015, the plan is that there will be fifteen batteries to protect a larger range of cities.

One of the Dome's biggest feats is that it provides "selective defense." It provides powerful defense without intercepting every rocket being fired at Israel. This is thanks to the Iron Dome's ability to determine where a rocket is projected to land, limiting the amount of unnecessary interceptor launches, which saves millions of dollars. It costs about \$95,000 each time the interceptor is launched, so one can imagine how the tab adds up after a couple of rockets are intercepted. The job of the soldiers stationed by the Iron rockets projected to land in an unpopulated area, such as an open field or the sea. These soldiers only have a matter of seconds after the system assigns a destination to decide whether to cancel the interception.

While it may sound like all of the advanced machinery is built of really expensive materials, a leading developer of the Dome states, "Budget constraints force scientists to think hard... there are parts in the system forty times cheaper than parts we buy normally. I can even give you a scoop—it contains the world's only missile components from Toys R' Us." This developer brought his son's toy car to work one day. The scientists and developers were passing the car around in the office and found a component of the car that would be suitable for the Dome. Now that is innovation.

To this day, the Iron Dome continues to give peace of mind to countless Israelis, who prior to 2011, used to live in fear of having their city struck by a rocket. This peace of mind also extends to Americans, where we live knowing that for the most part, our Israeli allies are safe from rocket fire.



Ice Bucket Challenge: What's ALS Really All About?

Jackie Benayoun This past summer, everyone from former President George W. Bush to Yeshiva University President Richard M. Joel accepted a challenge. The challenge—aimed to raise funds and awareness for ALS—was embraced by politicians, celebrities, athletes, professionals and students across the globe.

The challenge: pour a bucket of ice water over your head, or donate \$100 to the ALS Association.

While the challenge dominated peoples' social media pages over the months of July and August as friends, relatives, and co-workers got soaked for a cause, few actually know what ALS stands for. And after receiving widespread attention only very recently, many people are still uninformed about the disease behind the bucket.

ALS, or amyotrophic lateral sclerosis, is a progressive neurodegenerative disease that affects the nerve cells in the brain and the spinal cord. Motor neurons reach from the brain to the spinal cord and from the spinal cord to the muscles throughout the body. The progressive degeneration of the motor neurons in ALS eventually leads to the death of these neurons, diminishing the ability of the brain to initiate and control muscle movement. The nerves that are affected in a person with ALS are the motor neurons that provide voluntary movements and muscle power.

With voluntary muscle action progressively affected, patients in the later stages of the disease may become totally paralyzed. When muscles no longer receive the messages from the motor neurons that they require to function, the muscles begin to atrophy

(become smaller). Limbs begin to look "thinner" as muscle tissue atrophies.

According to the ALS Association, symptoms of the disease are variable but commonly include muscle weakness, twitching (fasciculation) and cramping of muscles (especially those in the hands and feet). "Thick speech" and difficulty in projecting the voice can also occur and in more advanced stages, shortness of breath, as well as difficulty in breathing and swallowing may result. ALS can be diagnosed using a host of methods, which include blood and urine studies, spinal tap, x-rays and MRI, muscle and/or nerve biopsy, and neurological examination.

ALS is responsible for nearly 2/100,000 deaths annually and as many as 30,000 Americans may have the disease at any given time. The life expectancy of a person living with ALS varies from 2-5 years from the time of

diagnosis, although many people live with quality for five years and more. More than half of all patients live more than three years after diagnosis.

According to the Mayo Clinic, 5-10% of people with ALS inherited it as familial disease, an autosomal dominant trait. 90% of cases are sporadic; predominate between the ages of 40 and 60, and are slightly more common in men than women below the age of 65. Environmental factors that may be linked to development of the disease include smoking and lead exposure. Recent studies indicate that people who have served in the military are at higher risk of ALS possibly due to exposure to certain metals or chemicals, traumatic injuries, viral infections, and intense exertion.

To date, no cure or treatment can effectively halt or reverse ALS. *Continued on page 16*

Ice Bucket Challenge: What's ALS Really All About?

Continued from page 15

But there is one FDA approved drug, riluzole, that slows the progression of ALS as well as several other drugs in clinical trials that hold promise. Importantly, there are significant devices and therapies that can manage the symptoms of ALS that help people maintain as much independence as

possible and prolong survival. Breathing therapy, speech therapy, physical therapy, occupational therapy, nutritional support, and psychological and social support can be a source of relief to patients and their families and improve quality of life.

The Ice Bucket Challenge, popularized by Massachusetts resident and

ALS patient Pete Frates, seeks to improve the life of patients by raising funds for research and for the various treatments available. As of mid-September, the challenge raised over 115 million dollars, a staggering increase in funds from the previous year. Individual philanthropists and corporations, such as Leonardo DiCaprio, T-Mobile and Carnival Cruise Lines have personally pledged over \$100,000 for the cause. Another major contributor to the cause is the NY Yankees, who lost a valued player to the disease in the 1940's. Lou Gehrig, known as the "Iron Horse" of baseball, brought national and international attention to the disease after his subsequent diagnosis in 1939. In his honor, ALS is also commonly referred to as "Lou Gehrig's disease."

Yet the challenge has drawn many criticisms and some people prefer to refrain from partaking in it. Criticisms include the unethical practices of animal and embryonic stem cell research in support of a cure, the dangers of the challenge itself for patients with health complications, and the wasting

of water. Proponents of other diseases and charities have sought to copy the challenge and have used social media, such as Twitter and Facebook, as a platform.

Facebook has been so instrumental in publicizing the Ice Bucket Challenge that the social media website has raised its own fair share of funds from the challenge. In a recent *Forbes* article, the Ice Bucket phenomenon was stated to have raked in more than 1.3 billion dollars in revenue. More than 10 billion video views were achieved with the challenge and more than 440 million people were reached.

While the high numbers associated with the challenge are impressive, nothing is more impressive than the attention the challenge has received. All over the country and the globe, people are moving for a cause and taking action, whether by dumping a bucket of ice over their heads or by making a donation. But next time some mentions the challenge, think about the disease driving the movement, and not just only the funny videos trending on your Facebook feed.



www.whydev.org

A World Without Color

Emily Chase Have you ever wondered if when you see red, your friend is actually seeing a different color, but you both call it the same thing? What if one day you were stripped of your ability to see one color altogether? Imagine a world where apples were no longer red and the circles on a traffic light became indistinguishable.

The idea of color is actually made up by our brains—objects don't inherently have color to them. When two people see an apple, they may both say it is "red" without knowing if they are actually seeing the same color. The two brains could be decoding the nerve impulses differently. People who are colorblind (have a missing or faulty cone) and people who are tetrachromats (have four cones) can be diagnosed using testing of color perception.

Humans see color in terms of visible light, which comprises a range of wavelengths on the electromagnetic spectrum (from 780 nanometers to 390 nanometers), is either absorbed or reflected by an object. For example, an object that appears green absorbs all wavelengths except for the one

we call green, which it would reflect. This light would pass through our pupil into the back of the eyeball where the retina, the light-sensitive eye lining, is located. In the retina there are two kinds of photoreceptors: rods and cones. The cones perceive light while the rods are implicated in night vision, and only perceive light or dark.

There are three types of cones: red, green, and blue. Each cone is activated by light that falls within its specific wavelength range. For example, the red cone is sensitive to red light, orange light, and yellow light, but it is most activated by red. Sometimes two or more cones can be activated; when yellow light shines through the eyes, both the red and green cones are activated and send nerve impulses through the optic nerve to the brain, which interprets the nerve impulses to determine the color and shape of the object. Our brains convert the wavelengths of light into the color yellow.

Color perception tests, such as the Ishihara color test, consist of a series of pictures of colored spots. A figure (usually containing numbers or

shapes) is embedded in the picture as a number of spots in a slightly different color. The full set of tests has a variety of figure/background color combinations, and is most commonly used to diagnose red-green color blindness. Another test used by clinicians to measure chromatic discrimination is the Farnsworth-Munsell 100 hue test. The patient is asked to arrange a set of colored chips to form a gradual transition of color.

While color blindness is often a sex-linked condition, color blindness can also be produced by physical or chemical damage to the eye, the optic nerve, or the brain. Brain or retinal damage caused by shaken baby syndrome, accidents, and trauma produce swelling of the brain in the occipital lobe, and may lead to color blindness. Damage to the retina caused by exposure to ultraviolet light may result in a similar disease state.

Scientists at the University of Washington and University of Florida made strides in the area of gene therapy by giving trichromatic vision to squirrel monkeys in 2009. In 2003, a cybernetic device called eyeborg was developed to allow the wearer to hear sounds representing different colors.

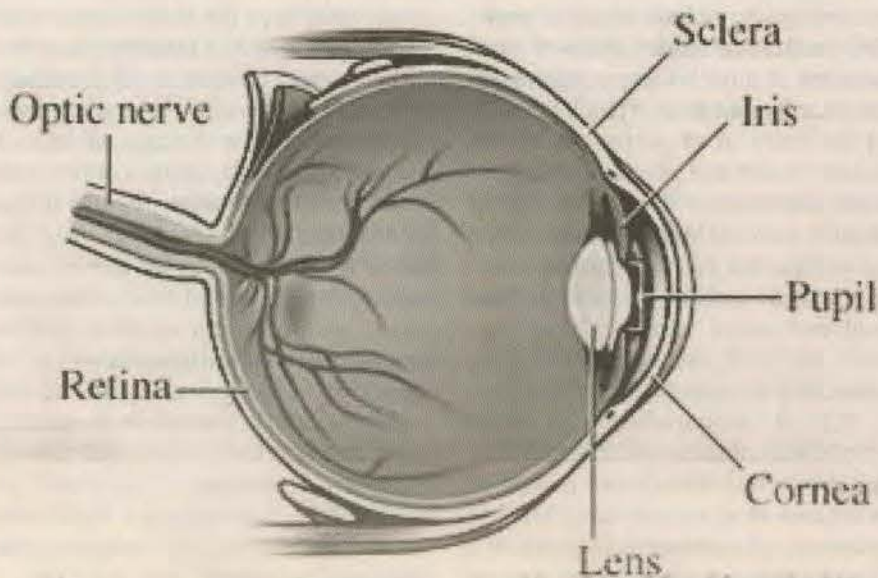
Color blindness may also present itself in the spectrum of degenerative diseases of the eye, and be linked to the retinal damage caused by diabetes. Low levels of vitamin A, an essential antioxidant that protects the cornea of the eye, can also result in color blindness.

While color blindness seems to have obvious drawbacks, some studies show that colorblind people are better at



penetrating certain color camouflages. Such findings may give an evolutionary reason for the high prevalence of red-green color blindness. There is also a study suggesting that people with some types of color blindness can distinguish colors that people with normal color vision cannot. And it is also important to note that color-blindness is highly sensitive to differences in material. For example, a red-green colorblind person who is incapable of distinguishing colors on printed-paper may have an easier time when viewing the same image on a computer screen or television.

To date, there is no treatment to cure color deficiencies. Optometrists can supply colored glasses lenses or a single red-tint contact lens to wear on the non-dominant eye. Although this may improve discrimination of some colors, it can make other colors more difficult to distinguish. Apps for the iPhone and iPad have been developed to help colorblind people view colors more clearly. Many applications launch a sort of simulation of colorblind vision to make normal-view people understand how the color blinds see the world.



This is Ebola

Rebecca Garber As YU students were going about their daily lives shuttling up and down town, going to events, participating in clubs, studying for midterms and anxiously awaiting Pesach break this past March, a deadly virus began spreading thousands of miles away in West Africa. Suddenly, hundreds of people were infected and dying. The virus could not be contained, no one was immune, and, worst of all, there was no cure. This is Ebola.

For those of you who were busy with internships and seven classes, here's a recap: Ebola (a.k.a Ebola hemorrhagic fever) is a deadly virus that damages the immune system and organs as it spreads throughout the body. At present, there are five identified strains of Ebola that can affect both humans and animals.

Ebola causes levels of blood-clotting cells to drop, which leads to severe bleeding inside and outside the body. The virus is spread through direct contact with bodily fluids from, or objects that have been contaminated by, infected animals or people. Symptoms include fever, severe headache, muscle pain, weakness, diarrhea, vomiting, stomach pain and unexplained bleeding or bruising. Researchers believe the virus is animal-borne and suspect that bats are the most likely carrier and infector.

Ebola was first discovered in 1976 near the Ebola River in what is now the Democratic Republic of the Congo. Although Ebola outbreaks have occurred sporadically throughout the years in Africa, there has never been an outbreak this serious or widespread. An estimated 6,000 people have been infected with the virus and about 2,700 people have died predominantly in Liberia, Sierra Leone, and Guinea.

Aside from a global humanitarian concern, Americans may feel detached from the threat of Ebola due to its isolated presence overseas. But last April, two infected Americans in Africa were brought back to America for treatment. With the help of the Center for Disease Control and Prevention (CDC), these two patients were brought to Emory University Hospital in Atlanta on a modified gulfstream G3 plane, owned by Phoenix Air, one of the largest air ambulances in the world. The plane was converted into a mini ICU with everything that flight physicians and nurses could need for the journey from Liberia to Atlanta. Once the patients were delivered, the plane was immediately decontaminated and all the medical materials were incinerated.

Many Americans were enraged that



the CDC would bring the virus into the US rather than treat the patients in West Africa. But the CDC ensured that with meticulous attention to cleanliness, the virus could be contained. Whether or not the public approved, there were sick patients in critical need of medical care, and the CDC was intent on curing them.

After three weeks of care and a combined million-dollar expenditure, the two initially undisclosed patients, Dr. Kent Brantly and missionary Nancy Writebol, were cured of Ebola with ZMapp, an experimental drug made up of monoclonal antibodies that recognize and neutralize specific viruses like Ebola. The recovered patients were released from the hospital and free to go home to their families.

In a perfect world, we would be able to mass produce ZMapp and distribute it all throughout West Africa. Yet there are ethical, financial, and logistical problems that exist as barriers preventing widespread distribution. For instance, is it okay to mass distribute experimental drugs that have not been fully tested on humans for safety or effectiveness? It is also expensive to produce these drugs that, if available to the public, are not guaranteed to heal anyone, especially because we are dealing with a mutable virus that comes in at least five different strains.

Although Brantly and Writebol were cured using ZMapp, they were cured in Emory, one of America's best medical facilities, rather than a makeshift clinic in the middle of West Africa. And they

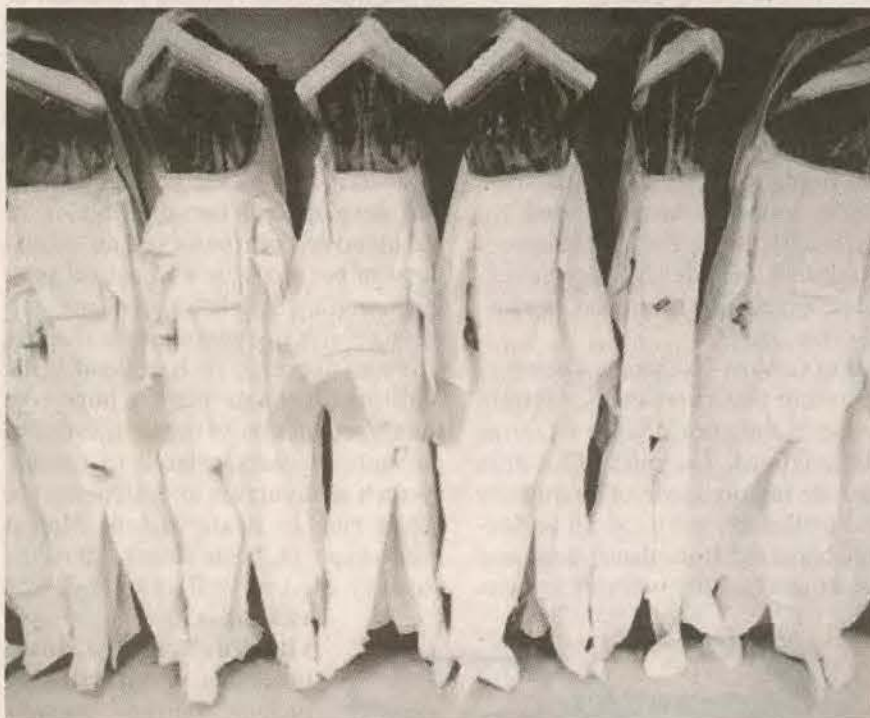
were treated immediately after contracting the virus, which usually takes a few days to really replicate, spread, and cause damage to cells and organs. Most importantly, they were healthy before being infected, unlike the thousands of other Africans who suffer from malnutrition and various other conditions, such as immunodeficiency.

The virus is still spreading in West Africa. The CDC predicts that Ebola will infect an additional 20,000 people before it can be contained. And that is not the worst of it. Many of the inhabitants believe that the medical staff is to blame for the spread of the virus and

have started attacking and killing those in West Africa offering aid.

So what can be done to help?

Within the next month, America will be deploying thousands of troops to help set up facilities and form training teams to help treat victims. Other countries are also deploying thousands of medical staff to join in the relief effort. People are donating money for medical supplies, medical professionals are enlisting their services, hospitals around the world are preparing themselves for a possible outbreak and researchers are looking for a cure.



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Bit by Byte: The Rise and Fall of Computer Science at Stern

Continued from page 1

essentially became a tutoring program. Yeshiva University saw the opportunity to cut the costs, but maintained the program on the still interested boys' campus.

Today, bringing back the computer science major would take more than a revival of interest. According to Professor Otway, math department chair, starting a major requires a dedicated line of money to ensure that there will always be faculty available. Furthermore, finding good computer science teachers is difficult. Dean Bacon commented that few programmers are willing to take time out of successful careers to teach, and fewer still would make capable professors.

Luckily for Stern, fortune recently delivered a very successful and highly acclaimed computer science teacher right into its lap.

Professor Alan Broder came to Stern College last year, commuting from his home in Maryland to teach the Intro, Data Structures, and Linux classes. Chairman of Novetta Solutions and member of the US Homeland

Security's Data Privacy Advisory Committee, Professor Broder has found a respectable following in Stern College, with the number of students in this semester's classes up to 29. Professor Broder's passion for computer science brings computer science to life, a subject he has deemed essential to anyone entering the modern job market.

"Actually being able to manipulate data yourself using a programming language is a necessity to being able to do sophisticated work," Professor Broder said.

He added that for a multitude of reasons, a career in computer science would be ideal for a well-educated Jewish woman.

But Professor Broder is not computer science's only advocate. Professor Otway called computer science "the most important subject a person can study today, including mathematics." He sees improvement in the school's computer science offerings, at least since 2010. "Many of our courses in math are more relevant to computer science than they were

20 years ago and vice versa," he explained. As for supporting computer science's future advancement, Professor Otway is on board. "Incorporating computer science is at the top of my agenda," he says.

Student interest, conversely, is difficult to gauge. While class numbers are certainly up from 2010, Dean Bacon is skeptical that the quantities represent a dedicated computer science following. The more advanced classes, Computer Systems and Linux, have rosters of three and nine respectively. The popularity of a class like Intro to Computer Science could be a result of people simply trying to fulfill their quantitative skills requirements.

Professor Broder sees the flip side. "I would definitely say that interest in Computer Science at Stern is rising," he said, adding that many students who initially took the class to fulfill a requirement discovered an interest in the field and have gone on to more advanced classes. While many classes are still small, the growth from last year to this year—as high as fifty-percent for

some courses—is undeniable.

Combining both perspectives gives us a picture of a small but growing population of students interested in computer science as a hobby or a complement to their chosen degree. For those students, the administration seems optimistic. Students can expect an expanded computer science minor involving electives and a potential Web Programming class. Blended classes with Wilf campus and interdisciplinary classes with math also seem to be a way to introduce more computer science opportunities. The best-case scenario, Professor Broder believes, would be a "bulked-up" computer science minor with a multitude of course offerings.

For the true computer science enthusiasts among us, it's still a hard road to travel. Given that financial considerations preclude the possibility of a genuine major any time in the foreseeable future, those who really want to major in computer science probably shouldn't come to Stern. Those that do will have to be satisfied with a few extra classes in graduate school.

The Ultimate Vitamin Guide

Continued from page 9

proper function in all the organs of the body, especially in the heart. Foods rich in Vitamin E include sunflower seeds, almonds, and spinach.

Vitamin K: This vitamin is one of the most essential vitamins in preventing cancer as its primary function is to synthesize blood-clotting proteins. This vitamin exists in three forms: K1, found in plant foods; K2, synthesized by large intestine bacteria, and K3, the synthetic form. Excellent sources of Vitamin K include leafy green vegetables, especially the latest health-food craze, kale.

Vitamin C: Most commonly known as the vitamin that cures colds, Vitamin C is one of the most diverse vitamins in its functions. The roles of Vitamin C include maintenance of connective tissue (collagen), acting as an antioxidant, boosting iron absorption, and promoting a healthy immune system.

Vitamin C can be found in a lot of fruits and vegetables including citrus fruits, berries, broccoli, cauliflower, and brussels sprouts. In order to maximize the vitamin C content of these foods, it is recommended to eat them fresh, raw, or quickly cooked for shorter periods of time.

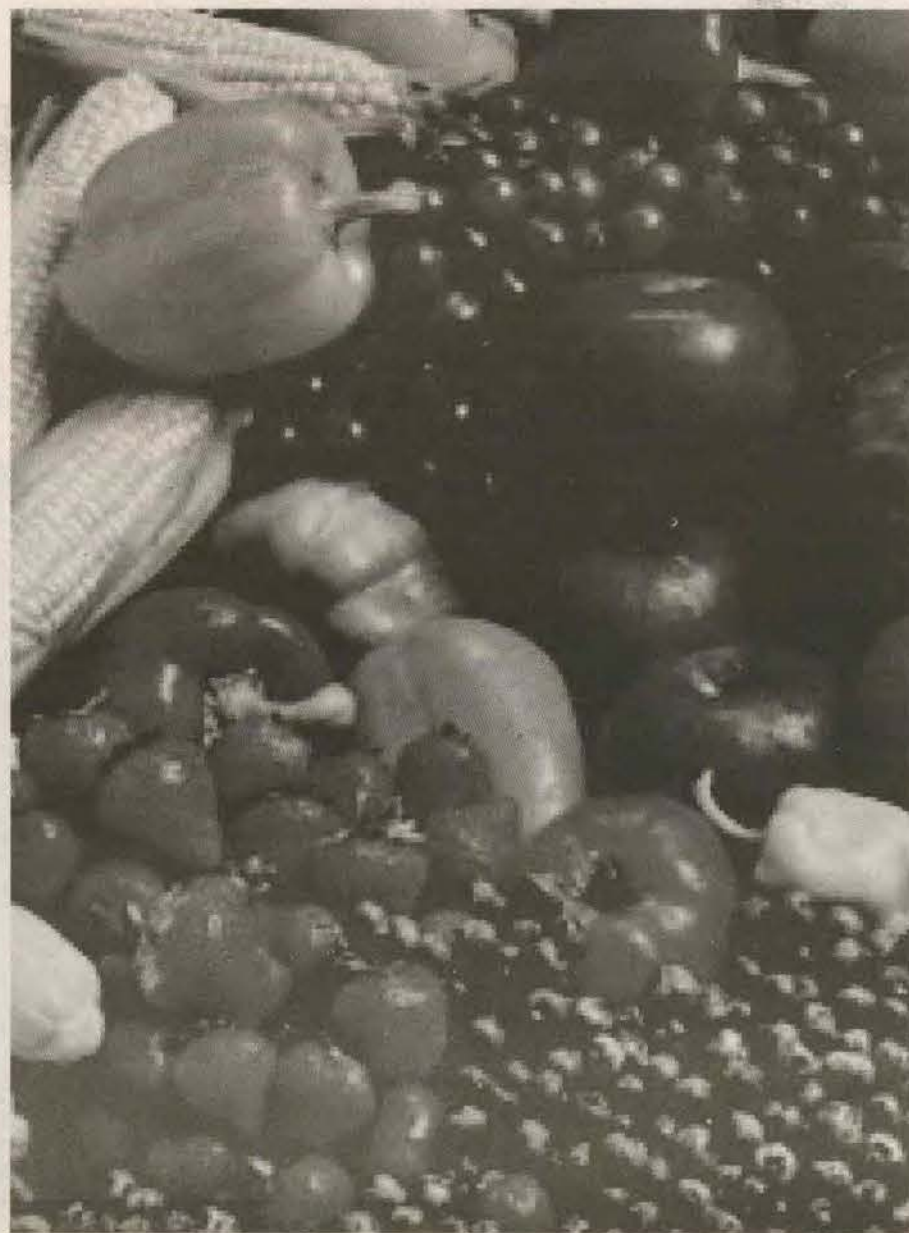
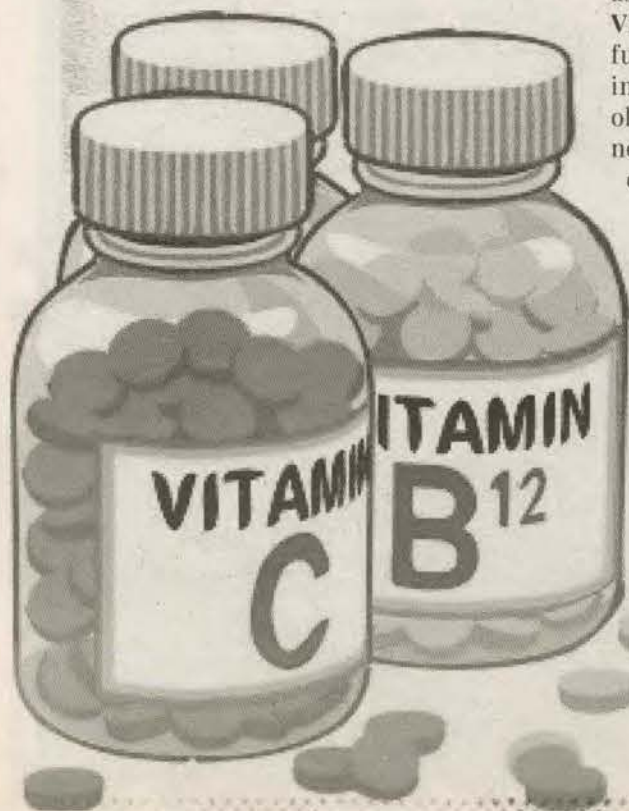
Vitamin B9/Folic Acid: Folate, otherwise known as Vitamin B9 or Folic acid, is crucial for normal growth and development because it aids in red blood cell synthesis and development of nerve tissue and neural tube formation. A deficiency in folate can often result in anemia, since there is a severe decrease in red blood cells. Additionally, folate plays a huge role in cell production in the skin and also prevents diseases related to memory such as dementia and Alzheimer's. Foods rich in folate include almost every type of bean (black, garbanzo, navy, etc.), as well as spinach and asparagus.

Vitamin B12: The main functions of Vitamin B12 include: energy metabolism, maintenance of nerve cells, and red blood cell formation. Most sources of Vitamin B12 are animal products and therefore vegans and vegetarians may be at higher risk of Vitamin B12 deficiency. Because of its function in such broad areas of bodily functions that play a role in daily life, increasing Vitamin B12 intake can boost mood, energy, and concentration.

and slows signs of aging and skin infections. Many cereals are fortified with Vitamin B12. Animal products such as beef, meat, fish, and other dairy products are also naturally good sources of B12.

Hopefully getting a glimpse into the specific roles each vitamin plays in day to day life will serve as encouragement for everyone to be aware of

whether the different foods being consumed are containing the adequate amount of vitamins. Most doctors will argue that it is impossible for any person to get all their daily recommended intakes of each of the vitamins through a regular diet, and it is therefore highly recommended for every person to take some form of multi-vitamin daily.



WHERE WAS YU OVER TORAH TOURS

Nowhere but Albany, NY;
Adina Breatross, Rachel Gold, Gila Allswang, Andy Rosenberg, Akiva Tolchin, Shaul Yaakov Morrison



Nowhere but Sharon, Ma;
Rav Shlomo Zalman



Nowhere but Sharon, Ma;
Tzvi Levitan, Doron Levine, Tamar Kewstel, Tova Goldstein, and Shira Aharon



Nowhere but Westmount, Quebec;
Helene Sonenberg, Elie Lipnik, Avi Mendelson, Akiva Marder, Rivka Hia, and Michelle Sabbagh



Nowhere but Newton (Adam's St. Synagogue), Ma;
Aaron Choen, Yaakov Moses, Sarala Pool, ST Schwartz, and Malka Sigal



Nowhere but Harrisburg, Pa;
Dina Rubin, Judah Max Dobrinsky, Avi Lerer, Yossi Goldschein, Akiva Lautman, Lexi Zimmer, Arianna Kaufman, and Monique Sieratzki



Nowhere but Brookline, MA;
Ari Zeitz, Andrew Botvinik, Binyamin Barman, Chavi Mayer, Sarah Stiefel, Elizabeth Selesny, and Michal Kupchick



Stern Counseling Center: An Increased Awareness

Michelle Flomin Robin William's passing came as a shock to the world, especially when it was confirmed that the cause of death was a suicide. The beloved and well-known comedian had been struggling from depression for some time before taking his own life. The following week brought an outburst of depression awareness all over the social media world, urging people to acknowledge mental illness as a serious issue.

A haunting question lingered in the air: if Williams, a man of charm and humor, could succumb to his depression, how many others out there were unknowingly struggling behind their smiles?

The mental health field has been a taboo subject for quite some time. Although the psychiatric field is constantly growing and revising, the general outlook on mental illness is still very skeptical. People who suffer from depression are often viewed as weak and pitiful, which may prevent them from speaking out and receiving proper treatment. Often, in some skeptical minds, depression is not even considered a real illness. Williams' death contributed to breaking some of the stigma that lingers with the illness and brought to light that, without support and proper treatment, one with mental illness can go as far as taking his own life.

Spreading awareness and giving the recognition these illnesses deserve

can help save thousands of lives. Yes, it can be embarrassing for someone to admit they are struggling and need help; the stigmas associated don't help with that. It is perfectly normal, however, especially as a college student, to be having issues that can affect one's day-to-day functioning. College is a big adjustment, especially to those who are new to campus.

For many undergraduate and graduate students, the counseling center at SCW proves to be a huge resource. The center can help provide aid for a variety of concerns that may arise during college years, including depression and anxiety. A student does not have to deal with these kinds of issues alone, especially when a chocolate binge and rom-com doesn't seem to do the trick. The counseling center has an extremely friendly and educated staff, not to mention in a convenient location (located in 205 Lexington, floor 4).

The counseling center provides both individual therapy and medication, along with group therapy sessions, crisis management, and referrals to off-campus resources if necessary. The center can also offer opportunities for students to simply talk things out with professionals, which can be extremely helpful in learning how to work through problems one step at a time to avoid getting overwhelmed. Although some of the students are hesitant about their feelings towards the counseling center,

others found it to be "very beneficial" and a "useful resource". One girl said she "felt like going once a week was very healthy and gave [her] the freedom to let out things that [she] held in to a very objective outsider".

There are about 350 million people worldwide suffering from depression alone. Imagine how many others are suffering with anxiety, relationship problems, mood disorders, etc. Even with the stigmas, today's society has the tools to help with these problems. Taking advantage of the counseling center can be the first step toward dealing with significant personal struggles.

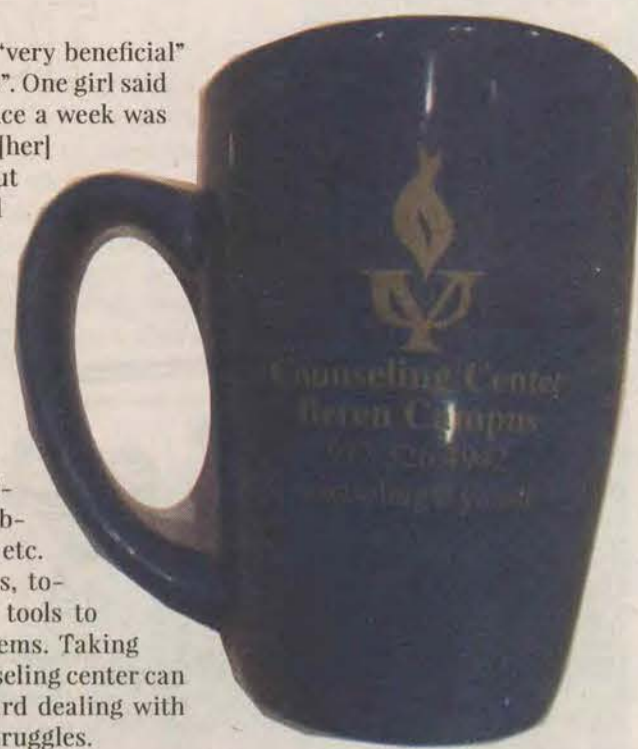


Photo Credit: Rivka Apfel

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For an appointment, please call 646-592-4210
or email Counseling@yu.edu

The Counseling Center is located at 205 Lexington Avenue, between 32nd and 33rd streets, on the fourth floor (next door to 215 Lex).

THIS MONTH IN Beren Campus ...

October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 MSOC vs The King's College (NY)	2 No School	3 Yom Kippur No School	4 Yom Kippur
5 No School	6 No School	7 No School	8 No School Sukkos	9 Sukkos	10 Sukkos	11 Sukkos
12 Sukkos	13 Sukkos	14 Sukkos	15 Sukkos	16 Sukkos	17 Sukkos	18 Sukkos Parshas Bereishis
19	20 WSOC vs Berkeley College WTEN vs St. Joseph's College - Brooklyn	21 MSOC vs Maritime College	22	23 WTEN vs College of New Rochelle MSOC vs Sarah Lawrence College	24 Rosh Chodesh WSOC vs York College (NY)	25 Parshas Noach The Shabbat Project with Rabbi Hajioff
26 MSOC vs Mount Saint Mary College	27 B+E Midterms	28 J+N Midterms WVB vs The College at Old Westbury	29 Hebrew+G Midterms	30 L Midterm	31 MSOC vs Medgar Evers College	