Milner Leaves Brookdale Residence

This year, the capacity of Brookdale Dormitory has been expanded to meet the record-breaking amount of dorm applicants. The dorm, which housed 476 until last year, will now hold 545.

Mrs. Johana Milner by Elaine Levitz

"Mrs. Milner kept the dorm running. We will probably fall apart because no one can replace her," answered one student when asked how she felt of Mrs. Milner retiring from her position at Brookside Hall. Mrs. Johana Milner, the dormitory supervisor, has been working with Yeshiva University for over twenty years. She did not just supervise, as many students believe, but she also handled the complaints of the dorm.

Mrs. Milner sorted the mail, bagged the garbage to be thrown away, bagged the garbage to be thrown away, and distributed the mail. In case of a fire, people would be able to find their way out of the dormitory. Mrs. Milner had a knack for knowing where everyone was and what they were doing.

Her wish was to "make the students feel at home." She always had a smile on her face and a kind word to say to everyone. She was loved by all.

Although many new halls have been constructed, it is Mrs. Milner's unique ability to make everyone feel welcome that will be missed. Her had a special gift of being able to connect with people on a personal level.

Dr. Miller Introduces New Appointment

This Fall in Office of Dean of Students

by Sara Kowalsky

Dr. Efrem Nulman has been named Associate Dean of Students and has been named Assistant Dean of Students and Director of Guidance Counseling for Stern College (SCW) and Yeshiva College (YC) for the new academic year according to Dr. Israel Miller, Senior Vice President of Yeshiva University.

In his new position Nulman will be responsible for all student affairs and activities at both SCW and YC. He will be working closely with both student councils on all events and he will help plan them throughout.

Mr. Nulman has been appointed to the Student Council at Stern College.

My goal is to give the students a feeling that every effort will be made for them. There is someone here to respond. Good foundations were laid last year and now let's build on them.

Nulman served as Assistant to the Dean of Students last year and this year Robinberg will basically assume some of the same responsibilities.

Dr. Daniel Robinberg by Robert Kauf

Dr. Daniel Robinberg, Assistant Dean of Students for the undergraduate residence halls, has been named Associate Dean of Students and will continue once again in case of any problems.

Dr. Daniel Robinberg has been named Associate Dean of Students at Yeshiva University, Dr. Efrem Nulman, Assistant Dean of Students, and himself, are looking into the possibility of offering hotel space. The career guidance that Nulman was beinng offered by Yeshiva University, will be continued. The dorm was not being used to its fullest capacity.

Nulman's job began at 5:00 in the evening, and he Norwich dormitory. He explained that by moving many activities such as student events and office hours, the number of students requiring dormitory space increased. Robinberg stressed that they were "committed to the needs of the students."

Nulman has been appointed to the Student Council, explaining that the Student Council is now going to get involved in the dorm situation by having the Dorm Committee as active as possible.

Dormitory Crowded to the Limit by Rachel Mandel

This year's Student Council President, Elaine Goldrich, comments that the Student Council is now going to get involved in the dorm situation by having the Dorm Committee as active as possible.

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Don't Turn Your Back
by Sara Kosowsky

Is anybody there? Does anybody care? Does anybody see what I see?

So take the musical. 1776.

Though all of us together make up Stern College for Women in New York City, often students feel more than the New York City affects them than the Stern College.

In New York, people have a tendency to keep to themselves never interacting with those around them. If someone screams people nearby just keep on walking. Nobody wants to get involved.

In fact, not too long ago a friend of mine told me that he had been walking with friends when shouts from the apartments next door became audible. When I asked if anyone had gone next door or at least called the police to alert them, he replied in the negative—nobody wanted to get involved.

This type of reaction is not one that should flourish at Stern. If a student sees something or someone suspicious she should not simply shrug her shoulders and move on. Each and every one of us is responsible for the next person.

Kosowsky Avison sat la sinh.

All I Need Is Some Room

In its Centennial year, Yeshiva University is showing the signs of growth, progress, and prosperity. The Office of Admission reports that this year’s freshman class is one of the biggest yet. Class registration is up and in keeping, so are requests for dormitory residence.

By the law of ratios, if the school is growing then the dorm should be growing as well. However, at this time Brooklyn Hall continues to be the only dorming facility available to the women at Stern College.

Last year there was a problem of overcrowding at Stern. If a student sees something or someone suspicious she should not simply shrug her shoulders and move on. Each and every one of us is responsible for the next person.

Kosowsky Avison sat la sinh.

If someone is not performing his job properly, whether it be a maintenance man, guard, student, teacher, or administrator, say something. Everyone has a supervisor and supervisors want to get feedback on their workers. If we do not tell them, how will they ever find out how their workers are performing?

Continuity complaining among your peers does not suffice. If you feel a matter needs to be addressed, tell someone who has the power to change things.

Furthermore, if you are in a class and see students cheating do not simply ignore it. You do not have to be specific, but do alert the instructor to the situation.

Nobody likes to be the one to point the finger of blame, however, there are times when it simply must be done. The only way things will change if we the students say something.

As Hillel the Sage said, “If I am only for myself what am I?”

Shuttle Service Available

Transportation between Midtown Manhattan and Washington Heights has never been easy. No matter what time of day one is travelling there always access to traffic. To facilitate this problem for YU students, a shuttle service was begun between the two campuses two years ago. This system worked well when it first began but as more students became aware of the service the demand for it became.

In addition to the shuttle service, an additional van was generously loaned to Stern College by the New Hannahs Singer family. The student council is in charge of the van and in the past it has asked that groups reserve the van when they have special events Upweas.

Both the shuttle and the Singer van can only carry 15 passengers legally. Though drivers have been known to allow more to ride, it becomes a hazard if too many more board the van. Students have become so accustomed to there being a shuttle service, that they tend to forget that it has a maximum capacity. If students know that an event will be taking place Upweas, let them contact the Student Council. Whether it is a basketball game, engagement party, meeting or interview, if the Student Council knows about it in advance it can make additional transportation arrangements.

In this way, the shuttle can continue to facilitate students and the Singer van can alleviate the excess. If students simply cooperate and communicate their needs, faster and more effective transportation can be arranged between the two campuses.
Kemensky In The Registrar

by Trippi Bernstein

With the onset of the new year, the administrative office of Yeshiva College for Women has joined by a new Assistant Registrar, Mrs. Varda Kemensky.

Kemensky, an alumnus of Stern College, graduated a few years ago with a degree in Jewish Studies. She then served as the Israel Academic Adviser of Yeshiva University in Israel for the past three years. During her tenure, she prepared students for college, assisting them in finding the right pathway.

Kemensky has been well-advised of the progress of the various programs of study at Stern College and has been available to answer any questions and concerns that students might have.

As the Assistant Registrar, Kemensky will assist the Registrar in the management of the Office of the Registrar. She will be responsible for handling all student-related matters, such as registration, academic records, andother administrative tasks.

"Varda is a known entity to us," he says. "From her experience in abroad, she will bring a well-deserved cognitive asset to Stern College."

The Assistant Registrar is expected to be helpful, pleasant and sensitive to students' needs.

New Security Head

by Esthi Zeffren

Most people perceive the director of safety and security as being permanently put in place. Nevertheless, several changes have been made within the security department.

Vasceli administers that at the present time it is hard to assign specific reasons for his changes. Due to the fact that he has not yet understood the actual traffic flow of the student body. Nevertheless, Vasceli does plan on reorganizing the security department by holding meetings with the students to discuss their ideas and concerns.

An example of this is to improve the communication process between residence halls and the security department. Dorm counselors, for instance, should be trained to help repair a man in the building so that they can be able to understand the students' needs and be able to choose the best course of action.

Vasceli plans on visiting Stern often and hopes that students will feel comfortable enough to approach him with any question or security problems.

Vasceli also intends to increase the level of security so that it fulfills two additional aspects as he explains, "1) to make sure that students understand the meaning of safety; as well as 2) to make people perceive themselves as being secure."

"This second element of security should not be overlooked because as long as one is physically safe, but does not feel safe, he will have unnecessary paranoia and won’t enjoy his freedom. It’s important to realize that people should use their common sense and not take risky chances—but they shouldn’t be too paranoid either," Vasceli adds.

Tips on security awareness, compiled by Vasceli, will be available on campus. The purpose of this pamphlet is to educate students about security issues, which will be included in the handbook: 1) Don’t carry a large amount of money when going places; 2) don’t keep all your money in one place; 3) make sure that you are never alone when walking; 4) always be aware of your surroundings.

The phone company, which controls the tie lines would check the lines during the day, hear no sound, and disconnect the lines.

TAC Attains New Status

by Zelfren Bandman

Formerly a club founded by the Students Council, TAC today has become an independent council, fund-raising has been supported by the University. The board of the Torah Activities Council (TAC) has become a major organ of the school. It’s impact has become so great and far reaching that it touches the entire student body.

The new board consists of Esther Koenig, chairperson, Glen Goldstein, co-chairperson, and Rozie Haufler, treasurer, who are looking forward to a great year. Esther explains that “the administration has been considering the suggestion for the change in status for some time and when TAC’s constitution came up for review in 1985 the idea materialized.”

The new board realizes that TAC must be able to answer any questions and concerns that students might have.

"TAC was strongly consistent in enriching students’ lives. She instituted a Torah atmosphere on campus and fostered a sense of community among the students who are still members of the student body."

All New WYUR

by Sara Kasowsky

WYUR, the student run radio station of Yeshiva University, is relocating to WYUR Radio on the AM band after being at 82 AM for the past 17 years. This change takes place according to Howard T. Koenig, Station Manager of WYUR, by "law, a carrier current radio station (any station that broadcasts to a specific radio station) can only be on an unoccupied frequency." A non-carrier current station is changing to 82 frequency, because WYUR is not moving.

Actually, when the station was established back in the 60's, the original channel request was for the 64 frequency, however, WYUR was never broadcast from 64. Now in the station rebroadcasts on its 82nd channel and is in fact becoming 64.

WYUR is an entirely new organization being governed, managed and directed exclusively by students. Five nights a week, from Sunday through Thursday, various programming can be heard broadcasting on the radio in Stern College and Yeshiva College dorm rooms.

Wishes For A New Year

Dear Students,

Welcome to yet another year of learning, growing, and having fun on this campus. The Student Council has always been a part of the beginning year, and we are looking forward to continuing this tradition.

We helped to coordinate Yeshiva orientation, ran a successful Shabbat program with a Melava Malka where everyone danced to the music of Rabbi Ratzel until they dropped. Wednesday night, at the Great American Health Fair, we had a "Welcome Back Bash" where everyone came to meet the new Student Council, and to receive their first gift. It was a festive way to start the new year. It was also a chance to talk to everyone, to voice opinions of new improvements for the school, and to share compliments and suggestions with the council.

We wish you a happy and healthy New Year. We look forward to meeting you next year. May Hashem bless you all. Shana Tova! Happy and Healthy New Year. womens_council@yeshiva.edu

Sincerely,

Esther Goldstein
Student Council President
Improvement is Underway

A New Bunkbed
by Betty Spina

When students in Brookdale Hall first arrived, two major projects were begun: painting of rooms and replacement of mattresses. According to Mr. Jeff Socol, Supervisor of Maintenance at Yeshiva University, the front lounge, former snack bar, and floors across have been completely repainted. "Last year, they were done by the condition of the rooms (the 43 worst rooms were done). We will continue with the systematic method, because if we paint rooms for the women the job would never get done."

Socol added that the University just acquired its own in-house staff of painters for the Uptown and Downtown campuses, and does not have to bring in outside contractors anymore. For this reason he is confident that by mid-year the long painting job will be done.

The other major project that concerned students was the condition of most of the mattresses in the dorm. Only the very worst ones were replaced last year. According to Mr. Jack Blazer, Director of Buildings and Grounds at Y.U., by the time the women arrived this year, 79% of the new mattresses were to have been placed in the rooms. By the end of September the rest should all be in. However, due to the increased number of women in the dorm this year, fifteen rooms will have bunkbeds. These need special, narrower mattresses than the regular ones, and might not arrive until the first week of school, warned Blazer, so those rooms will have an additional bed in the middle of the room for a little while.

In addition to these two major improvements, a team of maintenance men from Uptows inspected the rooms, repairing chairs, cleaning the windows, changing lightbulbs and doing extensive work on the bathroom stalls. Many new desks and chairs of drawers also arrived, both for the rooms that never had women in them before and for other recipients as well.

Furthermore, the Rechits will now use Miller's Market for their office, and the snack bar will be transformed into a ground floor study hall. The little piano room has become the new site of Miller's Market, and the piano has been moved to the back lounge, where it will be locked, however the key will be readily accessible.

Gurock Accepts Yale Appointment
by Susan Ungar

Dr. Jeffrey Gurock, a member of the Yeshiva University faculty since 1977, has been appointed Visiting Associate Professor in the Department of Religious Studies at Yale University in New Haven, Connecticut. Gurock, an authority on American Jewish History, will be teaching a graduate level seminar titled "The Social History of American Judaism." Although this course has not been taught at Yeshiva University's Bernard Revel Graduate School, it will be the first of its kind offered at Yale.

The seminar will be presented in a similar fashion as it is taught at Yeshiva University, however Gurock anticipates that the more heterogeneous group of students at Yale may change the perspective of the course. The group of students enrolled in the course may consist of Religious Jews, Traditional Jews, Christians who are learning about Judaism for competitive study or history majors.

Gurock, who will be teaching at Yale one day a week for the fall semester and plans to continue his full-time position at Yeshiva University. This new appointment will detract from the amount of time Gurock devotes to Yeshiva University.

In 1983 Gurock was appointed Program Coordinator for Holocaust Studies at Yeshiva University. He plans to continue in that capacity and to continue to develop memorial programs. In addition, Dr. Gurock will continue coaching basketball and coordinating a lecture series along with his many other duties.

Gurock is looking forward to his new teaching position at Yale and comments, "It will be nice for me to encounter different teaching experiences. It will also be nice for Yeshiva University, having borrowed professors from other institutions, to be able to reciprocate."

Gurock is the author of numerous articles and two books titled American Jewish History: A Bibliographic Guide and sidewalk with Jewish 1870-1940.

Student Council Beat
Successful Beginning for SCWSC
by Amy Rubin

Student Council began the 1985-86 school year with one successful event after another. Freshman orientation was a series of lectures, instructions, classes, and social activities including a movie, dinner, Broadway play, and a trip to Great Adventure Amusement Park. This year, for the first time, upperclassmen explained the registration procedure to smaller groups of freshmen. One freshman commented that these groups helped a great deal in understanding registration, especially in the case of students who were able to ask questions and received specific directions. She also praised the helpfulness of all Stern upper-classmen.

Stern Student Council's welcome back bash at The Great American Health Bar was also a well received event. Over 200 students attended the party in the Health Bar, which was sponsored by Stern College. Students were served and Stern College snacks were distributed. Girls were excited by the event and dressed up in their "best class, "just awes­ome," and "really worth it." One Stern student said, "this party gave the girls a good chance to meet new people, and the food was great." The success of the party was due in part to Ed Kamenitzer, the owner of The Great American Health Bar, who provided this event with refreshments and assistance. He also praised the helpfulness of all Stern upper-classmen.

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For details contact Sara in 10E

Attention Commuters:
Student mailboxes are located at the rear of the main lobby in the school building
European Vacation

by Judith S. Neuman

With their final days of study, exams, and term papers behind them, many seniors usually think of their first papers as essays in "how I spent my summer vacation." But even without any English classes in the English Department, I scrupulously avoid assigning this
cliché as homework. Still, when the editors of The Observer asked me on the
day I left for school this fall if I would write my own academic profile, I had
that valuable kind of flash-back which helps teachers to identify with
students. Memories of my first freshman theme overwhelmed me.
But the cliché suddenly became useful; my summer vacation encapsulated
all my academic and professional motivations.

Admittedly, a summer spent in
London and Italy with Professor Silver is hardly the dill they expect
the topic is supposed to suggest. Both
of us had research to do in London,
perhaps the queen of library cities
for humanists working in English and
related subjects. For eight or nine
hours a day we poured over card
catalogues, journals, books and
bibliographies. I will not steal Professor Silver's thunder by revealing her
intriguing topic. Mine, alas, is nothing
light in medieval religion, science
tbndf theories of knowledge. I once
took delight in the topic in terms of
inter-religious, inter-cultural, and
inter-disciplinary insights.

Between the twelfth and the
teenth centuries in England,
European philosophy, theories of creation,
thorics of vision, of knowledge and
visions of the Good included
numerous and prevalent. The
teenth century, Europe was a
massive outburst of both Jewish
and Christian mystics and, simultane-
oosy, a work of the sciences of
ight. It happened before, in
Flamel's time, and it will happen
again in the seventeenth century
when Newton, a scientist and a
ystic, would examine the rainbow, still
other scientists would invent benne-
less and mystical sects would bur-
gin in both Jewish and Christian
Europe. It would recur in the
eighteenth century, beginning in
706 and twice in the twentieth. I was
fascinated not only by the topic of light
and the relations among the scientific
and mystical explorations of light, but also by a ser collector
ations among art, literature,
philosophy, religion, science and
psychology in the realm of light.

Pursuit of the topic has often
become too complicated. I read
myself to excess in the huge British Library housed in the
British Museum. When I could not find a work there, I went
to the Caltech Library of London where
Frankenstein's fictional characters
Frankensteins always pop up in London's
great art library at The
Warburg Institute. Unfortunately,
the librarians were aware that
London's remarkable Museum of
Science LIbrary was closing stacks
and closed the door on my day.
Only after a long appeal to
Knightbridge was I able to exorcise
this haunting fact.

When we left London, tired
and exhausted at the enormous number of
books we could not finish in two
weeks or fourteen, we were ready to
rest. But there, in the great
great museum of the thirteenth and
fourteenth centuries, was an entire
exhibition of light. We were
suddenly flooded with seraphim,
Infinite Love, and a Greek temple
of light. It happened before, in
my classroom.

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Ohel Gets Three New Homes

Ohel Community Residences for Adults are three new psychiatric residences in Boro Park for young adults with emotional distress. The goal of the supervised Community Residence program is to provide a therapeutic milieu within which clients will learn the skills required for more independent living in less restrictive settings. What makes these facilities unique is that they are the first in the United States which offer a professional rehabilitation approach in a warm, homelike, kosher and Sabbath observant atmosphere. Residents will attend various day treat programs, participate in individual and group counseling sessions in the residence and will be encouraged to take advantage of all community resources. Many of the clients have previously lived in various group homes and group foster homes where they left because of depression and retraumization. The clients are not a good match for high intensity settings. Ahel Community Residences offers a different approach which could not fully accommodate the resident's needs. The new residents thus increasing the alienation of a population already under considerable stress. It is expected that the combination of professional clinical care within an environment which supports the sense of personal identity and meaningfulness in the Jewish community will maximize the rehabilitation goals of this new program.

The Community Residences are a division of Ohel Children's Home and Family Services, a community based not-for-profit social service agency which since 1969 has been authorized by the New York State Department of Social Services to provide a spectrum of residential and outpatient services to children and their families. These services include social work, vocational counseling, psychological and psychiatric testing and therapy, comprehensive medical care, renal dialysis, speech therapy, recreational programs and religious and educational guidance.

Ohel's current programs include a Preventive Care Counseling Service, Foster Care and Adoption, a Group Home for Teenage Boys and a Critical Care Facility. Additionally, their Beth Ela Community Residence program operates for developmentally disabled adults living in the community. The New York State Office of Mental Retardation and Developmental Disabilities is currently recruiting residential counselors and senior counselors. For further information contact Mr. Manny Werman, 4423-6th Avenue, Brooklyn, NY 11204.

Speak Your Mind

The Newcomers' Reactions

by Batya Spira

September 11, 1985

What were your impressions of Orientation and the Big Sister program?

Cindy Duer, transfer student from Israel,

Sophomore

I thought the big sister program was very helpful. I did most of my registration in Israel, but my big sister discussed different options with me. I felt, though, that Orientation was a bit of a waste of my time mostly because I did register in Israel and a lot of orientation is registration.

Sandy Silverman, incoming freshman

Orientation was really helpful, considering that I didn't know anything when I came here. My advisor talked to me about my major and classes. The Big Sister program, however, was a disaster—the introductions were a real mess and my big sister wasn't even there.

Michelle Waller, transfer student from Israel,

Sophomore

I thought the big sister idea was very good; mine was very nice and helped me a lot. Orientation was somewhat disappointing though. For example, one faculty member told me first to come back at a certain time to change my schedule, and when I got to the office I was told that I would have to come back another day.

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Sleep deprivation affects various stages of sleep, leading to increased fatigue and impaired cognitive function. The stages of sleep include non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep. NREM sleep consists of several stages, with stages 3 and 4 being associated with deep sleep and muscle relaxation. REM sleep is characterized by rapid eye movements, muscle paralysis, and dreaming.

During sleep, the brain continues to process information from the day, and neurotransmitters are released to aid in the restoration of the body. Sleep disorders such as insomnia can disrupt the normal sleep cycle and lead to sleep fragmentation, which can have significant effects on daytime functioning.

Sleep medications are available to aid in sleep, but they should be used cautiously as they can have side effects and dependency. Lifestyle changes such as maintaining a consistent sleep schedule, avoiding caffeine and alcohol before bedtime, and creating a sleep-conducive environment can also improve sleep quality.
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