Media Expert Leah Laiman Speaks at Annual Morris Epstein Forum on the Arts

By Jay Rosenwasser

The Morris Epstein Forum on the Arts sponsored its annual lecture on Wednesday, October 28, in Koch Auditorium. The feature, entitled "Ethics and Morality in a Med­ium Without Features," featured Leah Laiman, head of the art world's "Drama" magazine, as well as a director of the Jewish children's magazine, and is remembered as the club's former president. Laiman spoke about the craft of writing for a daytime drama and how writing for this type of medium is unique. Writing for television is bound by the principle that the primary purpose of television is a medium for translating a medieval work called The Tales of Sanditon. She was

Professor Peninnah Schram, a co-founder of the English department at SCW, initiated the series of lectures featuring guest speakers of the art world. Among these high profile speakers were Joseph Papp, founder of the Shakespeare Company, and Wendy Wasserstein, a prominent playwright.

Peninnah Schram, professor of speech and language at SCW, dedicated the evening to Morris Epstein, the late Morris Epstein, and Morris Epstein's many accomplishments. He made a tremendous contribution to the world of folklore by being the first to translate a medieval work called The Tales of Sanditon. He was

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Prospective Students Attend SCW Open House

By Laurie Genitzer

Prospective SCW students, along with their parents, found themselves on the campus of the Open House, organized by the Admissions Office. Beginning with students registering in Kushner Lobby, receiving student handbooks containing applications and useful information, and being seated a Continental breakfast in Koch Auditorium. Sarah Migang, SCW '97, the Admissions Office's student liaison, said, "Many high school students feel uncomfortable about attending a new college and the Open House provides a good opportunity for prospective students to meet SCW's administration, faculty, and students.

The audience received presentations on the Liberal Arts and Sciences, Music, and Social Sciences programs of the school. The presentations were given by the Admissions Office's student liaisons.

Students and parents were then allowed to disperse into sessions involving a variety of subjects such as choosing a career, student life on campus, residence life, and technology in education. Michele Eskin, SCW '98, said, "My younger sister who attends Barnard High School attended the Open House, and she definitely came home with positive feelings about Stern which she didn't necessarily have previously. She thought that the program was run efficiently and effectively, but that the part that impressed her were the outside activities." Students were given an opportunity to explore these academic options through meetings with teachers and student representatives from the Arts, Humanities, Business, Jewish Studies, Science, Medicine, Health and Social Sciences departments. Students were able to receive information regarding almost every occupation ranging from Dentistry and Economics to Law and English Communications. Students also met with representatives from the Career Services and Job Placement offices.

During lunch, parents and students had the opportunity to ask questions of administrators, faculty, and current students in an informal setting. After lunch, guided tours of the school were given by Student Ambassadors, and of Brookdale Residences Hall toured 15 minutes by local students. The evening ended with a frothy atmosphere as the group was performed by the SCW Pension team.

Current SCW students participated in the Open House as staff guides or as student hosts. Faye Berman, SCW '98, remarked, "It's worthwhile for students to take the time to have an open day at Stern. We are able to have an open day at Stern because we offer a unique opportunity for incoming freshmen to openly ask questions. It was thought of the University to donate SCW scholarships to us so as hosts, we were able to be recognized from a crowd."
Thank You, Mr. and Mrs. Samson Bitensky of FAB Industries for Donating a Complete Set of Schottenstein Gemar to the SCW Beit Midrash

The Observer

November 22, 1996

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Model United Nations

On the weekend of November 7-10, 15 YU students temporarily gave up their U.S. jobs and we have an obligation to thank them.

THE STUDIO BODY OF SCW WOULD LIKE TO THANK MR. AND MRS. SAMSON BITENSKY OF FAB INDUSTRIES FOR DONATING A COMPLETE SET OF SCHOTENSTEIN GEMAR TO THE SCW BEIT MIDRASH

Editorials

Post Election Analysis

The 1996 election season is officially over, and SCW students have every reason to be proud. On the whole, we kept up with the campaign issues, watched the debates, and cast ballots for the candidates of our choice. It is tempting to assert that we fulfilled our constitutional obligation and now can take out of politics until the year 2000. This, however, would be a grave error. There is an unfortunate misconception among the American people that it is only necessary to vote into politics every four years. Political activity is not restricted to elections; rather, it is a way of life. President Clinton and the members of Congress can never be left to handle the country as they see fit. They are our representatives; we gave them their jobs and we have an obligation to ensure that they fulfill those jobs. Even if...
SCW Student Council News Update

By Laurie Gewirtz

Executive Board members of the Stern College for Women Student Council held their first meeting during Orientation week and have since held weekly meetings every Tuesday in room 600 of the School Building. The first meeting of every month is open to all SCW students.

Over the summer, a computer was donated by a W alumna for the use of SCWSC, TAC, and SWSBSC. Computer training workshops were conducted by Adena Saltzman, SCW '98. SCWSC made a contribution for the summer as well and donated a television set which was placed in the lounge of the school building.

Orientation week was a success thanks to Orientation heads Meline Arun, SCW '97, Elana Adler, SCW '97, Hannah Shoshield, SCW '98 and Gilas Blazer, SCW '98. The Guide to the Perplexed was delivered to the student body thanks to editors in chief Mos Reis, SCW '97, and Hesky Willig, VC '97.

Thank you to the Senior class for sponsoring the selling of SCW paraphernalia. Anyone still interested in purchasing SCW T-shirts, sweatshirts, or hats, please contact Senior class Vice President Courtney Marks, SCW '97.

Each Executive Board officer is in charge of oversetting a certain number of clubs, honor societies and publications sponsored by SCWSC. The officers have been instructed in their contact with and are available for the heads of these clubs. Two new committees instituted this year are the Campus Coordination Committee and Athletics Committee. Presidential candidates Hannah Shoshield and Jocelyn Brown oversee all SCWSC committees.

After club fair all club heads were requested to phone every position on their sign-up sheets even if their services were not needed specifically at that time. In addition, all club heads were requested to submit event notifications forms to the Observer and the Mosaic before planning a club event. Event dates are to be cleared with SCWSC Vice President Emily B. Shapiro and all flyers publicizing that event should be stamped with the Council’s approval before being legally posted. Certain inactive clubs were encouraged to plan future events and were warned that if they remain inactive, their charters will be revoked. All clubs should be in touch with SCWSC Treasurer Chana Katz, SCW '97, concerning their budget and finances.

The SCWSC Health Fair held on October 29 was a success thanks to its heads, Debbie Rudoff, SCW '97 and Cheryl Rothman, SCW '98. The fair, which was open to all SCW students and faculty, gave out literature, free samples, door prizes and provided information on occurring health issues varying from nutrition to breast cancer.

FYI

"Campus Conversations" with Rabbi Dr. Norman Lamm will take place on Wednesday, December 18. All SCW students are invited to attend.

Continued from page 2

you did not vote for the candidates that were victorious in the 96 elections. Simply by participating in the electoral process, you gave legitimacy to our winner and that is what we have a duty.

In the next few months the President and Congress will deal with issues that may have a direct impact on our lives. It is vital that every SCW student makes her opinion on the issues known to her elected representatives. Voting, though important, is not the only means to attain this goal. Letter-writing, phone calls, and protests are three small ways in which we can make our voice heard. Our degree of involvement will determine whether we are passive members of our society, blindly following the politicians or active citizens, working to ensure that the politicians follow our lead. The choice is ours.


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Editorial

COMMENCEMENT 1997
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SENIORS, HAVE YOU FILED FOR GRADUATION WITH THE OFFICE OF THE REGISTRAR?

IF NOT, PICK UP KIT FROM THE REGISTRAR ON YOUR CAMPUS
University of Pennsylvania Representative Speaks to Pre-Law Students

By Nachama Goldfinger

On Wednesday, October 30, 1996, SLW students gathered in room 304 during Club Hour for the Pre-Law Students Association’s annual lecture. The event was held in the Pennsylvania Law School’s Student Union. Attendance was open to all interested students.

Levine, Director of Admissions at the University of Pennsylvania Law School, and herself an Orthodox Jew, spoke about the law school’s admissions process and presented students with the choices they should consider.

The lecture began with a brief introduction by Levine. Levine then spoke about the school and answered questions about the university.

Levine acknowledged that the law school is located in New York City, a city surrounded by Ivy League Schools, which can also speak of the superiority of their academic standards. The university has the reputation of being one of the best law schools in the country.

During her lecture, Levine stressed the importance of selecting a school that is a good fit for the student. She emphasized the need to choose a school that is not only academically challenging but also one that offers the personal and social experiences that the student is seeking.

Levine advised students to consider their personal and professional goals when choosing a law school. She encouraged students to research the different law schools and their programs to find the one that best fits their needs.

Levine concluded her lecture with a few final thoughts on the importance of choosing the right law school. She emphasized the need for students to be realistic about their expectations and to choose a school that will provide them with the best opportunity for success.

Authors in Residence Program Continues with Grace Paley

By Rose Ellefs

As Grace Paley’s last lecture of the semester, Professor Paley spoke on November 19, 1996, in the Modern Language Department. The event was part of the Authors in Residence Program.

Paley spoke about the importance of writing and the role it plays in contemporary life. She discussed her experiences as an author and the challenges she faced while writing her stories.

Paley’s lecture was well-received by the students, who were captivated by her words. Many students expressed their gratitude for having the opportunity to hear her speak.

Dr. Alfred Bader Kicks Off Chemistry Lecture Series

By Alixa Ricklin

On Wednesday, November 4, 1996, Dr. Alfred Bader kicked off the Chemistry Lecture Series with his talk on how his company was started and how it has grown. Bader is the President and CEO of Aldrich Chemical Company, one of the largest chemical companies in the world.

Bader spoke about the challenges he faced when starting his company and how he was able to overcome them. He emphasized the importance of perseverance and hard work in achieving success.

Bader also discussed the role of science in society and the importance of supporting scientific research. He encouraged students to pursue careers in science and to contribute to the advancement of knowledge.

In his lecture, Bader explained how his company was started and how it has grown. When Bader was a student, he encountered significant resistance from professors who were not interested in supporting the development of new compounds. Bader was determined to prove that his company could succeed and he worked tirelessly to make it happen.

Bader emphasized the importance of collaboration and partnerships in the chemical industry. He also highlighted the role of technology in driving innovation and growth.

Bader concluded his lecture by encouraging students to pursue their dreams and to be open to new ideas. He emphasized the importance of taking risks and being willing to fail in order to achieve success.

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YU Delegates Participate in UPMUNC XXX

By Stephanie Dienstag
and Rebecca Licht

In a world where complexity is a growing factor, a mature and informed understanding of the international environment is necessary to lead the human race into the next century. In light of this objective, YU sent a delegation to University of Pennsylvania Model United Nations Conference, held November 7-10 at the Doubletree Hotel in Philadelphia. Attracting collegiate delegations from across the continent as well as special delegations from the Russian Federation and the Philippines, the goal of UPMUNC is to help nurture an understanding among the participating students of international relations.

The 870 member conference opened with words from the Mayor of Philadelphia, Ed Rendell. The keynote speech of the opening ceremonies was presented by Former President of Costa Rica and Nobel Peace Laureate Oscar Arias Sanchez. He navigated the crowd with his calls for peace, placing much responsibility on the fate of world peace in the hands of the UP-MUNC delegates, "the leaders of tomorrow." Following the speeches, the thirtieth annual Model United Nations formally began with the strike of a gavel. The delegates immediately dispersed to each of their committees for the first session.

The YU Delegation comprised of thirteen delegates from SCW and YC. YU delegates represented either Pakistan or Lithuania. As in the actual United Nations, the conference was divided into categorized committees. Delegates were assigned to either a General Assembly Committee, such as Disarmament and International Security or the World Health Organization, or an ECOSOC (Economic/Social) Committee like the Commission on Human Rights or the International Court of Justice, or participated as one of the Crisis Committees or Regional Summits. Delegates were assigned to their committees before their arrival at the conference in order to enable them to research the topics that were discussed during Committee Sessions.

Elizabeth Renouf, SCW '99, represented Pakistan in the Human Rights Committee. "In order to represent the country that you assigned to, you have to separate your own ideas from those of that country," explained Renouf.

The YU delegation stayed at the University of Pennsylvania on Shabbat and did not attend committee sessions scheduled during that time. The delegation attended a Friday night and Shabbat services at the Hotel House on Campus, resuming their positions in UP-MUNC on Sunday morning. Although a major part of the conference was scheduled on Shabbat, "the experience overall was nonetheless worthwhile as it provided the means for students actively involved in themselves in the process of representing their respective countries," said Adam Most, YC '2000.

On the last day of the Conference students attended a Plenary Session, entailing the adoption of Resolutions passed in committee sessions of the General Assembly. The session was followed by a formal closing ceremony.

This is the third year that YU has sent a delegation to UPMUNC. Renouf, who also served a careful commendation at last year's Model United Nations Conference, said she enjoys participating in UPMUNC because it provides her with an opportunity to represent her school in front of international officials.

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Student Services Offers Guidance Programs for New Students

By Susan Gelbard

A year ago, the first-year Student Services Office was formed to help students transition to Bard. This fall, the office is rolling out a new program: Student Services Offers Guidance Programs for New Students.

The goal of the program is to help new students adjust to Bard. The office is offering guidance programs to help students navigate their time at Bard. The programs include workshops, seminars, and one-on-one counseling sessions.

The programs are designed to help students develop important skills and build relationships. The Student Services Office is working with a variety of organizations and departments to develop the programs.

The Student Services Office is also working with the Academic Dean's Office to develop a new program for first-year students. The program will help students develop the skills they need to succeed in college.

For more information, visit https://www.bard.edu/student-services.

Special Programs For Student Needs

By Nina Katz

The Student Services Office has launched three new programs to help students who are facing difficult situations.

The first program is the Student Health Program, which provides students with resources to help them cope with mental health issues. The program includes workshops, counseling sessions, and a peer support group.

The second program is the Academic Assistance Program, which provides support to students who are struggling academically. The program includes tutoring, study skills workshops, and one-on-one counseling sessions.

The third program is the Career Services Program, which helps students explore their career options and develop job search skills. The program includes workshops, one-on-one counseling sessions, and a job placement service.

For more information, visit https://www.bard.edu/student-services.

Enhancing the Shabbat Experience

By Dr. Laura Weiss

The Student Services Office has launched a new program to enhance the Shabbat experience for students.

The program includes activities such as a special meal, a davening service, and a talk by a rabbi. The program is open to all students, regardless of their religious affiliation.

The program is designed to help students develop a sense of community and belonging. The Student Services Office is working closely with the Religious Affairs Office to develop the program.

For more information, visit https://www.bard.edu/student-services.

New RA Responsibilities Create Improved Dorm Programs

By Dr. Yael Aronoff

The Student Services Office has launched a new program to improve the dorm life experience for students.

The program includes activities such as a special meal, a davening service, and a talk by a rabbi. The program is open to all students, regardless of their religious affiliation.

The program is designed to help students develop a sense of community and belonging. The Student Services Office is working closely with the Religious Affairs Office to develop the program.

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An Inside Look At Student Services Workshops

By Dr. Sarah Green

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For more information, visit https://www.bard.edu/student-services.

The Office of Student Services

The Office of Student Services is dedicated to helping students succeed in college. The office is committed to providing a supportive and inclusive environment for all students.

The office is working closely with the Religious Affairs Office to develop programs that support students' spiritual needs. The office is also working with the Academic Dean's Office to develop programs that support students' academic needs.

For more information, visit https://www.bard.edu/student-services.
Visiting Educators
Speak at Stern

By Julie Stempkowsky

Many of the students who come to SCW have already spent a semester learning in Israel. Some of them try to recapture the flavor of the Torah of Yeshivah. Fortunately for them, YU arranges for visiting rabbis and teachers to speak to Stern students, allowing them to recapture, for a short while, the unique learning they miss. On Wednesday, November 13, these students were especially lucky, for a shiur was scheduled. Three lectures were given by Rabbi Yehuda Sherman of Tel Aviv and Reb Rochwarger of Midreshet Moriah. Sherman is spending Immune time at YU, giving weeks-shiurim to RFK fellow-students and also speaking to YU undergraduates. Formally the chief rabbin of the Israeli Defense Forces, he is the leader in Jewish law of the Israeli military. Sherman, who spoke in Hebrew, explained the Torah viewpoint on relationships between Jews who are not observant.

After an introduction by Rabbi Ephraim Karner, rosh ha-shivah of the Re-bocracy, Department of Jewish Studies, Sherman opened his shiur by saying that the Torah's teachings must guide all our decisions. The Torah, he explained, is not merely a book, it is the "living Torah," offering new perspectives in every time and place, and is therefore applicable to all religious and non-religious Jews.

Later the same day, a large group of Stern students gathered to hear a shiur from Midreshet Moriah teacher Reb Rochwarger, who was in New York to conduct interviews. After distributing letters to the women from these friends and teachers in Israel, she spoke on the topic of "The Heart of Hashidah: HaKadosh." She related this concept to the parsha of Tzolim, and to an episode in the life of her late grandmother, to whose merit the Talmud credits. The audience of over 40 women enjoyed the lecture greatly. "I think we should speak on hashidah," said Emily J. Shapiro, SCW '97. "It's important for students in YU, whose interactions with non-religious Jews is limited." Ms. Sherman also related a personal story about her grandmother, to whose merit the Talmud credits.

The audience of over 40 women enjoyed the lecture greatly. "I think we should speak on hashidah," said Emily J. Shapiro, SCW '97. "It's important for students in YU, whose interactions with non-religious Jews is limited." Ms. Sherman also related a personal story about her grandmother, to whose merit the Talmud credits.

Zachor Club's First Program
Recognizes Kristallnacht

By Orly Goldenthal

On Thursday, November 7, the newly formed Zachor Club launched its first program of the year. The Zachor Club, sponsored by both SCW and TAL, is dedicated towards organizing programs involving the Holocaust and Holocaust-related issues. "For many years ago, on November 9-10, 1938, The Night of Broken Glass, or commonly known as Kristallnacht, the burning years of oppression, torture, and the murder of millions under the Nazis regime. As a memorial to this event, the Zachor Club arranged a video and pictorial exhibit portraying before and after effects of Kristallnacht. In conjunction with this display, the Zachor Club organized a letter-writing campaign to President Clinton, Major Gault, and Senator D. Amato. The purpose of the campaign was to petition those public figures to assist in the location, retrieval, and return of Jewish-owned money and property which was put into Swiss and American bank accounts during World War II. The statute of limitations on these banks is near and if no action is not taken soon the money will remain in the banks and dispersed among many different countries. The letters are an attempt to return the money and property to their rightful owners. A large percentage of SCW students turned out for the letter writing campaign and the organizers were pleased to see so many people involved. The fact that the project was able to involve all members of the Yeshiva University community including the faculty, students of SCW, SSSS, YC, and Wurzweiler School of Social Work, emphasized that this situation in which people really care about and are willing to do what they can to improve it," said Zachor Club head Michal Weiss.

Students' reactions to the letter writing campaign were on the most part positive. Zehava S. Kahn, SCW '99, said, "The message that we are trying to get across is that Kristallnacht is of great importance. Hopefully the letter writing campaign will accomplish this." Kahn further stated, "The Zachor Club is unfortunately a necessary one, and I am pleased to see its revival. The Jews have been through too many horrifying tragedies which have the tendency to be forgotten as the years go by. We can do our own part to remember."

The Kristallnacht display and letter writing campaigns are just a few examples of several programs and activities which the club is planning for this upcoming year. Possible programs include a trip to the Washington Holocaust Museum and a panel on tolerance. The Zachor Club also has information about a Heritage University Seminar Tour to Poland, Lithuania, taking place from May 22-28. An optional stop in Israel extends the trip to June 4.

Any student interested in more information about the Heritage tour, or any of the club's activities, can contact club head Orly Goldenthal, Chana Kaposutin and Michal Weiss.

SUMMER RESEARCH PROGRAM FOR UNDERGRADUATES

ROTH INSTITUTE SCHOLARS
Honors Program in Biomedical Research at
ALBERT EINSTEIN COLLEGE OF MEDICINE

An honors research program for the summer of 1997 is available to Stern College for Women and Yeshiva College students with career interest in the biomedical sciences including Biology, Chemistry, Computer Science, Physics, Psychology and Pre-medical majors.

Students accepted to the program will conduct basic research at Albert Einstein College of Medicine full-time for ten weeks and will participate in a special seminar/lecture series together with other undergraduate students who are participating in the program. Students in this program will receive a stipend and will be eligible, after completion of all the requirements to receive Honors Research Credits. These credits do not satisfy requirements in the major field of study.

Application forms are available at the Office of the Dean and the Office of the Pre-Health Advisor.

Students completing their junior year (or in exceptional cases their sophomore year) with the appropriate grade point average are welcome to apply. Graduating seniors are not eligible.

Applications should be submitted before the final examinations of the fall semester to Dr. Lee Isaacson, Department of Chemistry, Stern College for Women.
Looking Back on Twenty Five Years At SCW:
Rabbi Saul Berman

By Susan Jacobs

In the October 28, 1971 issue of The Observer, an article entitled "Welcome, Rabbi and Mrs. Berman" appeared. The article, written by Esther Fachs, announced the arrival of Rabbi Saul Berman and his wife to SCW. Rabbi Berman, today one of the most renowned members of the SCW faculty, was then Religious Studies Chairman, and Mrs. Berman was a guidance counselor.

Still a Favorite

Describing the enthusiasm of student reception towards the Bermans, Fachs wrote, "...I was not really surprised to find that their reputation of congeniality and genuine concern for student welfare was quite accurate. Certainly, after having had the pleasure of spending some time with them, I could hardly help but join the ranks of the 'Berman Bosom.'"

Current students remain fans of Rabbi Berman. Ahava Aaron, 'SCW '97, commented, "He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class."

Rabbi Berman is an alumnus of YU and of two other universities. He received a Bachelor in English from YU in 1959, followed by a law degree from New York University in 1968. His wide range of interests and scholarly work is reflected in his teaching. Berman is reflected in his teaching, as he is in his teaching. He shows a tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class. He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class. He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class. He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class. He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class. He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class. He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willing to listen to suggestions from the class. He is an excellent teacher. He is articulate and passionate about his material. He shows tremendous mastery over his material, but at the same time he is willi...
"Present Laughter" Presents Lots of Laughs

By Donna Berger

With crisp, concise writing and an eye for a plot that's a can of whoop-ass, Noel Coward's "Present Laughter" is a play that still rings true. The play, presented by the Community Drama Group, held its audience captivated from start to finish. The play is a look at the personal and professional lives of a group of actors, with Coward himself playing the role of a young director who takes over a struggling theater company.

The play is set in the 1930s and features a cast of characters that are both humorous and poignant. The most memorable of these is the character of Vivian Beaumont, played by Susan Janney. Vivian is a young and talented actress who is determined to make it in the theater, but finds herself struggling to gain recognition. Her journey is both heart-wrenching and inspiring, and Janney's performance is nothing short of extraordinary.

The production was directed by John Kelly, and the set and costumes were designed by Mary Ann. The lighting design by Michael was perfect, adding depth and excitement to the production. The music was provided by the Community Drama Group, and added a touch of class to the performance.

The cast was led by John Kelly, who played the role of Vivian Beaumont. The other members of the cast were equally impressive, with performances that were nuanced and engaging. The play was a triumph, and a testament to the power of theater. It is a must-see for anyone who loves a good story, and is sure to leave audiences laughing and thinking long after the final curtain falls.
Fair Educates Students About Health and Nutrition

Continued from page 1

tered" young women who seem to be in the peak of good health. Susan Kirshner, SCW '97, highlighted this issue: "I thought it was appropriate to dedicate it to Ramie. The Health Fair makes us realize how important it is to take care of our bodies," said Kirshner.

Students arriving at the health fair were greeted at the door and offered the opportunity to register in a raffle to win gift certificates to various local restaurants or a Safarian perfume set. They also received bags in which to store the samples and literature they selected while touring the various booths. The 13 stations at the Fair ranged from extremely serious, such as First Aid and Genetic Diseases, to helpful ones like Stress Management and Eat Right/Feel Right, and to whimsical, such as the free makeovers from The Body Shop. The scores of fliers, products, and leaflets were provided by some of the hundreds of organizations and corporations connected by the chaperone and committee heads since work began on the Fair last year. Students were chosen or volunteered to work in a booth based on future career plans, major, or interest in educating others on how to take care of their bodies.

The Health Fair provided information on several subjects that are often considered taboo in the Jewish community. Representatives of the Shalom Task Force, a not-for-profit New York-based organization, explained the need for awareness of domestic violence in the Orthodox community. The organization fields calls from all over the country on its hotline and provides those suffering spouse abuse - 95% of whom are women - with halachic guidance, referrals to therapists and options to explore.

Shulamilh Sachs, SCW '99, informed students of the gravity of the problem and the steps taken to combat it, given the constraints of (tza'ar) and the bounds of halacha. She reported that students were more aware of abuse because of several recent highly publicized cases which highlighted the phenomena.

The Health Fair also focused on the importance of breast care, another topic that many SCW women are not necessarily comfortable discussing. Mary Blecha, a registered nurse with the American Cancer Society, stressed that she wanted to teach the women about breast health and not just to focus on the perils of cancer. She emphasized the importance of monthly exams to detect small lumps and growths. A video which demonstrated the proper examination technique, was available for viewing.

Another topic of particular importance to women of Stern College is the relatively high occurrence of Tay Sachs in the Ashkenazi population. Two partners are found to be carriers, genetic counseling is strongly suggested to explore options to prevent the disease. Aliza Rubins, SCW '90, who worked at the Jewish Genetic Disease Testing booth, said that the fair was "an excellent opportunity to publicize the October Tay Sachs testing event. The fair made students aware of the importance to prevent diseases that occur most frequently among Ashkenazi Jews."

Other points emphasized at the Fair were the importance of preventative education as well as information on first aid care. Students were invited to sign up for a CPR course and pick up first aid sheets on emergency care. Stern women could also learn techniques for dealing with the stress associated with exams and ways to improve overall health through diet and exercise. Hana Spirling, SCW '99, remarked, "Although I didn't learn anything radically new at the fitness booth, the information there reinforced some common sense knowledge about exercise. Many women in Stern worry about their weight, however, exercise is not often a part of the daily routine."

Shulamilh Sachs, SCW '99, a committee head of the Eat Right feel Right table, said that the question asked most frequently of her, Sharen Wunder, the framed posters of "The Fair is a Good Time" were running the table, focused on students eating healthier. She said, "How do I eat down on fat and cut the proper amount of protein in all of the food I eat each day?"

Over 200 students toured the booths and received informative and literature handouts at the booths regarding such issues as GBG concerns, AIDS, including alcohol, drugs and smoking, Dental Care, Eyecare, and Skin Care.

The chaperones hope the fair will be the impetus to Stern women actively taking control of their health. A Tay Sachs disease test was held on October 11. Tentative plans are being made to hold future workshops on domestic issues by the Shalom Task Force and in breast care awareness. These activities and projected future Fairs are intended to make students part of a continuing education process about their bodies and how to care of them.

The Undergraduate Student Council of Yeshiva University Present

THE 1996 CHANUKAH CONCERT EXTRAVAGANZA

AVRAHAM FRIED

MENY WALD

ACCOMPANIED BY THE NESHOMA ORCHESTRA

LAMPORT AUDITORIUM

THURSDAY NIGHT DEC. 5, 1996

SHOW WILL BEGIN PROMPTLY AT 8 PM

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Tennis Season Draws to a Close

By Sheran Friedman

Rated among the top colleges in the United States, Stern College for Women excels in both academics as well as tennis as well. Though the Women's tennis team has been able to maintain all other areas, New College has St. Wusthoff's best file and a display of skill, talent, and perseverance in comparison.

With an outstanding record of four wins and no losses, compared to 1960-61, the WU women's team has proven their ability to dominate all, including schools of significantly larger student bodies. One can not avoid stepping back and admiring the success of these dominating abilities.

So what exactly is the guiding light for these women's pursuit of success? The answer is: teamwork. All agreed that the driving force behind their success is the excellence and ability of the coach, Goldstein. Housed in a new, the Women's team has made great strides in the last year. He trained them properly and helped them understand the rules of the game. His methods were simple and effective, and his constant challenging and teaching them and giving them the extra mile.

Second, Yael Malin, a team captain, stressed the importance of keeping their minds prepared for the matches. Throughout the season, he has provided constant strategies with the team and their opponents. He has thereby raised many players out of the woods. Rather than persevering themselves as a small school that really had no chance of winning, he motivated the women so that they were able to envision themselves on top.

After four matches with St. Joseph's College, Brooklyn College, and New York Tech, the women swept all four matches by choosing one another, and provided continued support for one another. Even when things were rough against the fierce competition of Brooklyn College, the team, and specifically Heidi Baker, was still able to rally to victory.

Fitness Flash

BREAK THE FAST

By Michelle Gauzzi

Quick, sit your school breakfast! Twenty minutes before your regular wake-up time is your health breakfast hour. Breakfast not only gives you energy but keeps you through the day and it can help you keep your body healthy. If you ate big in the morning, you will snack less during the day, thus maintaining and even losing weight. Breakfast can also help to speed up your metabolism and keep your body healthy in order to burn calories. A choice like cereal is high in fiber increases satiety, lowers fat intake at meals and maintains energy levels.

Breakfast ideally should be one of your largest meals since you have the most time to burn it off during the day. But if you are not a morning person and can barely make it to the shower, much less put together a huge breakfast meal, chances are breakfast is obsolete for you. A study done by researchers in Japan that any form of breakfast in the morning is more important than lunch because eight in ten Americans fail to eat breakfast or have a smaller one. The morning meal should be at least as large as dinner in order to compensate for your lack of eating during the night. A lack of breakfast in the morning can lead to weight gain. A personal favorite of mine which can be made in five minutes is two figues, vierias with a bit of low fat honey, yogurt on top and syrup. It tastes like fruit and is relatively low in fat and sugar, making it a healthy breakfast option.

Lady Macs First Home Game

Come cheer on the Lady Macs for their first home game of the season as they compete against Bard College on Tuesday, November 26th, at 7:30 p.m. Vans will be leaving from Brookdale Hall at 6:15.

Note: All home games are played at Samuel H. Wang YU High School for Girls.