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The Independent Spring 2009

Lander College for Women/Anna Ruth & Mark Hasten School

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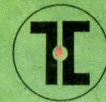
The official undergraduate newspaper of the LANDER COLLEGE FOR WOMEN/ THE ANNA RUTH & MARK HASTEN SCHOOL

The



INDEPENDENT

Spring 2009/5769



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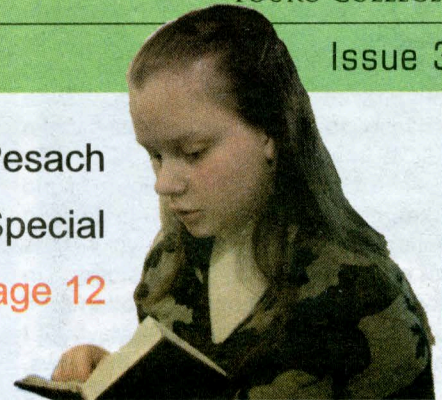
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RECESSION OR DEPRESSION?

Matti Dancziger



Financial experts all agree that the economy is in deep financial distress and are predicting a continued downturn in the economy. This financial crisis has led to the bankruptcy of several prominent companies and in turn, the loss of many jobs and homes. The government, in an attempt to alleviate the damage, has offered to finance several bailout packages to select financial institutions. Despite government aid, the country still finds itself faced with one of the largest economic scares in its history. While the market takes its time to adjust itself, people are reacting by taking responsibility and implment-

ing lifestyle changes.

Being cautious about spending patterns does not mean that there is no economically efficient way in which to conduct routine expenditures. Maintaining one's appearance should not put a strain on an individual's bank account. Get your hair cut at a beauty school where you can get a professional style while avoiding the high city prices. If you do your research, there are still salons around that offer a \$5 manicure. When your nails are still in good shape, just get a polish change; this will give the illusion of a fresh manicure, while costing only half the price.

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OFF CENTER STAGE

Michal Benner

The theater grows dark and there is a hush of anticipation as the curtain rises. There stand three perfectly poised ballerinas. Everything about the scene is beautiful, breathtaking even. I am sitting in the red carpet covered theatre of Lincoln Center and should be in heaven, except for one thing. The only thought that runs through my mind is that I am on the wrong side of the stage. Don't get me wrong, I love watching ballets; Swan Lake, The Nutcracker, Coppelia. They each tell their own story. The dancing is unreal. However, the reason I love watching them so

much is because I am a ballerina. I have been dancing since I was four years old. It is a part of who I am. This was the reason that although I was enjoying the ballet, it was bittersweet. Sweet because it was beautiful and I connected with them, bitter because I wasn't dancing, bitter because I was jealous. Jealous that the girls on stage didn't have the same tznus requirments as me, the same shomer negiah halachos, or the same sensitivities that I do. It's hard, very hard to look at something you could have been. It's not easy to pass up on something that is so very much a part of who you are.

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WOULD YOU SELL YOUR ARM? HOW MUCH?

Chaya Appel

What can I say? I am scared to read my *Wall Street Journal*. It's 7:00 AM, it has been delivered right to my door. My coffee is hot, but the breakfast and paper routine doesn't seem to excite me. I'm sick of the recession. I'm sick of the new all-time lows of the market. I'm sick of my rapidly-decreasing Ameritrade online account which has most of my savings tied up in stocks. I'm sick of the mess America has gotten itself into! I refuse to open the door. Maybe if I don't read the paper, or watch the news, it'll all go away. I know I'm silly. We are knee deep in a crisis of epic proportions. We're in recession, and it's not going to end in a day. It'll end (please G-d, oh

please, please G-d) but how soon? I feel surrounded by this ever-pervasive doom. It's in the papers, it's in the community—people, grown-ups, fathers and mothers, and Harvard MBA's. Losing their jobs, losing their fortunes. Years of savings, 401 K's vanishing in months. There's a new teacher at my Hebrew School. He has an MBA from Columbia, and was an investment banker at Bear Stearns. He's teaching Hebrew School to me, because it's something he enjoys, and it's a job. I'm a finance major, with dreams of going places on Wall Street; hearing his story couldn't be more disheartening. During this difficult time, there is no one who is unaffected. Especially within the Jewish community.

As college students headed towards a deteriorating economy, what can we do? How can we do? How will it be different for us, than for Tuoro graduates a few years back?

Although I am having trouble staying positive these past few months, I have a few thoughts which might be worth sharing.

First, student loans will be more difficult to take out, interest rates will be higher, getting a job when we graduate will be tougher. Yes, things will be harder for us than they were for our Tuoro predecessors. But, we will work harder, and we will come out stronger.

For those of us who have grown

up in comfort, for the first time we are confronted with financial responsibility. I recently overheard a girl in the lunchroom complaining about having to pay for gas; her parents were cutting her allowance. Not to be insensitive, but when I heard that, I thought to myself, "You're twenty two. Why are your parents paying for your gas? Get a job!"

All of us, regardless of our background, have to become more financially responsible.

Even those of us who have never been financially dependent in the past, we too have to do some serious budgeting.

Yes, times are tough, and we are growing up. We are going

to be less spoiled. We will know how to work, and how to get creative with cutting costs and making money.

This crisis is going to produce some of the most competent graduates ever to walk the planet.

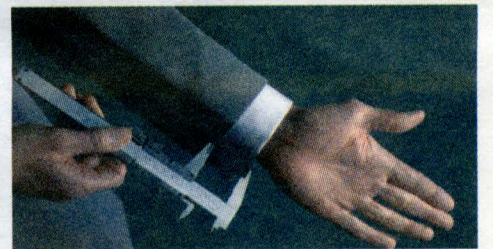
We've tried to include in this paper helpful articles to guide you through some of the newest financial challenges confronting our generation today. Yes, times are tough, and I'm not wishing a financial crisis on our children or grandchildren, but we are going to work a lot harder and grow up a lot faster and go a lot farther

because of this. And that can be a very good thing.

My second thought on the crisis is this: ask yourself, how much would you sell an arm for? Wait, not just any arm, but your arm. How much would you sell your right arm for? What's its value? I know that sounds rather crude, but think about it. Assign a number. A million dollars? A billion dollars?

I mulled this notion for a while the other night. In fact, I was in Barnes and Noble, so I asked a couple of innocent bystanders the same question. After their horrified, "Excuse me, what do you mean by that?" comments, and after I slowly repeated my question, I got the same answer again and again: "I wouldn't. My arm is priceless."

Okay, some of the largest corporations in the US (and world for that matter) are billions of dollars in debt. The economy is falling deeper than anyone predicted. But while I mope about my dwindling stock account, and how difficult it will be to find a job when I graduate this year, I keep flexing my arms, and tapping my feet. I've got billions of dollars of assets. I have a heart that beats, and eyes that see, and that trumps any profits I could even dream of earning in the stock market. ▀



"This crisis is going to produce some of the most competent graduates ever to walk the planet."

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OSCAR WORTHY Sarah Sirota

Oscar season has finally come to an end. And I am not ashamed to admit that I thoroughly enjoyed Hugh Jackman's little musical parody and am looking forward to next year's offerings. People always say – why are you ogling over such senseless things? Why are you paying attention to people who make millions of dollars while you slave away and make pennies?

But I don't see how one thing has anything to do with the other. Yes, I



am annoyed that they make so much more money than I do or ever will, but that doesn't mean that I won't enjoy their antics. On the contrary, if they're making so many millions, I may as well let them serve some purpose and get some amusement out of them.

Watching what each star chooses to wear, the way they flaunt it down the red carpet, how they introduce the nominees and what the winners say in their speeches – it's all very entertaining. And at this time, I'd like to extend a thank you to those actors and actresses who were wise enough to inject some humor into their acceptance speeches instead of solemnly and tearfully thanking everyone that ever

existed in their lives, down to the nurse who carried them from the delivery room.

And because the Oscars have the ability to amuse and entertain, whether you want to ogle the stars or scorn them, they are an invaluable pastime and much more worthy of a Sunday evening than doing research for a paper that's due the next day.

With that said, I hope that this edition of the newspaper will manage to entertain and amuse you on some level. It may not be Oscar worthy, but last time I checked, the newspaper staff doesn't exactly receive the same monetary compensation that those nominees do... ▀

WHAT THE CONSTITUTENTS TAUGHT ME

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Pessy Katz

I have always been intrigued by the political process that keeps our country running smoothly. Studying Political Science gives me the opportunity to examine our country's politics. My internship for New York Senator, Hillary Clinton's office gave me the opportunity to spend time with and study the big personalities that are part of the political process and are instrumental in making it happen. Being in the senator's office every day, taking direction and learning by example from her staffers was a wonderful hands-on experience and a powerful learning opportunity. However, the greatest lessons I learnt in understanding politics and my country were not from the politician I worked for. I learnt the most from my fellow New Yorkers who turned to Senator Clinton and her staffers, and interns for help.

I interned at Senator Clinton's Office of Constituent Affairs, located in New York City. This office is not involved with what is often thought of as "politics". There are rarely any big meetings, no big politicians walking the floor, no debates of whatever the pressing political or national issues are at any given time and the Senator herself is rarely present. Rather, this office focuses on helping constituents with their daily - sometimes mundane, often a-political - lives. Constituents can have the Senator intervene on their behalf

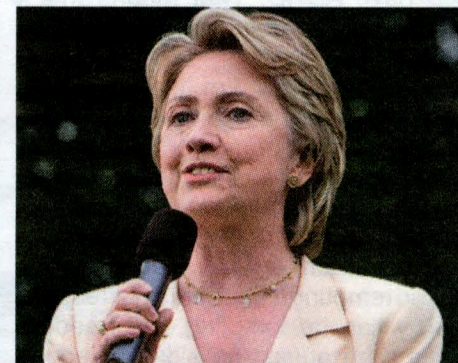
in matters of housing, healthcare, immigration, education and military among other things.

I was assigned to the immigration department which advised and helped expedite the visa, green card and naturalization processes of constituents and their families and employees. Saving faxes, drafting different forms of the same letter and recording voicemails was definitely not as glorious and seemed way more boring than "an internship at Senator Clinton's office" seemed to suggest it would be. I quickly changed my mind, however, once I began to do the work. Each fax that we received at the immigration department held a different story. There were stories of pain, of love, of disappointments and of trials. One man requested the Senator's help in extending his mother's visitor visa since she was in the US helping him take care of his four little children, one of who was horrifically disabled and scarred by a devastating fire that killed the child's mother. Another man needed an emergency passport to attend his mother's funeral in Guyana. There are many different offices and officers involved in each immigration case. But in this regulated and systematic bureaucratic process there is no room for the emotional and personal stories of each case. It is only when these constituents turn to the Senator that they can give voice to their stories.

Not all stories were devastating and harrowing. One couple repeatedly called to request help in bringing home a young child that they adopted from overseas. Many people called on behalf of their fiancés or new spouses whom they had met outside of the country and now wanted to bring to the US so that they could begin their lives together. Each fax that I read, each voicemail I recorded and each constituent I spoke to told an individual story. But it also taught me about the people who put their faith in our country's political process and make it happen.

A democracy exists and is enabled not merely by its leaders but perhaps even more significantly by those who exercise their freedoms and opportunities in the democracy. This is done when people abide by their state's rules and put faith in its facilities. I recognize now that the role and influence of citizens in the political process does not begin and end with casting our votes. Because it is our votes that put politicians in office and will keep them there, we can confidently exercise our privilege and opportunity to be helped by our politicians. In that way, those who exercise their political rights and privileges become an integral part of the political process.

Each intern had to spend two hours of every week fielding calls from constituents who wished to express their opinion on new laws, bills and other political issues.



Some scoff at constituents who express their opinions and say, "Why bother, the Senator doesn't care." In fact, the opinions of constituents are recorded. Every day, in the weeks leading up to the vote on the bailout package, the number of constituents who expressed approval of the plan and of those who expressed their disapproval were added up and sent to the Senator. With a mere phone call, these citizens, whether their opinions were intelligible or not, became a part of our government and its politics.

I have learnt indirectly from Senator Clinton and more directly from her staffers. I still have much to learn, though. While I don't know if I will ever become a politician, I do know that I don't have to wait until then to be a part of and help shape my country's politics. My fellow constituents have taught me that as a constituent, I can do that now. ▀

GOV'NA, IT AIN'T LEGAL

Shayna Weinberg-Gordon

I have the distinction of coming from, according to Special Agent Robert Grant of the FBI, "If [not] the most corrupt state in the United States... certainly one hell of a competitor." Federal agents arrested Illinois governor Rod Blagojevich on December 9, and have since brought 76 pages of affidavit to indict him on various counts of political conspiracy and corruption, as well as solicitation to commit bribery. In short, they have mounds of evidence that he did a lot of very bad things, including trying to sell President-elect Obama's vacated senate seat to the highest bidder. Other bizarre power plays of the soon-to-be-former governor include accepting bribes from various politicians for seats in the Illinois government and

trying to get his wife a high-paying job. My personal favorite, however, is his attempt to get certain writers fired from the *Chicago Tribune*

in exchange for a State plan to finance the purchase of Wrigley Field. Blagojevich jeopardized baseball and freedom of the press, two great American birthrights, in a single blow.

If such a level of corruption surprises you, you're clearly not from Illinois. Over the past half a century, indictment of Illinois governors has become a question not of "if" but "when". Think I'm exaggerating? Let's examine the evidence: Rod Blagojevich - indicted. George Ryan - convicted. Jim Edgar - indicted but never convicted. Daniel Walker - convicted. Otto Kerner - convicted. William G. Stratton -

indicted and acquitted. That's a list of the governors of Illinois, going back to 1953, who have had trouble with the law. But how many have I excluded from the list, you ask? How many governors have been moral, upstanding citizens whose offices have been tarnished by their crooked predecessors and successors? Three. Three governors of the past nine have come away from Illinois politics with clean records. If Illinois was being graded on its political honesty, it would have to start seriously worrying about its GPA. Blagojevich, however, brings the corrupt politics game to a whole new level. According to sources, he *knew* he was being wiretapped for forty-five days and was so convinced of his innocence (or his invincibility) that he didn't care. And apparently,

the bribery and fraud was a family affair. The tapes record his wife giving her opinion on sensitive (read: illegal) schemes in somewhat less than refined language (read: using words that can't be reprinted in this newspaper). So keep an eye out for the next Illinois governor. Remember his name, because you may be hearing it again a few years down the road, probably in conjunction with a fraud/ embezzlement/ tax evasion/ fill-in-the-blank political scandal. He has some big shoes to fill. He'll have to be innovative and entirely without conscience to make his mark in Illinois' little black book. To all you high-reaching career criminals out there: Ever thought of moving to Illinois? There's a job opening calling your name. ▀

LIVING WITH ADHD

Independent Staff

I have ADHD. That means that I have an attention deficit in the frontal lobe part of my brain. I take tests and fail. I'm used to it. I try to study. Other people have a little policeman in their brain, controlling what they think about so that they can focus on what they are doing. But the little policeman doesn't ever visit my brain. No, my brain is free; freedom may sound tempting. Freedom from responsibility can be tempting, but freedom can be an abyss; no sides or edges to hold onto, just space to fall through. And freedom from concentration is the freedom I experience in my brain's trap. I am gifted; my brain is wired in ways that I believe are not only unique, but extraordinary. G-d created my brain. Every strand of DNA that twists through my body matches my soul perfectly. But it can be difficult living in

a world where the clarity I experience doesn't channel and interact with the minds of others.

People process information in interesting ways. Their previous experiences and education will determine how they perceive a situation. Once they perceive it, the level of importance of the experience will determine how and where they store it. There are several ways in which information can be processed. My way is different than anyone else's and the education system doesn't consider my unique abilities. But I am ambitious. I have goals that nothing and no one can get in the way of. I have several goals. Some of them might seem minute and some may seem so enormous that the Swiss Alps would be specks of dust compared to them. I believe that my small goals are equal-

ly important to my big ones; it is the small ones that ultimately lead to the greater ones.

For me, it can be hard to sit through an entire class. And for me, it can be hard to graduate college. It can be hard for me to concentrate on an article that I have been assigned to read for class and it can be hard for me to fall asleep. But the most difficult thing for me is to never give up. But I won't give up. Sometimes I am afraid. Sometimes I wonder why I couldn't just be born with a different way of processing. Sometimes thoughts like those make me feel sad. But I have learned – for experience is my most familiar teacher, that I can channel those thoughts and direct them to strengthen me. I can derive strength from my past achievements. I have succeeded in areas where there seemed to be

no option but to fail. I can also draw strength from my past failures, I know that they don't crush me; I know that I am indestructible. I know that I can get up after being pushed down time and time again. I know I can believe in me, because G-d believes in me. He tells me so every morning when He wakes me up by shining the sun's rays through my window. He tells me that by granting me a precious gift each morning, the gift of life.

And I know I will get a PhD some day. It might not end up being the kind of PhD I now desire, but I will receive one. I strive for one in social work, education or psychology, but I may have to surrender that wish to achieve something even greater; A PhD in strength, a PhD in laughter and above all, a PhD in gratitude. Yes! I will get a PhD. And I have ADHD. ▲

LIVING AMONGST THE RICH AND FAMOUS

Aliza Fried

Living in the 65th Street dorm is an adjustment for all of us. We thought living in the 55th Street dorm on the Upper East Side was living in the lap of luxury, until we came here. There is nothing as amazing as living between Central Park West and Columbus. We have Central Park in our backyard and Lincoln Center down the block. As I walked home from school

the other night, I passed people dressed in their evening gowns... Gowns! And the men were dressed in their tuxes. I felt as if I was passing people on their way to a ball. And that is only my experience of one Thursday night. On a normal day, I meet students in the subway station with their instruments because they are taking classes at Lincoln Center. The Barnes and Nobles that is five

THIS MONTHS CELEBRITY LOOK ALIKES

by Dana Baryam



LISA GOLDSTEIN



JILLIAN FROMM



floors high and right on the next corner is not too shabby either. And most importantly, because even the rich need their caffeine, there is a Starbucks that is open twenty four hours a block away.

A walk to the supermarket therefore is not so simple. What should take five minutes can take five hours. I have to give up the temptation to buy a coffee at Starbucks, try on some makeup at Mac, or rush in to Banana Republic and Gap. When I finally get to the supermarket, since we live amongst the rich and famous – all the fruits and vegetables have to be the best. Thus, they are organic and overpriced. The other week, I had the ultimate experience in

the supermarket. I accidentally bumped into a woman with a stroller. I felt horrible that I had bumped into her baby, but to my utter shock, I looked down and saw a dog. This was not my only dog experience. I once saw a dog wearing a raincoat. Where else but in the rich streets of Manhattan would a dog wear a raincoat?

Everyday is an adventure and when I leave my apartment I never know what will happen. Will I get splashed by a taxi, screamed at by the homeless man who wants my money, or will I come back with bags full of clothes? The possibilities are endless and that is why I love the city of the rich and famous (and poor and infamous...). ▲

CAUGHT WET HANDED

Dana Baryam

After using the restroom, I do what every civilized person would do; I wash my hands. As I turn to the right to grab some paper towels, my grasp is met by air; there is nothing there. So now I stand awkwardly with wet hands, trying to figure out what to do next.

At this point, a line of women has formed behind me as they eagerly wait to wash their hands. I move aside to make room, and notice how several of them use quite interesting techniques as a solution. Some dry their hands on toilet paper, while others just wave their wet hands up and down like an injured turkey trying to out-fly a bullet before Thanksgiving. I think to myself, "Am I really asking for so much?" I just want a paper towel.

I am reminded of a Seinfeld episode where Elaine finds herself in the

bathroom stall without any toilet paper. She asks a lady in the stall beside her to "spare a square", but to no avail.

By now, I am alone in the restroom, with wet hands and a closed door. I push my elbow down on the handle and maneuver slowly to open the door. I get the door about three inches open, and manage to wedge my shoe in the open space. I swing it open; I'm home free!

But my hands are still wet. I walk through the hallway with my hands up like a criminal about to be frisked. Then it hits me! The men's bathroom is no doubt filled with paper towels. I use the elbow trick again, but this time it's easier since the door can be pushed in. Eureka! I leap at the paper towel dispenser and dry my hands frantically. Mission accomplished, until next time. ▴



OH HH CANADA

Estee Nemetz

Hi, let me introduce myself. My name is Estee Nemetz. That's en ee em ee tee zed. Yes, zed, which is a true letter of the alphabet for us people north of the border. No, I don't know your cousin Sara from Calgary; our temperatures are recorded in Celsius; my money is colored and no, it is not Monopoly money. Such begins the trials of a born and bred Canadian girl attending college in the lovely neighboring country of the U.S. After living in the U.S. (and New York City for that matter) for about a year and half now, I have noticed vast differences between Americans and Canadians. First of all, among Americans there is a complete ignorance of the goings on of Canada. No one knows about our current Prime

Minister, what a province is, or anything about the history of my country. Us Canadians, on the other hand, sat and watched the inauguration of President Obama with as much anticipation as you Americans did and are constantly reading the same updates on his stimulus plan.

Another much recognized difference is the behavior of Americans versus Canadians. This realization came from the first "pardon?" that left my lips. And I am determined not to lose my friendliness and politeness to the pushing and shoving and "whaaaaaaaaaat??" that go on around me all day.

But I am not here to admonish anyone on the lack of interest of the country that rests above them. I am calling out here as a frustrated "foreign" student. (Yes, foreign, although my flight home is 4X closer in distance than the average American student's flight to LA.) Don't get me wrong, I am having one of the greatest experiences of my life here at Touro, but there is one issue that I think needs some attention. I feel that a school which is open to and desires students from various countries should have someone on staff who is accessible to help with these students' visa and immigration issues.

I have been faced with almost every issue possible and had no one to guide me as to what I should be doing. I have had problems at the border because my I-20 (student visa) had been signed in the wrong place or not signed at all before the beginning of a school year.

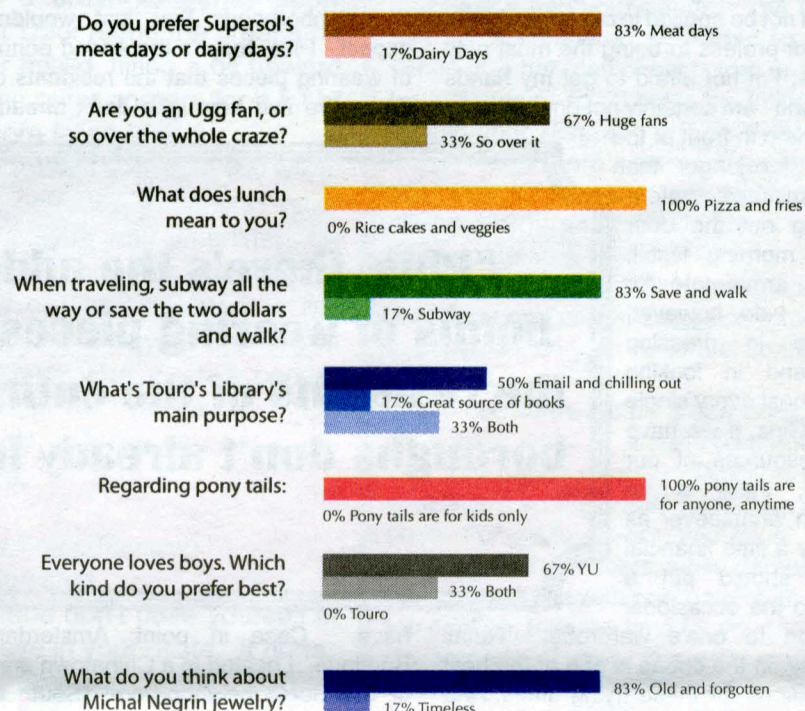
During my internship last year, there was no one to guide me through the process of procuring the necessary papers to show that the internship was needed as a part of my major, which would allow me to work on a student visa. Two weeks before I was supposed to officially end the internship, I was told to leave and didn't get the \$700 that I was supposed to receive for my work. This left me frustrated and forced me to hound down anyone in the administration who might possibly have a handle on these issues. Unfortunately, it was to no avail.

So please, speaking on behalf of my fellow Canadians and other foreign students, hire someone to help us with our visas, tell us when/where they need to be signed and help us navigate through immigration issues as we continue to temporarily reside in the proud, power hungry, and very polite country of the United States of America. ▴



This is YOU what had to say...

Rochel Klein
Art by Rachel Rynderman



"DRESS TO IMPRESS FOR LESS"

Atara Lev

“Desperate times call for desperate measures.” While this slightly forlorn-sounding phrase may be applicable to many a thing during the current economic crisis, I’m informing you right here, right now, that it need not be applied to one’s wardrobe. I do not profess to being the most girly of girls; I’m not afraid to get my hands dirty, and I am certainly not one to preen and primp in front of the mirror for longer than five minutes before rushing out the door in the morning, lest I, gasp!, arrive late for class. I do, however, believe in dressing well and in looking one’s best every single day. Girls, if we have the resources at our hands, there is no reason whatsoever as to why a little financial crisis should put a stop to the occasional addition to one’s wardrobe. Retail therapy on the cheap is one of the best distractions for these trying times. And here’s how it’s done:

The first store on my list is going to have you rolling your eyes, mumbling to yourself, “That’s no secret!” But I feel as though this store is just completely underrated and severely overlooked: Target. Target was, in fact, recently featured in the December issue of *Vogue* magazine (along with...Walmart!), as a fantastic place to shop on the cheap. Target is a huge wellspring of inexpensive, trendy clothes, accessories, shoes, and makeup, none of which are cheaply made. The real jackpot is buying items *on sale* at Target, which I recently happened to do: an originally \$25 sweater (which, in and of itself, is fairly inexpensive to begin with) was purchased for \$13. Boots, once considered among the most expensive among the various items in one’s winter wardrobe, can be had at Target for \$30. And Target recently paired up with a slew of world-renowned designers, such as Sigerson Morrison, Alice Temperley, Anya Hindmarch, Jonathan Saunders, and others (as well as mainstay Isaac Mizrahi), allowing one to purchase designer clothes at a fraction of the designer price. Target is definitely worth a field trip, or two, out of the city and into Brooklyn.

Since most of you either live here, have lived here long enough to become well acquainted with things, or are a freshman looking to be very cool, it’s

time to start shopping beyond the usual comfort zones of the touristy areas (i.e.: Herald Square/the 5th Avenue shopping zone). Not only does it make you seem like an uber-trendy native, but you can also find some surprisingly good deals in neighborhoods you just wouldn’t expect. Plus, there’s the added bonus of wearing pieces that the residents of the entire five boroughs don’t already

“Plus, there’s the added bonus of wearing pieces that the residents of the entire five boroughs don’t already have.”

have. Case in point: Amsterdam Boutique. Located in a Chinatown area of the SoHo neighborhood (South of Houston, for those looking to brush up on their native New-Yaaawka lexicon). This little boutique carries pieces not seen in the more major stores, and at comparable prices. Those looking to purchase on an even lower budget can reap the benefits of the best part of this store. The sale racks. Last I went, around two weeks ago, about half the store was on sale. It was heavenly. I purchased a black button-down shirt, originally priced at \$30, for \$15, as well as a dress, originally priced at \$45, for \$15 as well. They also regularly have two huge racks devoted to items on sale for \$9 and up. Another great inexpensive store located well out of the tourist realm is the Memorial Sloan Kettering Thrift Shop. Personally, I have never been, but I’ve heard very good things about this UES thrift shop, a part of whose proceeds are donated to benefit the Memorial Sloan Kettering Hospital’s Cancer Center. Imagine getting a great deal on clothes, and helping a worthy cause at the same time...priceless.

Alrighty, time for that oldie-but-goodie: The Salvation Army. All the cool kids are shopping there these days. It has recently been featured in the October 12, 2008 issue of *New York* magazine as one of the best stores to visit while looking for a great clothing bargain. And, lucky Touro dormers, they happen to have a location right here on the Upper West Side. Now,

I know I previously said that while boutique shopping, you’ll be able to pick up clothes that no one else will have. But this time I truly mean it, with extra emphasis on *no one*. The Salvation Army rarely, due to the dynamics of the store, has two of the same pieces. Warning: you may have to spend a good deal of time sifting through clothes you wouldn’t even be wearing in a nightmare, but I figure if you’re willing to do the same at Forever 21, you may as well do it at the Salvation Army and find something really great that half the teeny boppers in Manhattan won’t be wearing. And there is no dressing room, so it serves you well to have a good eye for sizes. But great deals on clothes, even designer clothes, are to be had for extremely nominal prices, as well as some clothes that you can truthfully say are vintage, as opposed to the Great Conway Lie.

For *the absolute cheapest* makeup, visit www.eyeslipsface.com, which sells most of their makeup for \$1. Yes. Not a typo. \$1. And truly, not bad quality either. E.I.f. sells a full line of extraordinarily inexpensive makeup tools, and they have a line they label “Studio” which is a shade more expensive – items start at, drumroll, \$3. I say give me chemicals any day but mineral makeup is also to be had, for the purists among us, at prices way below what one might find at Sephora. Speaking of that makeup retail Mecca, for those who feel as though buying makeup for as low as \$1 is seriously a level they simply cannot crash to, Sephora sells their own line of makeup which is, at times, superior to its grossly over-priced cousins located just shelves away. For example, Sephora brand eyeliners go for just \$4 a pencil, and the colors are vivid and long lasting.

I know that there are extremely important things going on in the world; wars are being fought, a new president took office, and the economy has simply been shot to heck. Clothes, of course, seem like a pretty frivolous thing to be discussing, don’t they? Truth is, they might just be. But times like these can get a girl down, and sometimes a distraction is necessary. And one of the best sorts of distractions comes in the form of retail therapy, which is something that is definitely possible even during these fiscally trying times. You just need to know where to look. ▀

PAMPERING THE HAND THAT FEEDS YOU

Aviva Love

Now that midterms are over, and finals and papers are just around the corner, it is time for you to take some time for you. And after all the work they’ve done for you this term, it’s time to extend a little gratitude toward your hands and their ten busy digits.

But we are, admittedly, poor college students. It’s what we do for a living. So, if you can’t afford the time or money to go out and get a manicure, it is quite easy to do one in the comfort of your own home (or dorm)! A manicure every once in a while is also really healthy for your nails, so don’t feel too guilty about taking the time out. For added fun, offer to swap with a friend. Then you can pamper each other, giving your own hands a break for a bit, while getting in some good old-fashioned social time.

First, clear a space for this activity and lay out a paper towel or two to keep the area clean. Then, use nail polish remover and a cotton ball to clean your nails, even if you’re not wearing polish already.

If you want your nails significantly shorter, then give them a small cut (keeping careful track of the clippings à la *halacha*), but remember that filing will make your nails shorter as well. File your nails carefully in smooth motions, shaping your nails either squarely or rounded. Even if you prefer your nails square, try to make the corners a bit more rounded to reduce cracking at the edges. Once your nails are all nice and smooth and as even as possible, put a little bit of oil on the cuticles. When you cut your cuticles (and this is really important, so pay attention) do not cut them all off! What you are doing is, more accurately, trimming your cuticles. The bits of thicker skin at the base of your nails are there to protect the nail bed, so by cutting them off completely, you could be opening yourself up to soreness, or even infection. Be gentle with the cuticle scissor. Once you’re all trimmed up, buff up your nails with a special buffing block. This is to smooth out the surface of your nails. If you think you will be too uneven-handed, or that you will be hypnotized by the rhythm and keep going until your nail is thin as tissue paper, skip this. It’s healthy for your nails, but not if you go overboard. If your hands feel particularly oily or a bit gritty from nail shavings, give them a quick wash before the next step.

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A FIVE-MINUTE FACE

Aviva Love

If you're like me, you roll out of bed after way too few hours of sleep, stumble into the bathroom, and scream as you flick a light-switch and catch a glimpse of yourself in the mirror.

If you're only vaguely like me, you have the same experience minus the screaming.

Not to say that you're not a beautiful girl, created exactly as G-d wanted you, and a cheerful addition to this world of faces. But sometimes, the stress, the lack of sleep, and the weather can take a toll on our appearance. And besides for all that, a little bit of make-up can just help cheer you up on a bad morning.

Then again, with all the stress and waking hours, you probably don't have very much time to spend primping in front of the mirror. But, if you can move quickly and even vaguely accurately, I have excellent news. Five-minute make-up.

STEP ONE: FOUNDATION

Choose a foundation as close to your skin tone as possible. This will help prevent that "mask" look at the edges of your face (don't laugh; it happens). Test a foundation color on your face, not on the back of your hand, when you buy it. After all, you're not going to be putting make-up on your hand every morning. I find that a liquid or cream foundation works better. Granted, powder is faster, but that also means you can

miss spots and that anything you put on top may clump.

Foundation is great not only as a primer for the rest of the face paint, but it can also protect your skin from dry wind, and, if you buy the right product, from sun damage (SPF protection is so in right now).

Dab a bit of foundation onto the main parts of your face – forehead, cheeks, chin, and nose – and then quickly and efficiently rub it in using either a foundation brush or your fingers. (Note for all brushes: wash regularly, or else you'll be clogging up your skin when you apply make-up.)

STEP TWO: CONCEALOR

Whether or not you want to use concealer on "blemishes," as the beauty industry calls them, it can work very effectively for under-eye shadows. Concealer should be a bit lighter than your natural skin tone, and if you want some real fun with color, yellow tint will counteract the blue of under-eye shadows, while a green tint will help cover any redness. Dabbing concealer on is the quickest method of application, but do it gently under the eye, which is a very sensitive area. It can be quicker to do so from a bit put on the back of one of your hands, which will also "warm" it a bit and make it easier to spread. Don't worry about concealing every last shadow completely; apply too much, and the area around your eyes will look unnatural.

STEP THREE: EYE SHADOW

You do not – repeat: do not – have to go overboard here. For an effect, you only need *one* color. You are, of course, more than welcome to use more in complicated patterns, but then I am not to be held responsible when you go over your five minutes. For your one color, consider something not too bright, like a soft

match for your eye color, or, the color that looks good on almost everyone, purple. Just use a brush to gently apply your color along the crease on your eyelid, tilting a bit upward at the outer corners for a bit of a more feline look.

Actually, I fibbed. If you want, you can use a second color and stay in your time limit. By applying a white shadow (or a bit of white eyeliner) to the inner corner of your eyelid, you can give your eyes a perkier appearance, making you almost look like you get some sleep.

STEP FOUR: MASCARA

'Nuff said.

Oh, and don't poke yourself in the eye in your haste. It hurts.

STEP FIVE: BLUSH

Personally, I've adopted the use of cream blush, which can be applied with a foundation brush and I think, adds a bit of a more natural look, when used in moderation. But powder blush works just as well. Apply to the cheekbone, or, if you want to highlight your cheekbone a bit, *just* below the cheekbone. I don't know if this can be stressed enough, but do not put on too much blush. You know exactly why I say this, and yet, it's like people can't help themselves. Put on just a little bit. Even if you think you can't see it in the mirror, don't keep adding more, or it will show in other lights. Console yourself by remembering that winter breezes flush the cheeks. Also, if you think your application is uneven, try to rub some off of one cheek with a tissue instead of applying more. Trust me on this one.

STEP SIX: LIPS

A dash of lipgloss, lipstick, or, if you prefer, chapstick, and you're ready to go. Well, provided you've

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Find a good moisturizing lotion and massage it into your hands. The lotion can be accentuated by wrapping your hands in a hot, damp washcloth or towel for a minute or so. It helps the lotion settle into your skin, and it feels extra nice if your fingers are cold. Before polishing, clean off your nails again with polish remover on a small bit of cotton at the tip of a thin stick (think chopstick). Then give them the once-over to make sure all your filing and cuticle/dead skin trimming is done. Once your nails are approved, break out the polish!

Don't be scared to try a new color, or a bold color. After all, it can come right off with that handy remover. Apply a base coat first, then the polish color, then a top coat. For lighter colors, you might want as many as three coats, while darker colors can look fine with only one. With your top coat on, take the time for your nails to dry properly. If you're in a rush, use your blow-dryer on LOW to help things along. When your nails feel dry, give them a quick brush-over with nail oil to protect them for the next few delicate hours, because even after your nails are dry, they will still be vulnerable for a bit. Treat them nicely for a while, and then your newly prettified hands are all set to go back to work.

Just remember while pampering not to stress out about the filing or the polishing, or it will defeat the purpose of relaxing in the first place... Which is even more important than pretty nails.▲

also changed out of your pajamas.

TWO THINGS TO REMEMBER:

In order to accomplish this in five minutes, you will have to move quickly and not stop to judge everything in the mirror. After doing it a few times, you will get much more used to the movement and bustle of the routine and be able to zip right through.

Secondly, always try to remember to wash your face before bed, or else the make-up will clog up your pores and that will lead to more "blemishes." And then you'll need more time for green concealer...▲



DATING HORRORS....

Chaya Appel

THIS MONTH'S TOP FOUR DISASTERS

Everyone has dating stories; some are just more memorable than others. Living in a dorm provides much opportunity to swap dating stories.... Good ones and bad ones. Additionally, I am privileged to have a brother who is slightly older than me and attends a Yeshiva with around 500 boys who go out on dates every Thursday night. So, I have collected a wide range of horror stories, both from girls and boys. Here are the month's top four, separated by gender. Go ahead, be grateful.... Your dating life isn't that bad compared to these.

BOYS TOP STORIES:

1. "I hit someone on a date. We were driving and we got to a stop sign. I came to a rolling stop, just as this chassidische guy decides to cross the street. He literally rolled over my windshield. I started sweating profusely. I thought I had actually killed someone. As I jumped out of the car to see what I had done, the guy picked himself up, brushed himself off, and gave me a dirty look before dashing off. I was shaking. I couldn't continue the date and she was equally flustered. So I drove her back to her house and rescheduled

for another night. I've had some dating goof ups, but this one left me traumatized."

2. "A young beautiful girl answered the door. Confused by the logistics, I gave her a smile and innocently asked her if her parents were home (since I'm used to meeting the parents first and then going out with the girl). She looked at me awkwardly. 'No, they're not', she replied. 'How do you know them?' By this time I was confused. She looked at me strangely and then said, '**Devorah will be down in a minute.**'

was flabbergasted. I had mistaken her – the woman who answered the door, to be my date, when she was really my date's mother. I'm telling you, I'm not crazy. Shaitels these days are amazing. I'm just lucky that her grandparents were still alive at the time. Otherwise, the situation would have been ridiculously uncomfortable."

3. "I didn't realize, but I kept calling this girl Sarah instead of Shifra, her real name. After doing it three times in a row, the girl said, 'Listen, my name is Shifra. **My roommate's**

name is Sarah.' I had dated this girl's roommate the week before and since I had picked Sarah up from the dorm as well, I kept mixing up their names. It was really awkward, because she clearly knew that I had dated her roommate and she felt like I was still thinking about her."

GIRLS TOP STORY:

4. "I have thin hair, so I wear hair extensions whenever I go to weddings or on dates. They're really easy to put on: I just snap them on to the underneath layer of hair. As we got onto the Ferris wheel at Toys R

Us, my hair got caught in the overhanging bar. Suddenly, a portion of my extensions became dislodged and a chunk of hair fell onto the seat. The guy was so panicked. He thought I was sick or something. I tried to explain what had happened, but he was so freaked out. The date was pretty much downhill from there."



GOSSIP AND SCANDAL IN THE HALLWAYS

Sarah Sirota

I was recently asked by a professor with white hair and an ironic disposition—why the newspaper had no gossip column. I explained to him that if there was a gossip column, there'd be no newspaper because it wouldn't get printed. But then I thought about it and decided that a college newspaper, especially a Jewish one, deserves its own gossip. So here goes my attempt at acceptable gossip that's fit to print.

Did you hear that the girl with the long brown hair, the one who wears a headband, is dating her roommate's brother? The roommate made the shidduch and is busy circumventing the proposal right now. Stay tuned for news on the engagement party, which

coincidentally, will also be arranged by the roommate. There are rumors that she may even be *mesader kedushin* under the chupah and run the ceremony.

And that other girl, the one with the long brown hair who only wears a



headband some of the time, she came up as a possible suggestion for the son of that Rabbi who teaches Judaics. But they said no. After all, she didn't do that well on the midterm...

So that girl now despondently walks up and down the hallways with a siddur in her hands, attempting to show what a great and deserving person she really is. Then, last Monday, as she was davening mincha, she noticed an engagement ring on the finger of one of her classmates who was gushing about her beloved intended. Wiping a tear from her eye, she dashed to the Judaica department to find out if she could retake the midterm.

Meanwhile, did you hear what happened to that newly engaged girl,

the one who always wears Gap jeans skirts? She was sauntering down the hallway showing off her dazzling chunk of a diamond and bumped into her friend who had gotten engaged just two hours earlier. Her eyes went wide as she started at her friend's ring. Looking back at her own finger, she frowned in disapproval. Her diamond wasn't so great. And now she's having second thoughts – why had she said yes?! Well, she should have stuck it out and waited till the perfect 'one' came along...

I think that just about covers the most recent hallway gossip. As for what goes on in the classrooms, in the cafeteria, in the gym, and in the computer labs... well, like I said – only "acceptable gossip that's fit to print!"

CHOLESTEROL & YOU

Helen Ayala Unger, Guest Writer

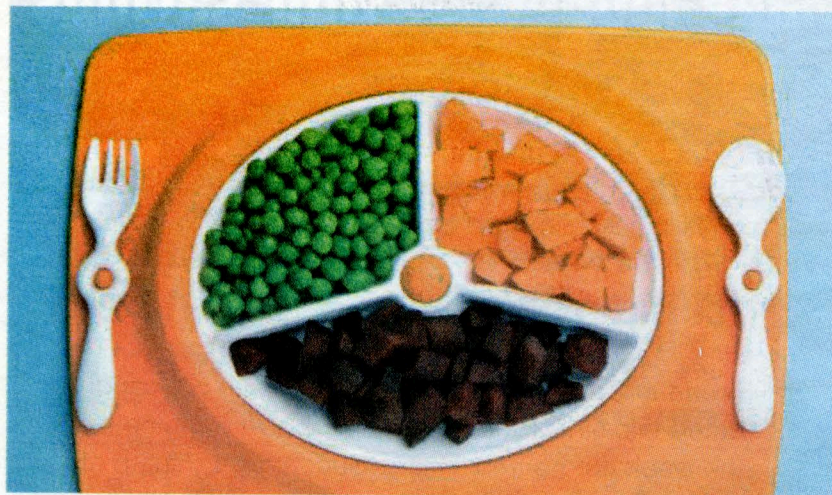
It's lurking in your lunch. It's hiding in your hamburgers. It's what your parents watch and what your doctors worry about. What is it? Cholesterol. And it affects you and your future family.

What exactly is cholesterol? According to the American Heart Association, cholesterol is a soft, waxy substance that is found in our bloodstream and made by our bodies, mainly used in membrane and hormone production. It can, however, also be obtained by eating foods that contain cholesterol; on average, 25% of the cholesterol in our bodies comes from the food we eat.

You may have heard that there are two types of cholesterol: HDL and LDL. In general, HDL is referred to as "good" cholesterol, while LDL is thought of as "bad", because it is responsible for clogging arteries and increasing the risk of heart attack and stroke. Most of our LDL cholesterol is produced in our bodies, so your level relies upon your genetic history. It is well worth it to ask your parents about their medical history in order to approximate your risk for high cholesterol.

The only way to know whether your cholesterol levels are healthy or not is to be tested by your doctor. As a young woman, you should not be too concerned with cholesterol, but it is never a bad idea to make sure you are healthy. If you, or a family member, have high cholesterol, there are a number of options regarding its treatment. Making diet changes and maintaining an exercise regimen are the most convenient decisions for most people and are often quite effective. Since cholesterol in the diet can only be found in animal products, a person with high cholesterol might consider becoming a vegetarian or simply cutting out a few animal products from their diet, such as substituting soy milk for dairy milk. If diet and moderate exercise are not enough to lower cholesterol levels, medication may need to be prescribed; this should be handled through a doctor.

Cholesterol is something that can be harmful if left unchecked, but it is certainly not something to hide from. With careful meal planning and a little family inquiry, we can all look forward to being healthy and raising healthy families. ▲



BLOOMBERG CRACKS DOWN ON FAT

Avigayil Simkovitz

Do you ever wonder what the "No Trans Fat" billboards posted on buses around New York City are all about? "No Trans Fat" seems to be highlighted and emphasized on so many food packages. Many states have slowly passed laws banning trans fat. On January 1, 2006, a federal law was passed in which each type of fat, including saturated, unsaturated and trans fat, had to be distinctly listed under the ingredients of all food packaging. It has been known for years that Americans have been experiencing obesity and other related health issues due to poor diet; the government has continued to intervene.

Mayor Michael Bloomberg has dismissed cries that New York is crossing a line by trying to legislate diets. "Nobody wants to take away your French fries and hamburgers—I love those things, too," he said recently. "But if you can make them with something that is less damaging to your health, we should do that."

Mayor Bloomberg's statement is especially valid, considering the very little awareness prevalent in American society regarding proper nutrition. While one may enjoy his

French fries and hamburgers in the moment, he does not realize the consequences that he will need to pay later.

Compared to both saturated and unsaturated fats, trans fats are the worst of all possible fats. Trans fat or trans fatty acids are produced through hydrogenation, the process of heating liquid vegetable oils into solid fats with the aid of hydrogen. Essentially, trans fat is produced by transforming liquid oils into solid fats with the aid of hydrogen. In the United States, trans fats are most commonly found in commercially baked goods, margarines, snack foods, processed foods, French fries, and any fried foods prepared in restaurants and fast food franchises.

Many dangers are latent within trans fats. They contain no nutritional value whatsoever and increase bad cholesterol while reducing good cholesterol. Trans fats are also dangerous because of their direct link to an increased rate of heart disease. In short – they are bad and terribly unhealthy. In this case, therefore, following the mayor's advice might not be such a bad idea. ▲

Is Splenda That Splendid?

Tova Ehrlich

Personally, anything with the word "artificial" causes a red light to start flashing in my head. So as Splenda, an artificial sweetener, becomes the latest trend, I remain weary.

For those of you that aren't up to date on Splenda and its uses, let me explain. People use Splenda (sucralose) in place of sugar because it is far sweeter. When using Splenda, they can use a lot less to get the same desired sweetness. This results in fewer calories being consumed. For those dieting, Splenda allows for eating without counting carbs or fats. Splenda is basically a "free food." The drawback of using Splenda is that unlike sucrose (natural sugar), Splenda doesn't give the body any nutrients. Nutrients give the body energy. Consuming Splenda helps satisfy people's taste buds, but does nothing in the energy department.

Many people know that sucralose is a derivative of sucrose. Therefore, people assume that Splenda is natural and therefore fine to consume. What they *don't* realize is that Splenda is created by chemists. They take the natural sucrose and attach chlorine to the sugar molecules. This makes each molecule extremely sweet. These "special"

molecules are hard to break apart, which is good, since the breaking of these molecules could lead to chemicals invading our digestive systems. However, what would actually result if the molecules *did* break apart is unknown.

Despite a study by Duke University which found that Splenda has negative side effects, most scientists agree that the overall evidence regarding the harmful effects of Splenda is inconclusive. As Alison Barnett, a future nutritionist, said, "At this point in time, there is no evidence that proves Splenda harmful. Personally, I do use it in my coffee, but I don't like the consistency it gives to baked goods."

There is definitely not enough evidence to declare Splenda unhealthy or harmful, however, it would be foolish to pretend that there are no potential issues involved with using Splenda in the long run. My advice: check out thetruthaboutsplenda.com to learn more on your own. Until further research is done, exercise caution. I wouldn't stop using Splenda altogether, but limiting your Splenda intake can't hurt. Want to eliminate the unnecessary calories? Drink water, eat healthy and exercise. Stick with what has been empirically proven to work, without the potential side effects. ▲

10

FINANCE

How to save money and make money off your savings

Throw out the Lattes... and bring on the Lamborghini's Chaya Appel

College is the perfect time to learn how to make practical short term and long term financial choices. Not only will cutting back on one's expenses save money, but if used in a financially savvy way, these savings can generate impressive future earnings. I have put together two charts to illustrate this process. In the first chart, I have created a personal savings plan. I highly recommend that you sit and identify areas in your budget, that can be compromised, and create a similar chart of your own. You can add as many columns to the chart as you please. In fact, the more you add, the more you will save! Great efforts were put in to ensure that the savings depicted are accurate. Very little has been estimated, and footnotes have been provided so that you can check my data.

After my savings have been calculated, the second chart, illustrates the future earnings that these savings can generate. Please note: while the savings below may seem trivial, when compounded (as explained later), they can amount to quite a significant sum of money!

STEP 1

Areas in which you can save

Price comparison & average amount saved

Total Amount Saved Per Year

1	Using your cell phone. Exceeding minutes by only 10% can almost double a cell phone bill! Certain calls can wait till after nine when it's free. If a friend from another service provider is calling, and you're over your minutes, don't be so quick to answer. Ask yourself: can this call wait till later? Also, make sure to only use SMS if you have a good texting plan. Even texts can really add up.	Over 16 Million wireless users go over their minute plans every month! Most plans have a .20 per minute overcharge. The average person goes 40 minutes over a month. $.20 \times 40 = \$10.00$	$10 \times 12 =$ \$120
2	Don't eat out. How hard is it to make a chicken wrap yourself? Make a shopping list at the beginning of the week, and plan out your meals. Start off by making dinner twice a week, and work your way up. You can even make your own salad instead of buying one in school.	Chicken wrap and side at Deli Casba: \$16.95 Salad with three sides and a scoop of tuna at Circa: \$7.49 Homemade Chicken wrap: \$2.81 ¹ Homemade Salad: \$3.76 ² Twice a week take out dinner average: \$24.44 Twice a week homemade dinner replacement: \$6.57 Amount saved: (24.44-6.57) \$17.87 x 4 weeks= \$71.48 p/m	$71.48 \times 12 =$ \$857.76
3	Buy a Britta and drink filtered tap water. Think about how much money you spend on bottled water. If you can't give up buying beverages, buy your drinks in bulk. A water bottle costs \$1, whereas a case of 24, costs \$13.99 at Fairway.	Atlantis Brita Water Filtration Pitcher at Bed Bath and Beyond: \$22.99 Pack of four Brita filters: 23.99 ³ Poland Springs sport cap water bottles case of 24: \$13.99 $\$27.98^4$ (2 cases a month) $\times 12 = 111.92$ Brita + Filters = \$46.98 (for the year) Amount Saved: (111.92-46.98.)= \$89.76	\$89.76
4	Stop with the Starbucks! A regular Grande' coffee at Starbucks costs \$2.11. Buy Taster's Choice and make your own for 25 cents. Or buy a coffee in school for a \$1.	Starbucks Regular Coffee: 2.11 Super Sol coffee: \$1.00 4 Starbucks per week: \$8.44 4 Super Sol per week: \$4.00 Amount saved: (8.44-4.00) \$4.44 x 4= \$17.76 p/m	$17.76 \times 12 =$ \$213.12
5	Start walking to school. If you ride the subway often, calculate if buying a monthly metro card is a cheaper option for you. For example, if you take the subway twice a day, five days a week to school or work, plus an occasional additional trip, a \$20 card will give 12 rides. One card a week for a month= 48 rides for \$80. A monthly is \$81 and is unlimited.	20 Metro Card $\times 4 = \$80$ (48 rides) \$81 Monthly Metro Card (unlimited) Money saved per month \$1+	\$12
6	Don't buy clothing right when you see it. Wait for sales, and try stores like Filene's or Loehman's. Sign up for your favorite stores e-mail notifications for upcoming sales.	Spring wardrobe at GAP full price: 354.99 ⁵ Spring wardrobe at Filene's: 212.99 ⁶ Money saved per season: \$142	\$568
Total Amount Saved Per Year			\$1860.64

Estimate based on a survey done by rateplan.com

1. Wrap (pkg. of 8, \$2), chicken (pkg. of 6, \$8), tomato (.75), baked potato side dish (.48)

2. Bag of lettuce (\$2.49), pepper (\$1.80), cucumber (\$1.29), tomato (.75), can of tuna (1.19)] /2 (ingredients create 2 salads)

3. Brita pitcher comes with an additional filter, + a filter pack of four, is enough for the year (each filter can be used for up to 2 1/2 months)

4. I personally consume a minimum of 1 1/2 bottles of water per day= 42 bottles per month (2 cases)

5. Note: this is an average taken from a survey done from shoppers at 10 different GAP stores, all in different regions

6. Prices at Filene's are 40% cheaper than regular department stores

STEP
2

So you've saved an average of \$1860.64 a year by cutting back a bit. We're not done yet. Let's assume you place your saved money in the bank. When you put (or invest) money in a bank account, the bank pays you for keeping your money with them. The money you are paid is called interest. The amount of interest paid and how often depends on the type of account you open. In a compound interest account, a bank adds the interest to your account at the end of a period. This period may be a day, a month, a quarter year, a half-year or a full-year. The more times interest is compounded, the more money you will earn. The compound interest formula is as follows:

$$A = P(1+i)^n$$

Where i = periodic interest rates and
 n = number of time periods

If you put the \$1860.64 in an account which earns 5% interest per year, then after one year you would have:

$$\$1860.64 \times 1.05 = \$1953.67.$$

With compound interest, your money earns money on the interest. Lets say you put your money in an account for 10 years with interest compounded twice a year. If you use the above formula, the equation will be:

A= the amount you'll end up with

P= your principal - 1860.64

I= your interest rate - .025 (.05/2)

N= the amount of times your money will be compounded- 2 times/year for 10 year → 20 times

$$\$1860.64 (1+.025)^{20} = \$3048.87$$

By cutting back one year, you can earn \$3,048 in ten years- just by putting money in the bank! This same money can be invested in mutual funds and the stock market as well. When you save by lowering expenses, you earn by raising future profit.

In conclusion → before you spend \$4.71 on a venti vanilla latte, think twice. Forgoing a latte a day for the next 20 years can net you a 'bonus' \$22,618!

P.S. More saving ideas:

- Get good grades and get an academic scholarship. See the office for more information on that.
- Get a job. Babysitting in New York City pays \$15/hour.
- Look out for opportunities to make money.
- Look out for sales at the supermarket. If cereal is on sale, think ahead and stock up. Cut coupons- you might feel like your grandmother, but it can save you a whole lot of money.
- Plan your budget for the week in advance.

RECESSION OR DEPRESSION? Matti Dancziger Continuation from front page

Living in New York City can seem costly, but this is a misconception. The city is only pricy if you do not know how to navigate it. The city is designed to attract tourists, but a true New Yorker will not be fooled. Before going shopping, always look online for coupons and promotional codes. When approaching the register, always inquire if they issue a student discount.

Reading can be a costly hobby if you're buying all your books. One way to avoid this unnecessary expense is to sit in the Barnes and Nobles café and read your books free of charge. When possible, avoid buying textbooks by utilizing

the library's selection and doing your work there. This investment will save money while providing you with fewer distractions. If ever you find yourself in need of the internet, the Apple store on 57th St. is open 24 hours and allows full use of their internet free of charge.

There are so many options when it comes to doing your grocery shopping. There's Whole Foods, Supersol, Trader Joe's, Fairway, and countless other supermarkets. By getting together a group of friends and buying your products in bulk, in places such as Costco and BJ's, you will save yourself an exorbitant amount

of money that can then be used to treat yourself to a night out.

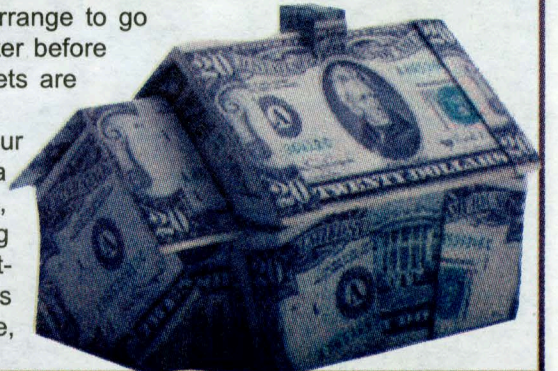
Entertainment can get pricey, but there are several ways to avoid these high costs. When going to a museum, look for the ones that have a suggested donation; you can pay a little and gain a rich experience. Sometimes, simply picking the right day of the week can save you money. The Botanical Gardens has a free admissions policy on Wednesdays. Another wonderful outing is Governors Island. The island is only a short free ferry ride away from the city, but once there, you feel as though you have been

transported to a whole other place.

Broadway has always played a major role in the City's entertainment. You can have the privilege of viewing the shows for free by volunteering your time to the arts – be an usher for the night. If you want to go out to the movie theater, arrange to go to an AMC theater before noon, when tickets are half price.

It is true that our economy is in a delicate state, but byplanning ahead and adjusting minor details within our routine,

We can minimize the stress induced by this financial difficulty. By focusing on what we have available, we can pass this recession without it feeling like a depression. One can budget herself while simultaneously absorbing the vast wealth the city has to offer.



A DIFFERENT SORT OF PESACH

SARI LOZOVSKY

It is twelve o'clock at night as we sit down in the shul to a simple table. Covered with a disposable white table-cloth, a few place settings and two Artscroll Haggadas, we begin our second seder for the night. Sitting with a few local girls, we are so nervous that we feel our stomachs turning. How are we going to reach these girls? How are we, two outsiders, going to give these girls a seder that will change their lives? The previous seder that we ran for children, went overtime. The atmosphere was exciting and catchy. While the kids were singing "Dy dy ellu," we were acting out *yetzeas mitzrayim*, and distributing tons of candy. For many of the children, it was their first memorable seder. But now we sat with high school girls, who seem disinterested and apathetic.

Rav Bald enters the room, and sensing his presence, we stand up in respect. He pauses and takes in the scene before him. "For more than hundreds of kilometers to the north, south, east and west, this is one of the only sedarim taking place right now," he begins, his voice soft

but assertive. "In Eretz Yisroel, every Jewish table is a Pesach table, likewise in America. Here in Lviv, Ukraine you girls are sitting on your own, making a Pesach seder. Wow, is the Aibeshter proud of you." Silence. Every eye begins to tear, every girl is touched, and every neshama feels the shechinah. These are girls who wear skirts every day, and who keep Kashrus and Shabbos to the best of their ability, while living in secular homes in an openly anti-Semitic town. With that, the seder took off and flew, sharing stories, singing songs, and davening for our own personal yetziah-exodus.

Every day spent in Lviv was eye opening as to the world it once was, and the world it could be. The town bears evidence of its glorious past, where a large Jewish community once flourished. We detected carvings in doorposts where mezuzas once hung, visited kevarim of tzaddikim who had lit up the world, and passed through gates of ghettos still intact. Streets once bustling with shtetl life are now crammed with pubs. Buildings that once housed boys' cheders and kosher butcher shops are now used for the pool halls and restaurants.

But on one little road, in apartment 14, a mezuzah is proudly affixed on the door. This is where the shaliach of the

their children tell stories of the Pesach miracles. Rebbetzin Sara offers warm refreshments and tea, and tells tales and lessons rich with tradition. Immediately we feel at home, safe from the streets outside.

We had arrived several days before Pesach to teach in the Jewish school of Lvov run by Rebbetzi Sara Bald. It is hard to believe that one woman is the force behind a school so special and different from any we have ever encountered. The hallways are decked with cheerful posters of Torah and mitzvos, brachos, yomim tovim, and of Yerushalayim. Small children reach to kiss mezuzas, boys pick up and kiss fallen yarmulkes, and girls daven intently from the siddur, singing every Hebrew syllable. Their love for Yiddishkeit is so pure. The Torah we taught was more excitedly received than any American treats and stickers that we may have brought with us. Concerned, we asked the Rebbetzin what will be with these sweet *temimasdik* kids. She explained the two possibilities: Either a family can sponsor a child and send him or her to a *frum*, *heimish* community abroad, or, sadly, the child will remain here in Lviv and face the daily struggles of assimilation. As

we led a second-day seder for secular university girls who had previously attended the Jewish school of Lviv, we began to grasp the predicament of Jewish education in Lviv. Although our songs and rituals sparked old memories, the girls viewed them as precisely that- antiquated, abandoned, and archaic.

Some of the girls were dressed so *aidel* and refined, while others were dressed in the latest Ukrainian fashions. Rebbetzin Sara later explained that at one point after graduating, they had all wished to further their studies in a warm Jewish environment. When faced with the reality of the financial limitations, the girls were crushed. Some still have hope; others, it seems, have given up.

If they have one hope it rests with the Balds. They have been living in Lviv for 13 years now, and have over 500 successful stories to tell. The amount of *mesiras nefesh* their family has undertaken is incomprehensible, learning a new language, living in a foreign



culture, living in a place where water and electricity is a constant struggle, being apart from all of their family and friends, and dedicating their every hour to helping another Jew. It was two hours before Pesach when Rebbetzin Sara ran to bring Matza and Pesachdik food to

comfort a woman whose husband was just in a serious a car accident. Not to mention that she was leaving her own kitchen in the middle of Pesach prepara-

tions, and we had just given her a load of our own laundry that morning.

Leaving Lviv was one of the hardest things we had ever done. After all, how can you? Every meal with a Jew ensured a kosher meal, every *dvar* Torah shared inspired a Jew, and every dollar given went directly to a necessary cause (*tefillin*, *sefarim*, *tznius* clothing). If one would realize the impact of a single act, would he not grab the chance? To think just two weeks ago we packed our bags, ready to change the world; two women out to spread Yiddishkeit and bring Yidden back to their roots. We were going to give these girls the one seder that would change their lives. To our amazement, the opposite occurred. Our trip to Lviv had an impact on our lives forever. Maybe now we can truly understand the words of our *chachamim* who taught us that the Hebrew word to give- *nossan* is read the same way forward and back, because when we give we are really receiving in return. If only we would realize that when we give an hour of our time we are really getting, when we give *tzedakah* we receive tenfold, when we give of ourselves we stand only to gain...who would not jump at the opportunity? ▴

"Either a family can sponsor a child and send him or her to a frum, heimish community abroad, or, sadly, the child will remain here in Lviv and face the daily struggles of assimilation."



ישיבת אחינו
שע"י הקהילה היהודית
בלבוב
בית אהרן וישראל
בנשיאות כ"ק אדמו"ר
מקרלן סטאלין שליט"א



Stoliner Rebbe *shlita*, Rav Mordechai Shlomo and 'Rebbetzin Sara' have made their home. We are welcomed into a loving atmosphere where all Yidden are warmly received. The walls of their home are adorned with pictures of *gedolim*, the shelves stacked with *sefarim*, and

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WHY DO WE LOVE TO CLEAN?

Pessy Katz

My grandmother begins her Pesach cleaning the day after Tu B'Shvat. Two months before Pesach begins, she starts scrubbing and dusting the rooms in her house. By the time Purim comes around, all the bedrooms in her house are completely chometz free. Even as a little child I knew not to go upstairs with any candy or hamentaschen.

My grandmother's house is always clean. Her Pesach cleaning does not involve scouring away mounds of dirt or dust. So why is she so organized, meticulous and regimented about her Pesach cleaning?

She is not the only one. As an elementary school, and later high school student, I remember my friends kvetching about the Pesach cleaning going on in their homes long before Purim. We don't begin that early in my house. We talk about it and plan long before we actually start the cleaning. We slowly begin cleaning after Purim and the cleaning tempo picks up speed around Rosh Chodesh time. Then our house goes into a mad frenzy.

Why is it that Pesach cleaning becomes the topic

ever present in our minds and conversations weeks and weeks before the *Yom Tov* begins? It doesn't only affect what we think or talk about, but much of our daily routine is suspended and replaced by new cleaning schedules which often become strict daily regimens. Children know, "not to bother Mommy when she is cleaning," and to shake their clothes free from chometz before leaving the kitchen. Many schools have a no-tests-after-Purim policy so that students can spend their time after school helping their mothers in preparation for Pesach. Social events are postponed for after Pesach, save for the Vorts, weddings and Bar Mitzvahs which are done despite, "being up to nowhere with Pesach cleaning".

We immerse ourselves completely in the preparation for this yom tov, more than we do for any other yom tov. We kvetch and complain yet we relish this mitzvah. We anticipate Succos and work hard in preparation for it, but not on the level that we do for Pesach. We create elaborate themes for our *mishloach manos*, they have even become commercialized, yet Purim hasn't become such a central part of our year as Pesach has.

It appears that much of our religious fervor, both individually and collectively, is directed at this particular mitzvah. Maybe that is because in spite of the physical work involved, cleaning for Pesach is an easy mitzvah. It may involve a lot of time and effort, but it doesn't involve a conflict on an intellectual or emotional level. A mitzvah such as *hachnosas orchim* is less time consuming than cleaning an entire walk-in closet, but it does require the hostess to extend herself, to be welcoming, cheerful and patient. Women know that going to shul on Shabbos is an admirable thing to do but for many of us, waking up early Shabbos morning is more difficult than staying up late scrubbing

kitchen chairs. The urge to speak *loshon hora* is somehow greater than the urge to eat a cookie in your room before Pesach.

We don't get to mark a check on a list, for ourselves and everyone else to see, to track every time we refrain from answering our parents disrespectfully. We usually don't get immediate and obvious recognition from our peers for refraining from buying that "not-so-tznius'dig skirt". Cleaning for Pesach is different, though. It is a tangible and measurable mitzvah. It involves lists, and there is obvious evidence of work completed. The cleaning checklists hanging on the fridges in our homes

are not merely indicators of the work still to be done. They are concrete evidence of the work and effort involved in fulfilling this mitzvah.

The late nights we keep, our disheveled appearances are not merely sacrifices made for the yom tov. They are proof of how hard we are working for it.

For the most part, the efforts and sacrifices we make for other mitzvahs are unique to each person. Some people must work to be more patient, some to be more honest, etc. Each person has their own struggle. This makes it more lonely and difficult to overcome. It makes people self-conscious, "What's wrong with me that I

can't daven as *erlich* as she does?" "I should learn to be more patient with my children." The mitzvah of cleaning for Pesach is one that requires effort of every Jew. Regardless of how clean or well run a home is, it too must be cleaned of *chometz* before Pesach. In addition, when a person has a personal struggle to overcome, others don't recognize or appreciate the effort and sacrificed involved. The sound of the vacuum cleaner, the smell of bleach and the gleaming windows make it apparent to everyone, however, that there is work being done and accomplished.

The nature of the mitzvah of cleaning for Pesach is such that the effort involved is validated and does not go unnoticed. While the community-wide frenzy may be dizzying and at times overwhelming, it does provide structure and support. In spite of the intense, obvious and time-consuming effort involved in its preparation, Pesach is a meaningful experience every year. Or possibly because of it. ▴



MOTHERLAND

Aliza Morsel

My lips kiss her soft cheek,
I find through golden rocks.
My love note joining thousands.
Within the open space; squished
together crying brothers, my soul can
breathe: air I craved, oxygen
I longed for!
The side street's secret feeling,
sparkling
Cobble stones create.
My thirst quenched
by her warm milk and soothed by her sweet
honey; I feel the wrinkled outstretched hand
squeeze mine softly; shekel transferred.
Gently I could now cry.

NEW YORK'ING IT

Rina Rome

Whether you were born in New York or are from out of town, you probably agree that New York City is one of the most happening and exciting places in the world! As college students, it may be hard to fathom the idea of taking a vacation or setting aside time from doing work even if you're staying locally. However, enjoying ourselves without going anywhere and staying right where we are is a definite possibility when you are attending school in a great place like New York City! One of the primary bonuses of attending Lander College is that just a subway ride away, you can see Broadway plays, eat at amazing restaurants, take a ferry to see Ellis Island

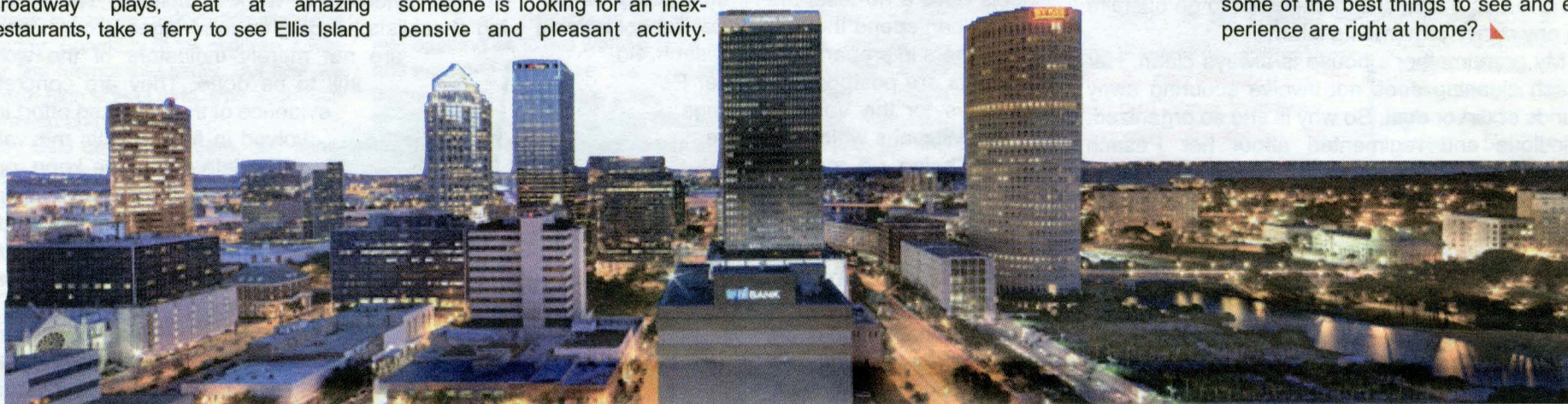
or the Statue of Liberty, go ice skating, walk through the lit up Times Square, experience the beautiful parks, and go shopping on Fifth Avenue or the East Side!

One of my favorite places in the city is Central Park. It is a place that may be just a few feet from business buildings, honking cars, crazy traffic, and rushing crowds on all sides, yet can make you forget about stress and just enjoy the scenery. If it's a nice day, Central Park can be great for jogging when one does not feel like exercising in a stifling indoor gym. There are also relatively unknown scenic hikes in the park that are great if someone is looking for an inexpensive and pleasant activity.

The Central Park Zoo, also a place to just see nature and animals, is a great day activity. Even though it is currently not the season for boating, there are a couple of lakes in Central Park that are beautiful and still deserving of attention. There are always families playing sports in the big fields, hanging out by the swings, sitting down for picnics, and just enjoying time off.

There are also lots of other stuff to do if the park is not your thing. A short ferry ride is all that separates Manhattan from the Statue of Liberty and from Ellis Island. The ferry ride to Staten Island also provides a cheap way

of viewing these sites. There are seasonal excursions as well. This past summer, I went with my family on a special boat trip to view the "Waterfalls", which represented an artistic attempt to integrate the East River with the various bridges along the river. There are trips available to travel up the Hudson, and year-round ventures to see the historic sites along the river, including the "Sing-Sing" penitentiary, West Point, and Roosevelt's family home at Hyde Park. Remember that various boat and ferry services have internet sites for both ongoing and special trips. So why travel with all the hiked up airfare, when some of the best things to see and experience are right at home? ▲



OFF CENTER STAGE

Michal Benner *Continuation from front page*

When I pass Julliard on my way to school every day, a flash of what I could be – a company ballerina *jeteing* across the stage, rushes through my head. However, chasing away those notions are the daunting thoughts of what my life would have been like the moment I pirouetted off the stage, when I wasn't dancing. Yes, I'd be doing what I love, but it would be devoid of meaning. It would have a physical beauty to it, but

a spiritual beauty? Not so much. Dancing professionally could have made me happy for a few years at most. Judaism and the halachos that seemingly "tie me down" can make me happy for a lifetime. The employment of a dancer, if she's lucky, is about ten years. The employment of a Jew is forever. Lucky for us, a Jew can never be fired.

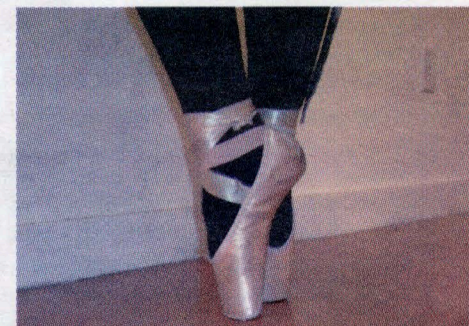
Knowing all this does not make it easy, but it's all part of life's tests. This happens to be one of mine. Everyone comes across their own. All kinds of them, every single day. We just have to remember to keep our eyes on the bigger picture, to remember what will really make our lives valuable, and to treasure what is truly important. At the end of our lives we can look back and know that what we chose was a life of meaning, not one of instant gratification.

And as much as it can be hard to look

at who you could have been, it can be unbelievably more gratifying to realize who you actually are instead. When I look at myself and realize just how much of a deeper, intellectually aware, moral and obviously spiritual person I am because I was born as a frum Jew, I am tremendously grateful. It is almost becoming easier, in today's day and age, to look around at the world, which is quickly becoming devoid of morals and realize how all those seemingly restrictive halachos protect us. Yes, sometimes a person has to give up in order to have something much greater and I wouldn't trade my decision for anything in the world.

Do thoughts of dancing still run through my mind? Of course. I am human and sometimes I would love to drop everything and instead of waiting on the registration line at Touro, register at Julliard. But like I said, it's just a thought. I know that what I have is a brilliant diamond and that what's inside those doors at Julliard, although sparking, is really only glitter.

I am a ballerina and I'm sitting on the right side of the stage after all. ▲



NEW YORK CITY BALLET

Watching a ballet can be a great experience. It's fun to get dressed up and go out. There is absolutely no excuse, while living within walking distance of Lincoln Center, to not attend at least one ballet. With student tickets at \$12 a person, it's definitely worth a show!



GOSSIP GIRL ALERT

BY JACKI ROSENTHAL



Spotted.... Gossip Girl at the East 55th Street dorm. Waking up one chilly morning in November to the sight of two celebrities from the hit show Gossip Girl was super exciting for a huge fan like me. I had to go to class that day, but I made sure to come back a little early to see the rest of the filming. The entire day, I could barely concentrate and was too busy thinking of my favorite stars filming right outside the dorm.

The day was finally over and I raced to the east side with a few of my friends to see what was going on. On our way, we kept seeing signs with arrows pointing to the set. It was like a scavenger hunt trying to get there. We just kept our eyes on the brightly colored yellow signs that read – Gossip Girl filming today. There were groups of teen-age and young adult females running to see the set just like us. When we got there, the cast was shooting a scene inside Pinkberry ice cream.

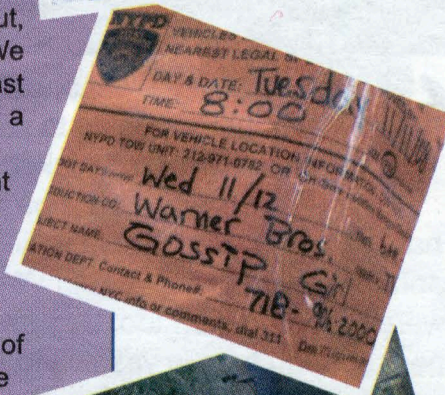
We pushed our way up to the front of the group so we could have a prime viewing spot when the young stars would emerge from the ice cream store. We started talking with some of

the other fans and learned from them that they had taken off of work or school to see this scene. One girl told us that her employer is such a big fan of the show that she gave her the day off if she promised to come in the next day with pictures of the cast members! Everyone's excitement was mounting and the door finally opened. Out walked a few of the cast members! People just stood there in awe as they came out, wonderment freezing them in place. We decided to take action and follow the cast to their trailers to see if we could get a picture with them.

At the street corner, the traffic light turned red and suddenly, it was just us and two of the cast members at the light. They turned and started talking to us like we were old-time friends. We continued talking to them and then of course asked for a picture. They were more than happy to pose with us.

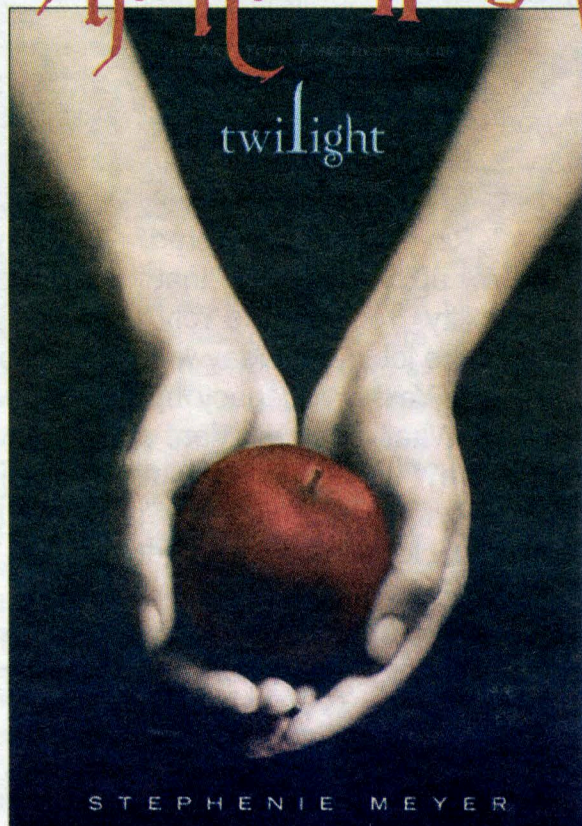
We saw the filming, met the cast, and got a few pictures with them too. I would say it was a fun and successful day in the city of New York.

XOXO..... You know you love me,
Gossip Girl



The New Harry Potter? Something You Can Really Sink Your Teeth Into

REBECCA GREENE



On November 21st 2008, the teen pop phenomenon known as *Twilight* hit the big screen. Fans lined up for hours to get seats for sold-out showings. The movie, a human-vampire romance made for less than \$40 million dollars, grossed more than \$70 million in its first weekend and has made \$150 million to date. So many people turned out for cast appearances at a tour of Hot Topic Stores that the tour was halted due to safety concerns. This past Friday, the DVD sold 3 million copies in the first 24 hours putting *Twilight* among the top five selling DVD's in recent years. Yet unlike other teenage fads, this one started with a book.

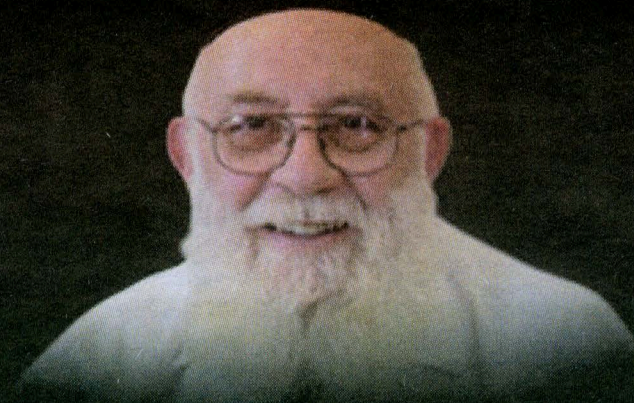
Stephenie Meyer, the author of *Twilight* and its sequels, said the idea came to her in a dream. When she awoke, she wrote down what she remembered, the story of Bella Swan, a teenage

girl in love with a vampire, Edward Cullen. The novel is Bella's first person narrative which makes this story quite addicting. It is as if you are reading her diary. Bella sees herself as completely ordinary which is what makes her so believable. Bella's heartbreakingly beautiful love, Edward, is her knight in a shiny Volvo. Edward is a vampire with a conscience who along with his adopted vampire family refrains from killing humans, subsisting on other animals. His 'vegetarian' lifestyle is tested when his thirst is hard to control around Bella, since her blood is so desirable to him. Edward quickly falls for Bella and makes a choice to turn his back on his natural instincts. However, Bella soon learns not all vampires are good.

What makes *Twilight* so popular amongst fans is not the supernatural aspect, but the real life situations that test Bella and

Edward. As a devout Mormon, Stephenie Meyer shows her take on abstinence throughout the book, which adds surprising tension. Meyer also tackles issues of peer pressure, jealousy, first love and even over-protective parenting. All of these issues make this saga especially popular with the teen population. In November, fans got to see *Twilight* brought to life with Kristen Stewart starring as Bella, and Robert Pattinson starring as Edward.

Although Meyer says she is finished with the *Twilight* saga, fans should be delighted to know that plans for the three *Twilight* sequels, *New Moon*, *Eclipse*, and *Breaking Dawn* are all being made into major motion pictures. *New Moon* is slated for release on November 20th 2009, although that may seem far away to fans who have an insatiable thirsts for this addicting tale. ●



RABBI NOAH WEINBERG TZ"l Dassy Siff

“Are you living to eat or eating to live? Now nobody's going to say I'm living to see how many chickens I can devour... So what are you living for?"

That was Rav Noach's question, and his candid way of asking. Rabbi Weinberg answered the question too, but only after one spent enough time in yeshiva to figure it out himself. The Rosh Yeshiva explained that we were created for pleasure, and that we experience the ultimate pleasure when we do what we want to do, instead of doing what we feel like doing. Rav Weinberg said that everyone wants to be great. He proved it too, "raise your hand if you want to be average... Mediocrity... Who wants to be mediocre? We all want to be great - just not today. Why not today? Because we don't feel like it..."

Rav Weinberg told his students to "make the effort." Lasting pleasure comes from overcoming obstacles, not from seeking easy, comfortable lives. His students observed that he was one of the happiest people alive. A student who once slept over at the Rosh Yeshiva's house commented that he was surprised that the whole neighborhood didn't wake up to Rav Noach's joyful exclamation "Modeh Ani Lefanecha, Thank G-d I'm Alive!" Another student once asked Rav Weinberg if by being happy one suppresses his or her problems. Rav Noach explained that happiness is not suppressing anything, it's focusing on the good things, "It's like you're playing ping pong. This is where you are. You're not suppressing anything; you're into the game. Get into a gorgeous day."

Outside of his classroom, Rav Weinberg lived his message. Aish Jerusalem was the fifth yeshiva that Rabbi Weinberg

founded; failure did not stop him. Rav Weinberg described his efforts before they were successful, "They used to say, there goes Noach, the meshugane (crazy person)." But the Rosh Yeshiva knew that G-d was on his side. The Rosh Yeshiva often asked his students, "If the A-mighty would help you, could you do it?" Rav Noach lived with the reality that Hashem exists, and that He can do anything. Rav Yitzchak Berkowitz, the Rosh Kollel at Aish HaTorah, outlined a seven year learning program that would enable secular Jews to receive semicha, rabbinic ordination. When he presented the program to Rav Noach, the Rosh Yeshiva countered "Seven years! Do you think the Jewish people have seven years?! Do it in six months." Rav Berkowitz responded "I can't." To which the Rosh Yeshiva countered, "Are you an apikores (heretic)?! You can do it in seven years, but the A-mighty can't do it in six months?! Are you limiting the A-mighty?"

"The words 'I can't' or 'practical' were profanities around Rav Noach," explained Rav Berkowitz. Rabbi Weinberg knew that any project the A-mighty supported would ultimately succeed. Rav Noach explained that the key to success is in submitting our will to the will of the Creator. We can't do anything, but if Hashem helps, we can do it all. Rav Weinberg took on every battle that faced the Jewish people. Not only can we do everything, we must. Rabbi Weinberg was famous for his "48 Ways" class series, and for his ability to convince people to stay and learn in the yeshiva. However, Rav Noach was not a natural orator. Rebetzin Weinberg explains that Rav Noach studied public speaking textbooks when he de-

cidated that Hashem wanted him to bring the Jewish people back. Rabbi Aharon Feldman testified that Rav Weinberg was a genius. He could have closeted himself in the study halls and become the ultimate Torah scholar. But Rav Weinberg could not idly watch while the Jewish people assimilated into oblivion. In that sense, Rav Feldman said, "Our Noach was an Avraham" Rav Weinberg believed in G-d, believed in His mission, and Rav Weinberg felt G-d's pain. He cried about assimilation. He viewed intermarriage as a spiritual Holocaust. And it hurt.

Rabbi Weinberg cared.

The Rosh Yeshiva would often say, "Think of ten plans [to bring a Jew back]. If she was your sister, what would you do? If you were alive during the holocaust, and you could stop the cattle cars, would you?" On 5 Shvat, the Rosh Yeshiva passed away. When Rav Weinberg was sick, Rabbi Rabinowitz, a close student, asked him, "What will we do when you're gone?" "When I am gone," Rav Noach answered, "you guys will grow up, you'll realize that it is your responsibility. You have to rely on Hashem and get the job done." May we each uphold the Rosh Yeshiva's legacy by asking ourselves, "What is my mission, and how will I get there?" by feeling the A-mighty's pain, and by joyfully remembering that "If the A-mighty would help," we could do it.

To learn more about Rav Noach Weinberg's teachings, visit Aishaudio.com, and download the 48 Ways to Wisdom.