

THE BASH

BNEI AKIVA SCHOOLS HEADLINES

Journalism, New Beginnings, and Latin

A Letter from the Editors

If you could choose one Latin proverb to describe you, what would it be? This may seem like a strange question, but there are so many good proverbs to choose from. From the classic, “amor vincit omnia” (love conquers all), to the more philosophical, “absens haeres non erit” (out of sight, out of mind), describing yourself through old proverbs is a fun exercise that can reveal a surprising amount about your character. Here at the BASH, we have no doubt as to what our motto would be.

“Carpe noctem,”-“seize the night,” is the perfect phrase for the remarkable, astute, and incredibly humble conglomeration of writers, editors and supervisors we have on our all-star team. Everyone responsible for the making of the Bnei Akiva Schools Headlines has already far surpassed the famous dictum of “carpe diem.” Despite balancing hectic schedules, copious amounts of schoolwork and occasionally leaving their homes to pretend they have a social life, our team has always made time to research, gather resources and quotes, write, revise, edit, format and print an absolutely stellar newspaper. Staying up until the wee hours of the morning after a day of work is a given for our dedicated and motivated crew. By ‘seizing the night’ over the past few months, we have been able to put together the best issue of the BASH yet. Whether you know of us from last year or this is your first experience with the BASH, now is the best time ever to begin reading. We sincerely hope that through this issue, you will learn from and enjoy our thought-provoking and sometimes laugh-out-loud worthy articles.

We, the editors in chief of the 2018-2019 edition of the BASH, want to thank everyone who contributed to this project, whether by writing, editing, supervising or supporting, morally or monetarily. Without them this paper would not be sitting in your hands.

Our greatest hope is that you love this issue as much as we loved putting it together. So please, read the *vox populi* and enjoy!

From the desk of your Editors in Chief (in alphabetical order): Yochanan Goldstein, Eitan Markus, Ben Nemirov Marya Nurgitz, , Rivka Werner.



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STUDENT LIFE

A Big Shalom to the Young Shlichim

By: Gabriel Kaplan

This year at YOC we had the great honour to have two new young Shlichim: Dvir Roth and Noam Moss. Although it is my first year here, and we are not even halfway through the school year, I already feel like I knew them for years.

Dvir went to high school at Yavne, in Ramat Gan. He is 24 years old, with his Hebrew birthday being ב' בחשוון and his English birthday on October 9. He lives in the Town of Elkanah, in Western Shomron. He is vegetarian, and tries to be vegan. As well, during Matmidim, Dvir taught my mishna group.

Noam is also 24. He went to high school at Midrashiyat Noam, in Kfar Saba. His Hebrew birthday is כ"ה בחשוון and English birthday is October 30. He lives in the City of Raanana, in the Sharon (just north of Tel Aviv). Noam was vegan for six months. Once a week during my Gemara class, Dvir and Noam came in to teach us using an activity that had a lesson attached to it. These activities were always a highlight for me and I am sure for the rest of the class too.

Others in my class also expressed their gratitude for our Israeli student educators:

"They are great role models and are very influential," says Phillip Nussbaum, a fellow Grade Nine student.

Rav Gal also chimed in and added, "I think that they are a great addition to the school and they bring the רוח of Israel with them."

Overall, our new Shlichim had a huge impact on us here at Or Chaim and I am grateful and privileged to have gotten to know them.

Stratford-Upon-A-Visit

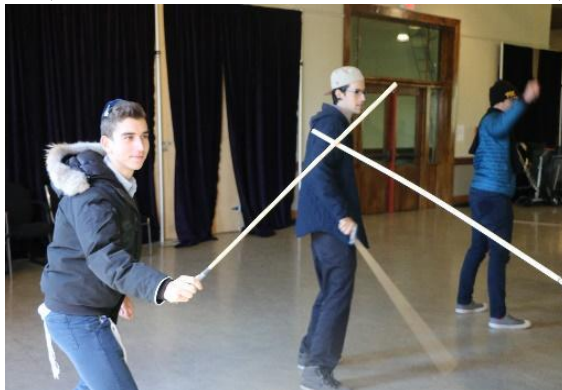
By: Chaim Sitnik

On October 16th, YOC sent their grades 10-12 students to the Shakespeare Festival in Stratford, Ontario to see a production of *Julius*

Caesar. The festival revolves around the idea that William Shakespeare, the famous playwright, was born in Stratford-upon-Avon in England (which is the where the town gets its name from). The festival had multiple stagings of plays by Shakespeare and many, many gift shops and merchandise booths. The students explored the town of Stratford and went to see *Julius Caesar* in the theatre.

The play was female-dominated with many of the main characters such as Caesar and Mark Antony being played by women. The play was also very diverse with an abundance of roles played by actors of different races. The trip was meant to teach students about the beauty of Shakespeare's plays and to give them a new appreciation for the theatrical arts. Many students and faculty members had mixed opinions on both the trip itself and the play. Here are some of those opinions:

Jackson Berkel, Grade 10 Student thought the best part of the trip was the part where we could explore Stratford: "I enjoyed seeing all the scenery and hanging out with my friends. The play was a different story, though. I thought that the fact that many of the male roles were played by female actors made the play less immersive and made the play very confusing. I also thought that the source material was poorly translated into reality. One thing I thought was cool was the theatre. The stage was built in a



fascinating way and the seating was very comfortable."

Rav Gal Ben-Meir, Manahal:

"I enjoyed the trip. I had fun connecting with the students and seeing the wonders of Stratford. I am not someone who studies Shakespeare, so I did not really enjoy the play as much as most of the students would have. It also did not help that the actors did not have microphones, so it was hard to hear a lot of the dialogue. I also thought that the play was slightly confusing, and the theme was not very fitting."

Mendy Kanofsky, Grade 12 Student:

"I thought that the trip was an uplifting experience. I am very thankful for the school for taking the initiative to show us the theatrical arts. I enjoyed the town. I thought that the performance was an enlightening experience that showed us how far our society has come. The entire trip was very inspirational!"

Come from Away

By: Dalya Mirilas

On September 11, 2001, countless planes that were flying at the time of the notorious event were detained from landing in the United States due to a fear of lack of security. As a result, thousands of planes that day were redirected to land in different airports, with passengers forced to spend time in the respective cities they landed in. The town of Gander, Newfoundland, is one such place that

provided refuge for stranded flyers and has since gained international recognition for the warmth and hospitality which they demonstrated during the turmoil and aftermath of 9/11. This recognition is almost entirely due to *Come from Away*, the play produced by Sheridan College, a little over a decade after the tragic event. Although Gander's population in 2001 consisted of approximately 11,000 people, the city welcomed 6,579 people from 38 planes – more than half of its own population.

On Wednesday, October 31, 2018 all of Ulpana bused to the Royal Alexandra Theatre to watch the acclaimed production. As soon as the lights gave way and the performance commenced, we knew that it would be an exhilarating experience. The play was composed entirely of songs with original tunes and an engaging, profound script. On top of that, the dancing and choreography of the production were very impressive, especially since the cast acted with such a high amount of energy. The production made the audience feel as if they were transported to Gander and truly felt immersed in the show – by the end of the play, many of us were quite moved.

Walking out of the theatre, the majority of the Ulpana audience had positive reviews to give to the play. Noa Muscat, a senior, proclaimed: "Going to see *Come from Away* was a truly amazing experience! The music was incredible, and the performance gave me pride in being a Canadian!". Rivka Werner,

grade 12, said:

"*Come from Away* was a beautiful performance that demonstrated the power of kindness and the



universal ramifications of terror.

I left the theatre with genuine pride and a renewed sense of appreciation towards Canada.”

Come from Away really makes viewers think about what happened on that fateful day of September 11th and of all the many stories that occurred because of it.

Mandatory Mincha at Ulpana

By: Noa Muscat

In previous years, Mincha at Ulpana was optional. It was a thirteen-minute break after sixth period, in which people had the option of davening Mincha or spending a few minutes eating a snack before heading to their next class. However, as of this year, Mincha has become mandatory on Mondays. This has caused many problems for students.

Mincha used to be a time for girls to have a break from their busy day. Students in the younger grades and those with the heaviest course loads have very few spares, so Mincha has always provided a chance to take a breather in between lunch and the end of the day (what would otherwise be four hours of classes straight to round out the school day). Additionally, many students are busy during lunch, leading clubs and committees, taking tests, or meeting with teachers. These girls have no break in their day to eat and/or socialize and by the time they get home are starving and exhausted. Then, of course, they have hours of work ahead of them. The break after sixth period was a short, much-needed breather that many girls required in order to function every day.

Rambam (Tefillah 1:2) says that women are not even obligated to daven Mincha! So, why did Ulpana replace this vital time with Mandatory Monday Mincha attendance? It couldn't possibly be just for the alliteration opportunity.

When Mrs. Kestenbaum was asked about why she chose to make this change, she replied that making Mincha one day a week will ease us into eventually having it every day and that “in every other Orthodox school,” Mincha is mandatory so it should be no different at Ulpana. However, upon verifying whether or not this is true, I discovered that Mincha is mandatory at neither Tiferes nor Bais Yaakov. My source from Bais Yaakov stated: “They give you a break for Mincha and most teachers are pretty chill and let you leave and do what you want. It's very rare that a teacher actually makes you stay.”

Personally, I daven Mincha every day. Frankly, with the entire school in the shul it is extremely hard to concentrate. Given that most girls are against being there. Many people talk during this time, which disrupts the girls who really want to daven Mincha. It is very difficult to have a meaningful davening while this is going on.

Perhaps, instead of making Mincha mandatory on Mondays, snacks could be given out as a reward for those who attend. This is already being done for other Mincha days, but it is done periodically so people don't know when they will be available. This is a tactful idea, but it could be tweaked to be more effective. Perhaps Mincha time could be lengthened so that students have enough time to daven and then have a snack before going to their next class.

Mincha should be a part of everyone's day. However, when it leads to taking away from other's ability to daven, it becomes a problem. I urge the administration to consider this and determine a way to make their initiative more effective.

The Rosh Chodesh Doughnut Crisis

By: Leora Kronenberg

Students, faculty, admin, gather 'round. I urge everyone to listen

to the story of a high school divided over a problem so intensifying, it shakes the very foundations of the place known as Ulpanat Orot. Our tale begins one fine Rosh Chodesh morning, right after Tefillah. Ani Ma'amin has been sung, the Siddurim are away, and the students are now sitting in their seats, waiting for announcements to be over so they could go to the highly-anticipated breakfast. The students are particularly excited this morning, since in addition to the usual cereal, suspicious milk, and bagels, they would be treated to doughnuts for breakfast. Doughnuts on Rosh Chodesh was a tradition held in high esteem by students... until that morning.

That fateful morning is still held fresh in everyone's minds to this day because, during announcements, the students found out that they would not simply just *get* the doughnuts at breakfast like usual, rather: they would have to *learn* for them. Yes, the new rule, set in motion by the many administrative staff of the school, stated that doughnuts would now be served at lunch, and everyone who wanted a doughnut would now have to trudge their way up to the Beit Midrash and listen to a small Dvar Torah in order to get a doughnut. *gasps* *screams of horror* *cruel laughter heard from admin offices*



Now, the school is in havoc, split because of delicious boxes of sacred treasure, otherwise known as doughnuts. I have been sent in as the unbiased reporter to bear witness to the damage done here. Being a celiac, I laugh at the trivialities that cause my classmates such

sorrow. Now, they can all feel my pain and suffer (I am not bitter at all). Anyway, I'm interested in the reasoning behind this plot. Why do they think that setting this idea in motion is a good decision, when the students have been used to getting doughnuts, no-strings-attached? Do they have an ulterior motive? Maybe they think the student body can learn a lesson. From the students, I want to hear opinions. Do they think this is a good idea, or something that will ultimately be the school's downfall? Why do they think that way?

“Picture someone giving you a birthday cake,” says Rivka Sagi, a respected junior. “The birthday cake is given to you to celebrate, to enjoy the special day. Now, imagine you must *learn* in order to be able to enjoy it. This cancels out the entire celebration factor. Now the cake is just a reward for gaining knowledge, which we do enough of already throughout the whole day, and I think Rosh Chodesh should be a day of pure festivity.” The student seems to think that the school is wrong by adding extra learning, since the spirit of Rosh Chodesh is being taken away. Rabbi/Captain/Mr. (it is a highly debated topic as to which is correct) Kurtz, a highly respected faculty member, has a different approach, and says, “I approve whatever brings the school as a whole closer to the Torah.” Adding extra Torah learning before doughnut consumption would certainly be an effective way to maximize Torah intake with the calorie intake.

Mrs. Kestenbaum, another esteemed administrator, questions if this is even a crisis at all, and says, “You know, life must be good if you are complaining about the small stuff.” Maybe the school is adding this extra step towards doughnuts to teach us to not put our focus on the small inconveniences of life. Some students wonder if this shift will even be permanent. An

anonymous but super cool student says, "If this change will stick, I dough not know." The student laughed at her joke, turned around, and promptly walked into the wall behind her by accident. Wow.

Ultimately, Ulpana's Student Faculty Administration Council has been discussing the issue, and changes to the doughnut policy may be made soon. Stay tuned for more updates on this thrilling story.

SPORTS

Knight Time

By: Salomon A. Friedlander

It is finally that time of year again; the time we've all been waiting for. That's right: basketball season. The time of year when we all gather in the gym unity when we rally behind our Knights and watch them win. Home games are truly one of the staple moments of anyone's YOC career.

This year's Junior team has a roster perfect for modern basketball. The team is

compiled of nothing but capable ball handlers and shooters. This year's squad sees its second leading scorer from last year in Eitan

Cohen return. Cohen may very well lead this team in scoring when this season is all said and done now that he has more shot opportunities due to Yoni Bensoussan's promotion to the senior team. This 2018/2019 squad also brings back a few other key contributors from last year's squad: big man Yoni Herman and dead-eye shooter Yoni Wapner who intend to bring a sense of leadership to this squad as sophomores who have

sharpened their skills this summer. On the other hand, this Junior team

carries many new faces. Sophomore wings Noah Loeb and Joshua Maman hope to bring capable shooting and slashing to this year's roster. Other Sophomore additions include the ultra-versatile Jacob Rothenberg and Jonah Diamond. These players' styles complement each other beautifully with Rothenberg being more perimeter-oriented, whereas Diamond serves as a much needed inside presence for the younger team. Of course, there is a new class of up and coming Freshman this year as well. This particular class is made up of talented guards in particular. Boaz Katzman, Amram Essebag, and Jacob Rabinovitch are the newest Knights ball handlers. While Orel Zvi - brother of former Senior Knight Dvir Zvi - and Ahron Abrams fill out the wings. These new freshman are expected to contribute in a big way for this years talented Junior Knights squad. Of course, last but not least, the team is led by returning coach Avishai Gasner, a former YOC Knight himself and no stranger

to the big stage under the YOC lights.

The Senior Knights team is

looking like one of the franchise's best in recent memory. This year's Knights are seeking revenge after last year's playoff loss against St. Andrews. This roster brings back key members of last year's squad: floor general Yakir Magence and big man Sammy Balsam who are planning on leading these Knights back to the playoffs. The other returning Knights to this year's squad are centres Haim Maman and

Mendy Kanofsky, as well as former Junior Knight

Yoni Bean. Yoni Bensoussan, who lead last year's Junior team in scoring is looking to bring a scoring punch to the roster. The frontcourt also holds a few notable Juniors. Athletic forward Josh Perlmutter, as well as versatile wings Avi Ironi and David Haber are expected to be key contributors to this new look senior squad. Of course, the Knights also have a solid group of Junior guards: Benji Froom and Yosef Ouanounou are both coming off great years with the Junior Knights and are hoping to duplicate their star-level output this year. Last but not least is the newest Knight; Yossi Blumenfeld who hopes to bring a sense of team style basketball to this roster. When David Haber was asked about his expectations for this year's team, he made it clear there was only one goal: "We all remember watching Varsity at Seneca two years ago and we want to get back there". They may very well make it that far. Regardless of how they do though one thing is clear: this Knights squad will be fun to watch. Hopefully the Knights' motto of 'one team one goal' will come true.

Here's to the exciting seasons ahead!

Demarcus, Durant and the 2019 Toronto Raptors

By: Shmuel Laitman

July 4, 2016. To fans of the NBA, the news that was dropped just before noon on that midsummer day seemed earth-shattering. The thought of Kevin Durant joining the best regular season team in the sport's history - the 2016 Golden State Warriors - felt unfair. The subsequent pair of seasons felt scripted, and so fans tricked themselves into believing other teams had a chance, only to have these beliefs crushed. Fans hoped they'd never experience the feeling they felt on that day, but then came July 2, 2018.

For those of you who don't know, that grievous Monday

saw Demarcus Cousins - a top fifteen talent in the NBA (when healthy) - sign with the reigning champion Golden State Warriors. This off season signing led many fans to ask themselves why the league would allow such a thing to take place.

Naturally, the anger faded away - like back in 2016 - as fans began to lie to themselves. Last year, before the Warriors signed their top three big-man, Charles Barkley put it best when he said: "I have to sit on TV and fake it for seven months that it's not going to be the Warriors and Cavs in the finals again". With Lebron going to the Lakers, the Cavaliers are obviously not in contention, but the idea that the NBA isn't as exciting as it once was still holds true.

It has only been three months since Demarcus signed with the Warriors and fans, like ESPN host Jay Williams, are saying things like: "I'm picking Boston to win the whole thing next year". Other fans are looking - possibly with flawed vision - to the North, as with the addition of Kawhi Leonard and internal improvement, fans like Ethan Lebowitz believe that: "Behind the best Point Guard in the East [Kyle Lowry] and the best two way player in the league [Kawhi Leonard], Toronto will win it all".

While it is true that the current Toronto Raptors roster is the best in franchise history, the team doesn't stand a chance against a fully healthy Warriors team (despite two regular season wins against the reigning champs). However, the NBA is - in my opinion - more about the journey than it is the destination, and therefore, worth following anyway.

As of the second week of the regular season, NBA.com placed Toronto atop their Power Rankings. Additionally, ESPN projected Toronto to finish first in the Eastern Conference and placed their odds at winning the championship at 17.3%. The



additions of Kawhi Leonard and Danny Green add to the Raptors's already defensive, team-first culture; something that DeMar DeRozan may have been holding back. Nick Nurse, who has won a championship at every level he has coached at, seems to already be an amazing coach and General Manager Masai Ujiri is always looking to make the Team better.

In the eyes of many Raptors fans, the most important thing about this season is doing well enough to convince Kawhi to stay. This is due to the fact that many NBA analysts believe it impossible for the Warriors to maintain their core past this



season.

Between the possibility of the franchise's first trip to the NBA Finals, to the campaign to convince Kawhi to stay, the Raptors have a very exciting season ahead of them. Regardless of the Warriors and their continued dominance as Western powerhouse, this is the year to watch the Raptors take that next leap and do what no Dinos squad has done before: be the last team standing in June.

The Buds Are Back

By: Eliav Saban

Expectations are very high for the Toronto Maple Leafs this season and this team is wreaking havoc around the league. Oh, sure, we could look at the impact of adding an all-star like John Tavares. Or I could highlight the continued growth of Auston Matthews and Mitch Marner. I could also remind you that they that they had been doing this all without the services of William Nylander. Here's the thing, I'm not even a fan of the Blue and White. I'm Montreal Canadiens fan. But even *I* have to concede

that this Maple Leafs team is the strongest I have seen in years.

Let me take you back to October 3rd, 2018 at around 9:30 PM, when I watched in horror as the fans at the Scotiabank Arena cheered their team as the Maple Leafs beat my beloved Montreal Canadiens in an overtime win. Facing a fresh, unbelievably powerful offensive team, Montreal never stood a chance. To pull out the overtime win, Matthews scored his second goal of the game 1:01 into overtime to give the Toronto Maple Leafs a 3-2 victory against the Habs. When asked about the goal Matthews replied: "It was a perfect pass, I thought. Marleau had me there, and I was able to just get it over Price. He made a lot of diving saves where he got his leg out when it looks like it's going to go in the back of the net, so that's why he was one of the best goalies. It was just a great pass from Marleau." Even having one of the best goalies in the game, it was not enough to hold off the Leaf's onslaught.

It was an exciting game, but despite the win, it did not live up to the expectations of hard-nosed coach Mike Babcock: "We won the game, but the Canadiens worked way harder and played way better than we did tonight. The media can write all they want and tell everybody how great we all are, but it's the National Hockey League, and you have to come to work every day. If you don't work harder than the other team, if you don't put your work before your talent, you don't win, so there's probably lots of good messages tonight." Even though my guys in the red, blue and white outworked the Maple Leafs squad that night, the Leafs' potent offense couldn't stay silent all night. And this was all just the beginning.

As the season goes on, Coach Babcock continues to work on improving the Leafs defense and, as I am writing this, the Leafs currently hold the best record in the *entire* NHL

(although that may well have changed by the time you read this). This upcoming season will be a great one for the Maple Leafs that will hopefully (if you're anyone in Toronto but me) result in the hoisting of the Stanley Cup for the first time since 1967.

It will be an exciting year for the Toronto faithful. But, just to get the final word in, let's just remember one thing: who was the last Canadian team to bring home Lord Stanley? My Habs in 1993.

ISRAEL & RELIGION

Hasbara Fellowship

By: Rachelle Paskovaty

On May 4, 1948, a pivotal moment in Jewish history occurred: Israel was established. However: how much do we really know about Israel, after studying in a Bnei Akiva school? Do we know about her politics or current events? Or even the terror attacks that take place in Israel? These are things that are crucial to know as a student in a Religious Zionist school, and yet, many people are wholly unaware.

How can Hasbara Fellowships help with these issues? Hasbara Fellowships is an organization that educates students about the hate that is spread on school campuses. Hasbara Fellowships also educates their interns about Israel, how it became a state, and what happened with the Balfour Declaration (including how much land was first promised to the Palestinians and then how it decreased with the Arab demands). Hasbara Fellowships makes sure to educate their interns on all the current events that are happening in Israel, the anti-Semitic hatred that is still rampant, and how to be a Pro-Israel student in your community and school. Hasbara Fellowships works hard to show people the truth about Israel. They teach students facts and

important information about the state of Israel so that when an argument arises, they will have the necessary tools to deal with the situation.

One of the main things that Hasbara Fellowships does is it teaches university students how to battle hate on campus. York University is a place that has had to deal with hate and discrimination. Over the last 15 years in particular, they have had to deal with violent discrimination on campus, but Hasbara Fellowships has Fellows on the ground advocating for Israel.

Hasbara Fellowships also teaches people how to combat hate. Hasbara Fellowships is a pro-Israel activist organization. They bring hundreds of students to Israel to educate them and run continuous support programs for students that have come back from their educational experiences in Israel. After they have come back, Hasbara Fellowships continues to educate them about everything that is going on in Israel. Hasbara Fellowships gives student access to many resources such as helping students campaign, giving them programs to further their knowledge, and bringing in speakers to inspire them.

Overall, Hasbara Fellowships can really help educate students on how to advocate and demonstrate their love for Israel.



The Relevance of Shabbat in the Modern World

By: Yochanan Goldstein

One of the most basic Halachic tenets of Judaism is Shmirat Shabbat. Jews throughout the world work as others do in their secular communities, but on Shabbat we all collectively rest. Shabbat, as we all know, is all-encompassing. In most

traditional families, preparation for Shabbat is intermingled with our secular and familial responsibilities and begins well beforehand during the week, involving shopping, cooking, cleaning, and perhaps even preparing a Dvar Torah or two for the Shabbat table.

Life in the modern era, as we are all aware, has become relentlessly fast-paced. We are constantly plugged in and instantly connected with one another through Facebook, Instagram, Twitter and other forms of electronic media. The invention of the smartphone in 2007 has literally revolutionized the world by changing how we interact with one another. It has become so commonplace to be connected to our phones that it is nearly impossible to resist because of the literal fear of missing out.

A cynic growing up in today's world might be inclined to believe that Shabbat is a 'waste of time'. Why desist from the ideals of being connected with the rest of the world to take a self-imposed day of rest?

A recent article in the Globe and Mail portrays a frightening review of the darker side of the smartphone. Objective research now shows that effects of the smartphone closely resemble those of gambling and drugs. To quote: "what their research shows is that smartphones are causing real damage to our minds and relationships, measured in seconds shaved off the average attention span, reduced brain power, declines in work-life balance and hours less of family time".

Shabbat in the modern age can be viewed not just as one of the fundamental commandments in the Aseret Hadibrot but as a very relevant psychological and secular reset button from the busy secular world we live in.

The transformative and regenerative properties of Shabbat are incredible. It is an opportunity for family and

friends to reconnect, a time for personal introspection, and a time for rest, relaxation, and rejuvenation. How amazing is it that our religion and beliefs appear to become exceedingly relevant in the complex modern world we presently live in.

Another research study was completed by the British Journal of Religion and Health, where the mental health benefits of Shabbat observance were examined among Modern Orthodox Jews. It noted several consistent themes: the mere disconnect from the secular world allows for personal and deeper reflection, an improvement in well-being, and a deepening of relationships among friends and between parents and children. It noted that the benefits of Shabbat were "facilitated by the fact that there were no electronic distractions".

Perhaps many additional benefits of traditional Jewish values and practices may only become apparent years from now. Some historians have noted that Jewish communities of the Middle Ages survived disease outbreaks such as the Bubonic Plague because of meticulous attention to Jewish hygienic practices, such as washing before eating bread, hand-washing in the morning, bathing, and basic cleaning practices in the laws of Kashrut. In those days, our commandments and minhagim may have been viewed as strange and irrelevant customs while hindsight today reveals them as beneficial sanitary practices. Perhaps the future will continue to illuminate the value of Shabbat having as much a secular benefit as a religious one.

Considering the religious, spiritual, and even secular benefits of Shmirat Shabbat, it is worth remembering the famous quote from Echad Ha-am. The influential secular Zionist author recognized over a hundred years ago the importance and value of

Shabbat when he wrote: יותר משישראל שמרו על השבת, שמרה יותר מכל עם אחר. "More than the Jewish people has preserved the Shabbat, the Shabbat has preserved the Jewish people."

ישראל היא התחילה של הגאולה מדינת

מדינת ישראל היא נושא שמעורר מחלוקת בין כמה קבוצות של יהודים בעולם. יש אנשים שאומרים שהמדינה רק מדינה חילונית, כי הרבה אנשים שהקימו אותה לא היו שומרי תורה ומצוות. אבל מצד שני, יש הרבה אנשים שמאמינים שמדינת ישראל היא באמת "ראשית צמיחת גאולתנו". אני מאמינה בזה, שארץ ישראל היא ראשית צמיחת הגאולה השלימה. הטענה הזאת צודקת כי פשוט לראות את יד של הקב"ה, גם בהקמת המדינה וגם בניצחונות במלחמות שלה. הדוגמא הכי ברורה זה מלחמת ששת הימים שבו חיילנו כבשו אזור גדול פי שלושה מהגבול שלנו לפני המלחמה. להמשיך באותו היגיון, בתנ"ך יש הרבה נבואות שמדברים על ארץ ישראל בצורה מבטיחה, לדוגמה: "עוד ישמע בערי יהודה קול ששון וקול שמחה קול חתן וקול כלה", וזה היום המציאות בארץ ישראל. אז אנחנו יכולים להאמין שאם אנחנו רואים את הגשמת הנבואות שהקב"ה הבטיח לנו, אנחנו יכולים להאמין שהקב"ה רוצה את המדינה. הסיבה השלישית שלי היא שהנס של קיבוץ גלויות מגלה שמדינת ישראל היא באמת ההתחלה של הגאולה שלנו. יש אשכנזים, ספרדים, אמריקנים, רוסים, אתיופים, קנדים, וכל מיני יהודים ואנשים שונים שקוראים לארץ ישראל את ביתם. כדי לסכם, נראה לי שמדינת ישראל היא ראשית צמיחת גאולתנו.

Uncovering the Hidden Health Benefits of Tefillin By: Yochanan Goldstein

For generations, Orthodox Jewish men have adopted the practice of donning tefillin during Shacharit on days of chol. Although many observant Jews consider tefillin as a unique medium for the sole purpose of connecting spiritually with God, a recent scientific study has appeared to

uncover a hidden health benefit to such a custom.

This past June, researchers at the University of Cincinnati College of Medicine have completed a study that appears to show that regular users of tefillin may receive various cardiovascular health benefits. As it turns out, temporarily restricting then returning blood flow to the heart (through the tightening of tefillin straps on the arm) mimics a beneficial medical practice known as *remote ischemic preconditioning*.

The researchers measured and assessed blood proteins found in Orthodox participants (who wore tefillin regularly) as well as non-Orthodox and non-Jews who did not regularly wear tefillin. The results have shown that blood quality and flow was greater for the observant Jews.

University of Cincinnati Health cardiologist Jack Rubenstein explained in an interview that, "people who wear tefillin in either the short or long term recorded a measurable positive effect on their blood flow. That has been associated with better outcomes in heart disease."

As outlined in the research article posted to the American Journal of Physiology: "Conditioned subjects had decreased inflammation [and] monocyte migration and adhesion compared to the baseline. Acute tefillin use improves vascular function while chronic tefillin use is



associated with anti-inflammatory benefits..."

Adopting the practice of wearing Tefillin should be considered as much of a health benefit as a religious one. By

following God's commandment, we are not only partaking in a unique mitzvah but are unconditionally improving our health and wellbeing.

Do Yourself a Favour

By: Feiga Werner

Wilfred Arlan Peterson, an American author, compares thoughts to paths. "To make a path," he writes, "you need more than one footprint showing the way. You need to walk the path over and over until it is firmly ingrained in the ground." He explains that the same phenomenon occurs with thoughts. You need to repeatedly think the thoughts that you would want to dominate your life. Here, Peterson is saying that thoughts have power; the more often you think something, the more likely it is to become a part of your personality. Your thoughts have a major part in shaping who you are and who you become.

Your current thoughts impact your future thoughts. You could think of something once, then again, until eventually, you may find that that thought often occupies your mind. Your thoughts affect how you respond and react to things. This is where attitudes come from. Looking at things negatively will make them seem bleaker and more irritating than they are in reality. Viewing things positively will allow your life to shine brighter.

Judging favourably means thinking positively of other people when you don't have to, especially when the facts seem to prove that the person is not right for acting in a certain way. This is a positive mitzvah which goes hand-in-hand with the mitzvah to love others. When you love someone, you will be more likely to vindicate them from wrong and justify what they do. You will not immediately place blame on them; you will look to find reasons as to why they acted in a certain way. You will try to find explanations as to why they

acted so; especially if the action done is out of character for them. I recently heard a story about a lady who overheard others speaking of a woman who did not seem to be a good mother. The lady listened and agreed with what was being said. Gradually, she put the pieces of the stories together and realized that they were referring to her daughter. 'But don't they know what she has been going through?' She thought. 'Her mother-in-law got sick and my daughter is doing more than she can to help! How can they judge her so harshly?' Like the lady, we are so quick to judge others, often without even taking their challenges and explanations into consideration. Yet, when we judge ourselves, we are sure to excuse our bad behaviour. We are hungry, we are tired, we are having a bad day, or we were raised this way, and this is just who we are. Why not extend this sensitivity to others?

This does not mean, however, that you are meant to be naive about others; finding the balance is a discussion you should have with a close mentor or rabbi.

Some compare people's lives to books. Each year is akin to a chapter. Would you be able to pick up a book, rip out the first sixteen chapters, start reading from the seventeenth chapter, and honestly feel that you an accurate perception of the book? Frankly, you would not know what you are reading. You would simply be missing vital information. Likewise, there is a lot we do not know about the people around us, so one should be very careful in passing judgement.

Positively judging others also benefits you, in more ways than one. A passuk in Tehilim 121:5 says "*Hashem is your shade.*" In this case, *shade* can also be translated as *shadow*. In other words, Hashem acts towards you in the way you act towards others. There is a Gemara verse that says that no verdict is passed for you until you have

passed that same verdict onto another person. This means that you determine your own reality. If you judge others harshly, you yourself will be judged harshly. Think kindly of others, and you will be thought of kindly by G-d and by friends.

There are times when you are subjected to your own judgement. This can be a pleasant experience or may even prove to be an important lesson. When I was in grade nine, at an after school Matmidot session, Mrs. Munk was giving a shiur. She was mid-sentence when somebody's phone rang loudly. "Wow", I thought, "That must be awkward for the person's whose cell it is. The person should've known to turn their phone off before. Must be embarrassing..." was my train of thought. The phone continued ringing and it sounded like it was coming from an area nearby. Horrified, I realized it was my phone ringing from my knapsack. This was a necessary dose of my own medicine, and it showed me firsthand how unfairly I was judging others.

The passuk in Beshalach that mentions Bnei Yisrael arriving at Har Sinai for the receiving of the Torah uses the term "*Vayichan*", meaning: he camped. There is a well-known explanation by Rashi that states that at this point, the Israelites were so united that it was as if they were one person- "*כאיש אחד בלב אחד*". Rashi says that being united was a prerequisite to receiving the Torah. The Vorka Rebbe has a different approach. He says that the shorsh, or root word, of "*Vayichan*," is *chein*, which means 'charm' or 'beauty.' The Rebbe says that every person should see the *chein* in the people around them; such appreciation for our fellow Jews will truly unify Am Yisrael. Rabbi Nachman says that you should see the *nekudah tovah* in each person; see the goodness in each person and radiate it back to them. Be *vayichan* each person. Except this time, being *vayichan* will not lead to Matan Torah. It will

lead us back home, with Mashiach leading the way.

Lessons in Judgement

Dvar Torah by: Michelle Liansky

” אל תדין את חברך עד שתגיע אל המקומו”

“Do not judge your fellow until you have reached his place”

--Hillel (*Pirkei Avot* – 2:4)

Every day, each person is faced with a frustrating situation in which they probably want to make a judgement about another person around them. A slow driver, an annoying teacher or boss, or a huge debate on Facebook about a highly controversial topic, we judge based on how informed we are. Judging is a simple way to take the blame off yourself and accuse another person but learning how to keep calm and understanding the power of reasoning is an ultimately healthier lifestyle. As the notable scholar Hillel states, it is important to judge the people around you favourably. So, the next time you want to judge someone, please consider these three ideas:

1. What may be simple for you may not necessarily be simple for them
2. G-d repays kindness with kindness and judgement with judgement
3. G-d is the only ultimate judge

Let's begin by examining the first point: what may be simple for one person may be difficult for another. It is easy to get frustrated with another person who is not meeting your standards, for this happens to everyone daily. Nonetheless, you don't know the reason behind their actions. You don't know if someone just had an argument with a close relative, just came from a funeral, or got a bad mark on a test. It is unfair of you to judge them until you are exactly in their situation, with their mindset, their problems, and their way of thinking. This can also be

looked at from the perspective of not judging someone until you've walked a mile in their shoes. Give them the benefit of the doubt.

Which leads us into point number two: G-d repays kindness with kindness and judgement with judgement. The sages teach us that when you are quick to judge another person, G-d is quick to judge you. He will judge you as favourably or as unfavourably as you have judged the other person. A person may pay it forward, by doing one good deed to another person, which leads the next person to do an even greater act of kindness to a third person, leading to a virtuous cycle of good deeds. Looking back to what we just discussed, we can see that you never know the difficulties that the other person is experiencing, and G-d will turn a blind eye to your problems if you do so to another person. So be kind, and kindness will be returned.

Finally, G-d is the only ultimate judge. According to Rabbi Akiva Tatz, a writer and speaker, physician, and expert in Jewish medical ethics, we are rewarded for our choices in accordance with how much effort we put in, not necessarily for the outcome. To explain further, each person is given his own level of *yetzer ha'rah* (evil inclination) to try to control them. It takes different people a different level of restraint to triumph over their *yetzer ha'rah*. We are rewarded for our choices in accordance with how much effort we put in. Rabbi Tatz goes on to say that a *ba'al teshuvah* (a person who becomes religious over the course of his lifetime) who starts off his journey of return to Torah with making difficult choices, is rewarded as long as those choices are difficult; as long as he has an evil inclination to triumph over. Once these choices, which were initially difficult, have become habits, the reward for these choices is much less obvious. He brings an example of a person who is

slowly becoming religious experiencing an internal debate of whether or not he should eat kosher food. A short while later, he finds himself eating kosher food out of habit. Once he has reached the point of eating kosher food as routine, his reward for eating kosher food is not as great, because his expectations from G-d are increased, who now gives the person more difficult challenges to overcome. We should never judge another person, because G-d is the only one who can understand the true internality of every human being.

You don't know what is difficult for other people, when you are slow to judge someone, G-d will be slow to judge you, and G-d is the only true judge. These three important lessons should hopefully be able to stop you from judging a person the next time they get on your nerves. Try to be calm and patient, and hopefully, the following time you find yourself in a stressful situation, the people around will try to understand exactly what is going on before jumping to conclusions about your actions and character.

Biography of an Amazing Man

By: Mendy Kanofsky

With the recent visit to YOC of Rabbi Arush אמו"ש, a well known Breslover, it is quite appropriate to think about Rabbi Nachman of Breslov, who is also known as Rabbi Nachman from Uman.

In the streets of Israel you may occasionally find a group of his followers break-dancing to loud music on top of a white van with the words NA NA NACHMAN spray painted in neon letters on its sides. One cannot help but ask: "Who are these people, and who is Rabbi Nachman?"

Rabbi Nachman was a great-grandson of the Baal Shem Tov. Over the course of his short

thirty-eight-year life, he amassed a large following that continues to thrive to this day. His Kabbalistic teachings, however, were not warmly received by all. Many Rabbis opposed his teachings because he was "radical." The Rav believed that dance and song were two of the most direct ways to connect to G-d. One of the more "radical" traditions he established involved going deep into the forest in the middle of the night and calling out to G-d.

Rabbi Nachman's main teaching is that one should approach life with faith, simplicity, and joy. He believed that one should relate to G-d as one does with his best friend. Additionally, he taught that all Jews are Hashem's children, so we should love each other as brothers and sisters.

To this day thousands of Jews from all walks of life make a pilgrimage to Uman, Ukraine- where he is buried- to be with him for Rosh Hashana. His lasting message was: love G-d, love G-d's creations and be happy!

POLITICS & POLICY

Pittsburgh Massacre

By: Yehuda Zahavi

On October 27, a man later identified as Robert D. Bowers stepped into the Tree of Life Synagogue in Pittsburgh and, armed with an assault rifle and a few handguns, opened fire on the congregation. Soon after the shots were fired, the police received a call from a few members of the congregation who urgently told them of what was happening. Unfortunately, once the police arrived at the shul, the gunman started firing at them, which the police responded to with gunshots. After half an hour, a few officers who entered the building managed to wound Mr. Bowers, but not before he shot

them first. After around forty minutes, Robert surrendered himself to the police and was sent to the hospital to have his wounds treated. People at the shul during the attack stated that before he began shooting, he said, "All Jews must die".

This horrific tragedy that occurred in Pittsburgh has raised lots of support and awareness from both Jews and non-Jews, demonstrating how united people become when presented with a sad event. People posted the phrase "Stronger than hate" across all social media platforms including Instagram, Snapchat, and Facebook. Among the support on social media were a variety of celebrities like Seth Rogan, Julian Edelman, Gal Gadot, and many others who expressed their grief via Twitter.



As well as showing support online, people have been raising money and donating blood to support the victims of the shooting such as two Muslim organizations who raised over \$200,000 for the people affected by the attack.

Despite the fact that many people have seemingly been "on the Jews' side" after the Pittsburgh Massacre, most people still ignore the fact that there is a sharp rise in antisemitism and anti-Semitic attacks all over the world, but especially in the US. The shooting at the Tree of Life Synagogue was terrible, but it was no surprise that such a bad thing would happen; people in Squirrel Hill, a Jewish neighbourhood in Pittsburgh, have been receiving disgusting mail which contained pictures of swastikas, horrible anti-Semitic messages, and white supremacist propaganda.

White supremacy and neo-Nazism have been on the rise for a while, but have increased greatly since 2017. In fact, according to the Anti-Defamation League (ADL), Anti-Semitic incidents have increased by 57% in 2017, meaning that from 1,267 incidents in 2016, there has been an increase to just below 2,000 incidents in 2017. These occurrences involve vandalism of Jewish synagogues, cemeteries, homes, and schools with alarming messages blatantly telling of people's hatred of the Jewish population.

While it would make sense to end on a happy note, that cannot be done here. The increasing ability of people to display their opinion has given hate speech the opportunity to slip through the cracks unnoticed and untouched, allowing for major events like the Unite the Right Rally in Charlottesville, Virginia. These events give a platform for Ku Klux Klan members and other people associated with white supremacy or neo-Nazis to spread hate and propaganda against different ethnicities and backgrounds, but most of all, against Jews. Propaganda has forever been the idea that caused major anti-semitism, such as in Soviet Russia or during the Holocaust, and with the white supremacist rhetoric, people have started to fall into the anti-Jewish bandwagon. In the end, if anti-semitism continues to rise at its current rate, the situation for Jews in North America will not be liveable, and the need to worry about a second Holocaust might arise.

Not Withstanding

By: Sarah Birnbaum

In late July, Doug Ford invoked the rarely used Notwithstanding Clause to reduce the number of Toronto wards from forty-seven wards to twenty-five wards, despite the disapproving eyes of Toronto's municipal government and citizens. This controversial clause grants

federal and provincial governments the right to override certain sections of the Charter of Rights and Freedoms.



People were angered that Ford used the clause for several reasons, but the paramount reason is that he used it during the Toronto election season. Whether he had an ulterior motive or not (considering that Ford lost the race for Mayor of Toronto to John Tory in the previous municipal election), it certainly looks suspicious that he chose to pass the bill at that particular time. Furthermore, it just doesn't sit right with people that Ford would be the first person in Ontario to use the clause, breaking somewhat of a "tradition" of abstaining from using it. In fact, most of the Ontarians that I have spoken to had never even heard of such a thing as the Notwithstanding Clause.

As much as people are upset about Ford using the clause, he is not the first Canadian to use it. It has actually been invoked about fifteen times in various provinces since it was established in the early 1980's. For instance, in 1988, Quebec invoked the clause to restrict commercial signs being written in languages other than French. The clause was also used in May 2018 in Saskatchewan to allow non-Catholic students to be sponsored if they wished to attend a Catholic school.

The bigger issue with the clause, though, is how easily it can be manipulated to fit someone's ulterior agenda. For example, in 2000, Alberta attempted to use the notwithstanding clause to define marriage in the Charter of Rights and Freedoms as only being between partners of the opposite sex. It was unable to pass because the definition of marriage is under federal jurisdiction, not provincial

jurisdiction. Additionally, in October 2018, not long after Ford was elected, François Legault, the newly elected Premier of Quebec, announced that he would invoke the Notwithstanding Clause to ban public employees from wearing religious garb. This suggests that the clause can be employed to advance the agenda of distinct political parties.

On the other hand, the Notwithstanding Clause may also have positive aspects. For instance, certain provincial and federal laws might favour provinces with a high population (such as Ontario and Quebec) over the less populated ones. Thus, the clause could give the governments of these overlooked provinces the opportunity to overrule or modify a law that they deem detrimental to their provinces. Further, the clause cannot be used for more than five years at a time, which ensures that the public has the ability to challenge the usage of the clause in a general election before it can be renewed.

Shall Ford's usage of the Notwithstanding Clause cause a snowball effect? If the clause were to come into constant use, would that result in the court losing its power and credibility, since its decisions would constantly be overruled? No one can be certain, but in the coming months more news may come forward about this pressing issue. Canadian constituents will simply have to wait and see.

Dodging the Caravan

By: Raphi Singer

A few months ago, a caravan of Central American migrants started a long and dangerous trek north, to the United States. Their goal was to reach the border and try to get through, as they were seeking jobs, and in some cases, escaping poverty and crime. The caravan's journey was quiet in the media for a couple of months, until

they reached Mexico. As soon as the group started to near the border, the media reacted into a frenzy, while political leaders debated the justification of letting the migrants in. Democrats argued that the migrants were harmless and poor and were only coming into the country to try and work. Republicans, however, reacted differently. President Trump and the rest of the Republican party made it clear when he won the election, that the United States was not going to sit by while people came into the country unchecked and unlawfully. They key point here is the word "unlawfully." For good reason, millions of people across the globe would love to enter the United States and live there. With numerous opportunities such as jobs, economic growth and security to name a few, the United States is the bastion of light that people flock to from all parts of the world. It is for these reasons that people enter the US illegally.

Rising Socialist Democratic party stars such as Alexandria Ocasio Cortez have used the issue of the caravan as a way to end immigration enforcement and stop the border wall from being built. Cortez's view may be flawed, however, seeing that the people she is trying to protect, the migrants, are themselves fleeing from socialist countries and dictators. Even Mexico, one of the top offenders of illegal immigration into the U.S, has started to deport the migrants that entered through their borders. Countries around the world have only started to wake up to the issue of border control. When a country can decide who enters legally, and who does not enter illegally, they have complete sovereignty over their land.

Unfortunately, poverty and crime exist. Meanwhile, developing countries are numerous. If everyone decided that they wanted to enter into the United States, then there would be mayhem. The US is not equipped to deal with *all* of

the world's "have-nots", nor should they. Governments have a responsibility to deal with their citizens, and not send them out to try and find a better life. If people want to immigrate out of their country than that is their right, but there is a process that needs to be followed.

Weeding Out The Truth

By: Ben Nemirov

Cannabis, a schedule one drug (i.e. substance classified as being on the same level as cocaine and heroin) and considered to be one of the most dangerous drugs available, became legal in Canada as of October 17th, 2018. The Canadian government decided to move forward with passing bill C-45, which ultimately led to the legalization of the recreational use of cannabis in Canada. The government believes this substance to be safe for recreational use and sees government sanctioned dispensaries as a business opportunity to bring in needed taxpayer dollars. But is this action plan really safe? Will it actually make the government money? And even if it does, is it worth the risk to citizens' health that it may cause?

One of the biggest questions ordinary citizens may have had leading up to, and following legalization is: are there health benefits to cannabis? The answer to this seemingly straightforward question has been uncertain, convoluted and disputed for some time. According to Business Insider, cannabis does not cause the same harm to a person's lungs the way tobacco smoke does; it does not impair normal lung function, and it can potentially increase lung capacity if used regularly. Marijuana has also been proven to be beneficial in several aspects of day to day health improvement such as reducing pain caused by arthritis. Cannabis oil can be applied to an affected area of the body, where it calms the nerves easing the pain. Additionally,

according to the American Psychological Association, weed can help reduce stress levels by essentially overloading certain areas of the brain to the point where they become numb and give off a "high" feeling. With today's average stress levels on par with those of asylum patients in the 1900's, this can be seen as a positive factor. Additionally, according to a group of studies, cannabis has also been proven to help reduce the amount of seizures caused by epilepsy and Dravet's disease.

While cannabis may be helpful in some day to day medical applications, the negative side-effects to cannabis use have been more than enough to cause people to protest its legalization. Case studies have found that frequent cannabis use can induce previously dormant brain diseases such as Schizophrenia, and can cause issues with brain development in younger users. When adolescents use cannabis, they can become addicted to the chemical compound tetrahydrocannabinol (THC) found in it (THC is the main agent that stimulates the brain and gives off the "high" feeling). Though not inherently addictive, through frequent use, young users can become addicted to the high feeling as the brain is not mature enough to control itself. Sadly, because addiction can be caused, withdrawal and dependency are symptoms addicts must deal with as well. Even more concerning is the fact that when THC is introduced into the body it can cause a person's heart rate to rise 20-50 beats per minute. With a person's heart rate being on average 80 BPM, THC can cause a 63% increase and be extremely dangerous to people with heart conditions and potentially cause those without pre-existing heart conditions to develop one (*Leafly*, 2018). Possibly the most dangerous result of cannabis use is its potential to act as a gateway to more dangerous drugs and additional substance abuse. The legalization of cannabis has

been supported by many due to its medical benefits, however with a multitude of negative and potentially lethal side effects known, people are questioning whether the risk is worth taking.

The Canadian government has decided to legalize weed. The pros range from health benefits such as decreasing epileptic seizures to increasing creative thinking, and has potential to be a boon to the economy. However, there are a multitude of cons in the form of health risks ranging from minor coughs to potentially lethal diseases. While some embrace and support legalization, others believe that the risks are too high, and that any benefits of weed are already available in much safer and more tested products.

Even though the government may be able to make billions of dollars from this venture, realistic analysts predict it will make no more than five billion dollars over the next year, which is enough to make people question if this move is financially worthwhile.

No matter your stance on this controversial action, the fact is that cannabis has been legalized and it is really only a matter of time to see whether this decision was a good one.

SATIRE

How to Survive High School: A Satirical Guide to Tumultuous Years

By: Feiga Werner

In these four years, your personality and character will develop more than ever. You will discover new hobbies and interests, make a friend (or two), and forge a newfound hatred for slow toasters. However, some feel that the tide of high school is intense and hard to handle. In this year's first newspaper edition, this "How-To" is

dedicated to getting the most out of the high school experience.

First of all, lower your standards. High school is nothing like High School Musical, or High School Musical 2, or High School Musical 3, or Finding Dory. There are very few, if any, movies about high school that actually portray the actors and plot in even a slightly realistic way. When you walk into school there will never be spontaneous singing or dancing, unless it's Spring Roll Day or a Flash Tish. Further, you should know that along with high school comes hard work, stress, and pizza. A week will never go by without pizza. So, throw out all of your expectations, dieting plans, and fear.

Secondly, don't study. Why study when you can binge watch all thirteen episodes of Whisker Wars? Teachers are somewhat people too, so they will understand why your assignment is in late. If you have a test coming up, use the Out of Sight Out of Mind technique: "if you don't see it, it's not there". Apply the same technique for your mark on that test. In a couple of years, you'll have the last laugh at those studious kids when you see them on TV being prized for their 'hard work,' while all you have to do is flip burgers.

Thirdly, don't pay attention in class. Everyone does that. It's time to think outside the box. Instead, ponder the reason as to why Ferb's hair was green and why Phineas's head is such a weird shape. Why pay attention in class when you can focus on furthering your back-cracking skills? The answer as to which will help you more in the future-your education or secret exercising-is obvious. Or, instead of taking notes, write out the sales pitch that you think led to the creation of the Teletubbies. Your teacher will certainly appreciate it. Especially if you block the door and don't let her leave until you

finish the entire three-hour PowerPoint presentation.

Making new friends can be unnerving and unnecessary. It's hard to get a proper sense of a person's character from the get-go. You're in a new environment and things are unfamiliar. That is why you should seek out a corner for yourself, which we will discuss soon. To make instant friends, bring a pack of gum to school. Everyone will seek your friendship and you will be liked by all for as long as you have the pack of gum.

Don't put yourself out there. Putting yourself out there and leaving your comfort zone is the most dangerous thing you can do. If you put yourself out there too much, teachers and peers will gain respect and admiration for you, and they will be more likely to ask you to do things you do not want to. Friends can ask for homework, teachers for the assignment you did not give in yet, and both can ask for pencils. This rule also applies literally; putting yourself out there includes not going outside. You are more likely to encounter your teachers and friends, as well as the neighborhood raccoons if you step foot in the Great Outdoors. Your friends will want to copy your homework, your teachers will make awkward small-talk, and the raccoons will want to know where your trash is. This is all easily avoidable. Aside from this, there are more dangers in going outside: sunburn, mosquitoes, ants appearing out of nowhere on your hand, those aggravating little chinks in the sidewalk everyone trips on (I think they are called something along the lines of "squirrels"), heat exhaustion, and frostbite. As Lena Dunham famously expressed, "Don't put yourself in situations you'd like to run away from. But when you run, RUN".

Prepare designated spaces for yourself. This is important both at home and at school.

When you first get to school, immediately seek out a corner. The ones further from the office are most desired and are harder to get. The chase to get a good corner can resemble the Hunger Games bloodbath. One time students ran to the best corner but found an administrator already sitting there, laptop open, watching *The Notebook* and sobbing hysterically. The students did not tell a soul about it until after they graduated. In your corner, you are able to take refuge from the stresses of the day and eat as much hot dog soup as you want. Nobody will judge because nobody will see. Everyone will be too busy eating their own mashed potato sandwiches or tuna-and-jelly pie or mystery mush to notice what you are doing. This idea is also applicable to life in general. People are too occupied with their own issues to think about what others are doing. They may think about what you are doing for roughly five and a half seconds before diverting their thoughts back to how creepy armadillos are. Don't bother to care about what other people think about others. You are living your own life, not theirs. They can think how they want but do not feel forced to accept and live by their beliefs, which can hurt you and your goals in the long run. It is impossible to please everyone, so focus on pleasing God, as it is His opinion that matters most.

There you have it! You are now ready to confidently stroll the halls in school, make friends, and eat mashed potato sandwiches in your very own corner.

A Look at First Semester in Photos



YOC Open House



YOC Grade 9 Shabbaton



Challah Making at UO



UO Grade 10 Archery Tag

THE BASH TEAM

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