



## IVRIT B'IVRIT

### SHOULD ULPANA IMPLEMENT HEBREW IMMERSION COURSES?

MALKA MOSHKOVITS

Immersion courses are a great way to learn a language. This idea has been discussed in an article published by the University of Cambridge's English Learning Department. The article explains, "There are numerous studies that show that students who are exposed to the language they're learning in an immersive way, be it through a bilingual immersion programme at their school or a study-abroad experience, exhibit higher levels of fluency" (Kozlova, 2021). If these points are true, then Ivrit B'Ivrit (IBI) courses, Hebrew immersion in Judaic Studies, can both support in-depth learning and increase language fluency, raising a question: should Ulpanat Orot switch their Judaic courses to an IBI model? Bnei Akiva Schools' mission statement states that one of the schools' goals is, "to deepen and strengthen the centrality of Eretz Yisrael and Medinat Yisrael as a fundamental element of our Torah beliefs and, to this end, stress the importance of Lashon Hakodesh as a manner of achieving these goals" (Bnei Akiva Schools, n.d.). Ulpana thinks Lashon Hakodesh is important for their students to learn, so wouldn't IBI courses be beneficial?

IBI courses have their pros and cons, which is likely the reason they have not been implemented at Ulpana thus far. A concern that both admin and students share is that learning in a language they

are not fluent in may impact the depth of the class discussion. Ulpana values these deep discussions in Judaic Studies courses and they certainly make classes more engaging. Another concern is that IBI courses may impact the understanding of the course information and the students' grades. If the students have a lower level of Hebrew, it may cause increased difficulty in the course. This can also impact the grades of students which is a concern to many students, especially those in the higher grades.

These are all valid concerns, but there are still workarounds. An option to balance the pros and cons could be to offer these as electives or non-credited courses. If they are offered as electives, it gives the students a choice to learn Ivrit B'Ivrit but does not force them into a situation they are uncomfortable with. If they are offered as non-credited courses, the concern of impacting the grades is eased. Non-credited courses are not included on students' transcripts and therefore, have less pressure.

As well, studies have proven that language immersion learning does not impact the students' learning. The Center for Advanced Research on Language Acquisition (CARLA) at the University of Minnesota explains, "The research response to this question is longstanding and consistent . . .

Immersion students are capable of achieving as well as, and in some cases better than, non-immersion peers on standardized measures of reading and math" (Williams Fortune, 2019). This suggests that IBI should not be detrimental to the students' understanding of course material.

Mr. Hillel Rapp, Ulpana and Or Chaim's principal, is pro-IBI, as long as certain criteria are met. He explains, "I think IBI can be very useful and language immersion education, in general, is a more successful approach to students achieving fluency. IBI classes are not quite immersion but it is closer." He then goes on to describe the criteria necessary for the implementation of IBI at Ulpana. Firstly, does IBI enhance or harm the students' learning, and if it harms the learning, which is more important, Hebrew or in-depth Judaic Studies learning? As discussed above, the CARLA at the University of Minnesota's research found no negative repercussions on the students' learning. This does not guarantee that this will be the case at Ulpana but eases the concern. Secondly, Mr. Rapp questions what the community's response would be to IBI implementation. It is the responsibility of a school to make sure their students and students' families are happy. A solution to this could be a survey

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## CURRENT EVENTS AT UO

AYELET BRODT

As we embark on our fourth month of school - and a chilly winter season - there are several events we can reflect on, and certainly ones we can look forward to. Our Shlichot, administration and students have helped run and plan various activities that filled Ulpana with lots of spirit. These ranged from Sukkot parties and Friday Tisches to commemorating Rachel Imenu and Remembrance Day.

This year, two new Shlichot, Shlomit Erdynast and Aviya Zaguri, joined Ulpana with the goal of bringing ruach, spreading a love for Israel and pioneering holiday-related activities that would resonate with UO students (and accompany the monthly Rosh Chodesh treats.) For the Israel elections that took place on the 1st of November, Shlomit and Aviya ran a mock election where students would vote on issues they felt passionate about. This resembled the chaos, controversy and importance of the elections in Israel. Sigd Holiday was celebrated with a well-received luncheon, and out-of-school events continue to take place. "The hallways and girls really remind me of my high school experience," said Shlomit about her impression of Ulpana. We're excited to see what you have in store for the coming months!

Additionally, Ulpana has had the pleasure of hearing from exceptional speakers - all of whom have left Ulpana students with a positive impact. Just a few days ago, on the 22nd of November, two women from the United Hatzalah team joined us in efforts of spreading awareness on the vital importance of having the tools to save others.

Rachel Haar, the Canadian Director of United Hatzalah, and Linor Attias, a prominent director, shared their experiences and hopes for the progression of the female role in United Hatzalah, all while answering questions from the fascinated audience. Maayan Zvi ('25), when asked about the program, commented that "It was wonderful to hear how Linor Attias would rush to assist others; her stories were truly inspiring! It really filled me and my friends with motivation to help others around the school."

This impressive event was the catalyst for a remarkable week at Ulpana: Bullying Awareness and Prevention Week. Along with provinces around Canada, Ulpana took part in emphasizing the importance of kindness between peers, teachers and our community. These efforts were run by Atara English and a Gr. 10 committee, who spent the week making sure inclusion continued to emanate from the walls of Ulpana. A member of the committee articulated her experience as so: "It was really nice seeing the whole school come together within different activities throughout the week. I think it made a really nice impact on the students and teachers, too."

Fresh off Shabbaton, and with Chanukah just around the corner, the energy (and smell of sufganiyot) are in the air. Students are awaiting Chanukah Palooza, the start of enrichment programs, Rosh Chodesh surprises, Chessed initiatives, volleyball tryouts and so much more. Winter season at Ulpana, here we come!



*Bullying Awareness and Prevention Week at UO.*



## AN EXCESS OF CLUBS?

YONATAN BENJAMIN

In a typical lunchtime, a YOC student has many options: he may go to the gym, Lunch & Learn, Extra Help... or he could go to a club. There is so much variety: The Finance Club, Shark Tank club, Dungeons & Dragons, Chess, Friday Farbrengen, Israel Advocacy, Intramurals, the list goes on. But how much is too much? Are there too many clubs for students? It seems to be that everyday a new club sprouts, only catering to a select few individuals. It's become a challenge to even schedule clubs as there are so many every day. I took to the streets to find out what students actually think.

Contrary to the previous suggestion, Or Chaim students did not believe there were too many clubs. Adam Schwartz, who co-runs the Stock and Shark Tank clubs, says that there are not enough clubs to fill student interest. High school, he explains, is one of the most important periods of a person's life. Our brains are developing, and ambitions are soaring. To fill these vacuums of thought, clubs are essential. Dean of Students, Mr. Lazar said, "Over the years that we have had the Finance Club (started about 10 years ago), we have had many of those students continue in the business field. The club has given them tremendous opportunities to find their interest/passion, and ultimately lead the club—and include their

leadership on a post-secondary application to a Business program ranging from the Schulich School of Business at York to DeGroote's School of Business at McMaster." In addition to fueling their fascination for a field, they are finding new companions, creating friendships that endure for life.

Furthermore, in last year's Race, Equity, and Society Club, individuals learned how to debate in a proper and respectful manner. It is important, in today's world, to study the art of discourse, something that the club fully understood and fulfilled. Michael Berkowitz, a Grade 11 student, says that clubs create life skills, such as negotiation, creativity, and social expertise.

As well, students had some tips for club leaders on how to uplift the group. Heads of the club need to publicize their meetings using posters and word-of-mouth, instead of just hearing about it on the YOC WhatsApp group chat. When students receive a more personal invitation, they will feel more inclined to participate and join.

All in all, Yeshivat Or Chaim has many different programs available to students, in an informal and enjoyable format. Some could even say that clubs set the school atmosphere with the laughs and talks of group bonding.



*Members of YOC's Sock Club compare snazzy patterns at a lunchtime meeting.*



## ULPANA

LIR YISSAR

This past Shabbaton was one to remember!

The bus ride to Fern was filled with beautiful views, delicious ice cream, and so much singing and dancing. Upon arrival, we brought even more ruach and excitement as the amazing seniors greeted us with their smiles and Shabbaton sweaters. Without any delay, as a school, the singing and dancing continued. We welcomed the Shabbat with a meaningful davening service and later had the privilege of hearing from Rabbi Akiva Tatz. His lessons on Emunah and happiness are ones I'm sure we will not soon forget.

At every meal, we were privileged enough to hear different students share Divrei Torah, adding so much more meaning to everyone's Shabbat and reminding us how much we can learn from each other and from the Parsha. Shabbat day was spent eating, learning, bonding with our friends, and of course, more dancing.

As a special Motzei Shabbat trip, each student could go bowling or roller skating. The grade 11's all chose to go roller skating and we had the time of our lives! For many, including myself, this was a "first", making it an extra special experience. Afterwards, there was more food and dancing. There was so much ruach and achdut that we broke the floor! The most monumental part of it all was the well-known Ulpana Circle Time. As a school, we all sit in a circle and go back-and-forth between slow shira and short, personal speeches. Being able to hear your peers speak with such vulnerability and passion truly connects us all as a school and as individuals. I could not think of a better way to end such a great Shabbat. The bus ride home was definitely bittersweet, as I was so sad to leave, but also so excited to experience a school day at Ulpana after making so many new friends. Thank you so much to all the seniors, teachers, and administration who worked hard putting this all together!

## OR CHAIM

AVI MARKUS

This past Shabbaton was an experience of a lifetime. There were so many incredible moments over the weekend, so I'll try to narrow it down to just a few. After arriving at Fern Resort and getting settled, we all piled into the dining hall. Our incredible president, Yosef Grauer, was standing there, and alongside him was his faithful vice president, Jordan Jesin. For those of us who knew what was about to happen, we were trembling with excitement. Meanwhile, the freshmen were uncertain, yet curious for what was about to go down. And then, as music started playing, the seniors burst into the dining hall, decked out in the freshest, coolest YOC hoodies we've seen in a long time and we all went crazy.

The next highlight was Kabbalat Shabbat. Led by Rabbi Lexier, Kabbalat Shabbat was beautiful and it was followed by an awe-inspiring Sefardi Arvit. After dinner, we split up into our Friday night discussion groups, which was my personal highlight of Friday night. I was fortunate enough to sit down with R' Turtel and his wife, and they both shared insights into the parsha and current events, which I immensely enjoyed. While that was my personal highlight, the undeniable school-wide highlight was the tisch. There is no experience in the world quite like a tisch, and that experience is maximized when you are sitting with your friends and your peers. Singing out in one collective voice as grades meld together, arms join in chains, and the school feels like home.

Shacharit and Mussaf the next morning were wonderful, with the chazzan providing an incredible rendition of the davening. Just like the previous meal, lunch was great, featuring scrumptious food and zemirot, which was then followed by a wonderful dvar torah and birkat hamazon. The afternoon break was a lot of fun, featuring nature walks, schmoozes, Q&A's, and "solid floor hockey," as explained by Yoni Bloom. But overall, the best part of the shabbaton was what followed seudat shlishit. Slow Shira and Havdalah are two of my personal favourite parts of Bnei Akiva, and even though I have done slow shira at camp, and in Israel on Tisha Ba'av, nothing—and I mean nothing—compares to slow shira with my school. The environment of happiness, of togetherness and unity, of true achdut, is something that cannot be captured on paper. The feeling of being part of a community and a group that is larger than just yourself is a feeling unparalleled to anything I have ever experienced. But the feeling of being in a place where you can still be recognized as you, within such a community or group, is an even greater feeling. And that was the way slow shira felt. The final highlight was havdalah and motzei shabbat. Havdalah felt like a continuation of slow shira, with more energy. As we brought Shabbat out as a school, it sealed in the feeling that Or Chaim is more than just a school, it is a family. And lastly, Jordan led the band in a motzei shabbat concert that had everybody singing and dancing together, finishing with a rendition of One Day by Matisyahu that was truly felt in the hearts of everyone there.

*Scenes from the UO and YOC shabbatons.*



Photo by Rio Lecatompessy on Unsplash.

# FAST FASHION IS BAD (NOT GOOD)

ANNIKA SOUVLAKI

We need to stop deluding ourselves and disconnecting ourselves from the reality of fast fashion. Our go-to outfit sources should not be these large, cheap companies that do so much damage. Most of us know where these clothes come from, and the damage that continuously supporting the fast fashion industry does, but many people keep brushing these realities off. What is fast fashion, why is it bad, and what can we do about it?

Fast fashion is cheap, mass-produced clothing that is constantly being produced to keep up with quickly moving fashion trends. It is 'fast' because the industry keeps up with fast moving trends, the clothing is fast to be manufactured, sold and delivered, and fast to be finished with and chucked out. Some examples of these companies are Shein, H&M, Forever 21, Zara, and more. There are many problems that come from this quick, cheap turnover, including detrimental effects to our environment and the support of unethical labor.

Fast fashion has many harmful effects to our environment, from microplastics to carbon emissions to the use of tons of water. Worldwide, people get rid of 92 million tons of clothing related waste every year, enough to fill one and a half Empire State buildings every day. These throwaways are either put into landfills, which takes away animals' habitats, or burned, which releases greenhouse gasses into the atmosphere. The more greenhouse gasses in our atmosphere, the more our climate unnaturally changes, causing ice to melt, water levels rise, and animals and people to lose land, among other damaging effects.

Microplastics are another big issue of fast fashion. Microplastics are pieces of plastic that are less than 5 millimeters long. They are often thinner than a hair, and can be invisible to the naked eye. Synthetic fibers, such as polyester, nylon, or rayon, are responsible for a large amount of microplastics. These synthetic fibers make up up to 60% of the fabric of our clothes. Unlike the shedding from natural fabrics like cotton, the microplastics shed by synthetic fibers are not biodegradable. Microplastics can harm and poison living beings when they enter their bodies, and are nearly impossible to remove from the environment where they build up. Washing synthetic clothes, especially loosely knit ones,

causes them to shed microplastics, causing these detrimental effects. Washing clothing less often, or hand washing, reduces this. At a certain point, this shedding when washed stops, which is one of the reasons using clothes for longer is better. Higher quality clothing is also less likely to shed microplastics.

If something is cheap for us, more often than not, someone out there is getting the short end of the stick. For many children in countries such as India, Bangladesh, or Pakistan, working to earn money is necessary, and often, that work is found at fast fashion companies. Children are often lured into working for such companies under false pretenses, and end up as slaves. Modern societies allow this to happen all in the name of more profit. The process of making clothing is so complex that it's easy for consumers to turn a blind eye to unethical practices. In the early stages of clothing production, some really nasty things can happen, and it's so far away from buyers that they just don't find out - or don't care to.

These problems are overwhelming, and it's easy for people to turn away and ignore them. We delude ourselves, disconnect, and pretend that these things aren't happening. We're lucky enough to not be reminded of all these things in our day to day life, because as of now, they don't affect our day to day life. They do affect the children being exploited, the sea creatures being poisoned with microplastics, the animals whose habitats are taken away by landfills, and irreversible harm to the world that will continue to affect us more and more. The good news is, fashion doesn't have to be 'fast'.

What can we do about all this? Firstly, let's make an effort to not support large, cheap clothing corporations, because these do the most damage. These fast fashion companies should not be our go-to, or our main source of clothing. Buying less is always better; or reusing or revamping what we already have. Buying used or thrifting is better than buying new, and is also more interesting! There are also many more sustainable brands out there, such as Pact, Kotn, Reformation, or Tentree. These brands are more expensive, but are also usually better quality. Now that we know better, let's do our part to do better.

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sent out to the parents and students to see what their preferences are.

Some students seem to think the pros outweigh the cons. In a survey sent out to Ulpana students, the respondents all stated that they believed IBI courses would be beneficial to Ulpana students' learning. The students believe that IBI courses would likely improve their Hebrew conversational skills. Multiple students have noted that they have seen their Ivrit levels decrease during their time at Ulpana, the cause of which is unknown. Even those who don't believe IBI is the correct fit for them, still believe there should be an option. However, this only reflects the opinions of a small percentage, a little over 10%, of the student body, due to a lack of response to the survey. There would need to be a more in-depth survey conducted, of all Ulpana students, for more accurate results.

A grade 10 student at Ulpana, explains, "In order for me to learn Ivrit, I want to engage in Hebrew conversations and learn everyday words and grammar. An Ivrit B' Ivrit class would be a great environment for me to do all those things - I would have to participate in class, and I would absorb basic vocabulary and grammar from listening to actual, everyday Hebrew being spoken." She adds that she has not noticed any change in her Ivrit skills since she started at Ulpana. She has been in the middle-level Ivrit class which she describes as being focused on reading comprehension, including memorizing obscure vocabulary from texts read in class.

An anonymous student in grade 12 provides a different viewpoint. She does believe her Ivrit skills have improved since she started at Ulpana, but still thinks IBI courses would be helpful. She explains that this would provide an opportunity to use Hebrew skills more often and in more than just one class. She has been in the advanced level Ivrit course since grade 9 and describes her Hebrew ability as being able to understand at an advanced level, but having a delay in responses. An IBI course could decrease this delay by providing increased practice in conversational Hebrew.

Another grade 12 student voices the lack of options she has faced. She explains that the advanced Ivrit level was too difficult for her, but the medium level was too easy. In a school so small it is difficult to have options for everyone, but she offers another option. She suggests that conversational Hebrew classes, instead of grammar, could bridge the gap, and she believes that IBI courses could be the way to do this.

The question of IBI classes being offered at Ulpana is a complicated one, with various pros and cons on either side of the argument. With this in mind, perhaps it may be beneficial to start a conversation about this as a school, with all Ulpana administration, faculty, parents and students having a chance to share their opinions about Hebrew-immersion Judaic courses. In this way, we can help ensure that BAS graduates have the skills necessary to succeed in higher Jewish learning and in Israel.

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Photo by John McArthur on Unsplash.

## DO POINTLESS RULES EXIST IN SPORTS?

AHARON TORCZYNER.

The National Hockey League rulebook is constantly being added to. They didn't write over 200 pages in one season, after all, but there's something that seems pointless about their additions, because there are always new situations that pop up. Take the helmet rule (added before the 2019-20 season) as an example. They were worried about players who lost their helmet during play potentially getting injured during the rest of their shift, so they created a new rule:

*"A player on the ice whose helmet comes off during play shall be assessed a minor penalty if he does not exit the playing surface, or retrieve and replace his helmet properly on his head (with or without his chin strap fastened), within a reasonable period of time... A player who intentionally removes an opponent's helmet during play shall be assessed a minor penalty for roughing (See Rule 51)."*

Those are simple cases, but what if it's more of a borderline case? What if a player attempts to rip off an opponent's helmet in a scrum and the opponent accidentally knocks it off himself? Theoretically, that shouldn't be on the player who lost their helmet, but the player does have to go and retrieve their helmet or get a new one. If they're creating rules to cover some cases, shouldn't they create the rules to cover all of them? If they don't cover all of the cases, does that make the rules that the league creates pointless?

To me though, these kinds of rules aren't necessarily a lost cause, even if they don't cover all of the bases, and I think what I'm about to make a case for can be understood in any sports scenario, not just hockey.

I believe that the rulebook is supposed to be applied by the officials. The NHL makes certain rules that need to be followed, but it's understood that there are plenty of cases where the officials have to apply them. No, they haven't always applied the rules correctly to every case, but they are sent out by the league to apply the rules that they create, because of issues that come up mid-game.

The NHL holds by this idea, as is written in the rulebook in rule 31.2:

*"Disputes - The Referees shall have general supervision of the game and shall have full control of all game officials and players during the game, including stoppages; and in case of any dispute, their decision shall be final. As there is a human factor involved in blowing the whistle to stop play, the Referee may deem the play to be stopped slightly prior to the whistle actually being blown. The fact that the puck may come loose or cross the goal line prior to the sound of the whistle has no bearing if the Referee has ruled that the play had been stopped prior to this happening. In the event of any dispute regarding time or the expiration of penalties, the matter shall be referred to the Referee for adjustment and his decision shall be final."* [emphasis added]

So when you're watching the NHL this season, and your team gets called for an interference call, think about why it's there, what would have happened if the NHL hadn't created the rule, and how the referees applied the rule to that situation.

## BLUE JAYS OFFSEASON LOOKOUT: WHAT COULD HAPPEN NEXT?

COBY BERGER

Disappointment. This is the only way to phrase another Blue Jays season that started with promise. Not to say that 92 wins and a playoff berth is not impressive, but in a season in which an American League East title and 95+ wins were the expectation, this did not meet the cut. Furthermore, between prolonged cold stretches, the postseason meltdown, and down seasons from usually high-performing players, this season can only be considered a small step forward, if not a step back. The three main areas of need lie in the starting rotation, the bullpen, and finding a left handed outfielder.

### The Starting Rotation

Though the trio of Alek Manoah, Kevin Gausman, and Ross Stripling combined for a 2.87 ERA, the other 3 starters all posted ERAs above 5.00. With Stripling a free agent and two obvious holes in the rotation, the Jays must acquire at least one viable starter. Though unlikely, the Jays could target the top of the market which includes the likes of Jacob DeGrom. They could also opt to sign starters from the middle of the market such as Andrew Heaney and Chris Bassitt. Finally, they could put together a trade. Perhaps the Mariners, in need of a second baseman, would be open to trading Chris Flexen?

*Prediction: The Jays trade infielder Santiago Espinal for Chris Flexen, and resign Ross Stripling for 2 years, \$24 million.*

### The Bullpen

The bullpen killed the Blue Jays. In game 2 of the Wild Card Series, with an 8-1 lead going into the 6th inning, the bullpen collapsed and ultimately lost 10-9. Though this issue has already been partially resolved with the acquisition of star reliever Erik Swanson, the Jays still need one more reliever. This could come internally if Nate Pearson reaches his potential and becomes an impact reliever, or if a top prospect is moved to the bullpen. They could also sign a reclamation project like Taylor Rogers, a formerly dominant reliever, or opt to sign a name-brand closer like Aroldis Chapman.

*Prediction: They move Nate Pearson to the bullpen with the hope he has a breakout season*

### Finding a Left Handed Outfielder

The Jays' lineup is in need of a lefty, as it is full of righty hitters who strikeout often, making them easy to plan against. Furthermore, after the Teoscar Hernandez trade, there is an opening in the outfield that must be filled. If they wanted to swing a blockbuster trade, they could make a run at star Pirates' center fielder Bryan Reynolds, any of the Arizona Diamondbacks' outfielders, and the Chicago Cubs' Ian Happ.

Free agency is where it gets interesting. After freeing up \$19 million in payroll, the Jays are one of the favourites to sign star outfielder Brandon Nimmo, an injury prone lefty. If they miss out on him, they could go after Cody Bellinger, a former MVP who has struggled the past two years.

*Prediction: The Jays miss out on Brandon Nimmo, but sign Cody Bellinger for 1 year, and \$10 million.*

The Jays were good last year, but they need to be great. A combination of the moves above could do that, but they could also do the opposite and ruin their season. All we can do is wait and see.

**DO YOU HAVE A SCOOP FOR THE BASH OR AN OPINION YOU WANT LIKE TO SHARE? SEND IN YOUR PITCH HERE:**

**[HTTPS://FORMS.GLE/EFQ39WGMRY1BTTK6](https://forms.gle/EFQ39WGMRY1BTTK6)**

# TEACHER SPOTLIGHT:

Dr. Levy

MALKA MOSHKOVITS

*“My favourite part of teaching is the privilege to take part in the growth, development, and future shaping of young individuals.”*

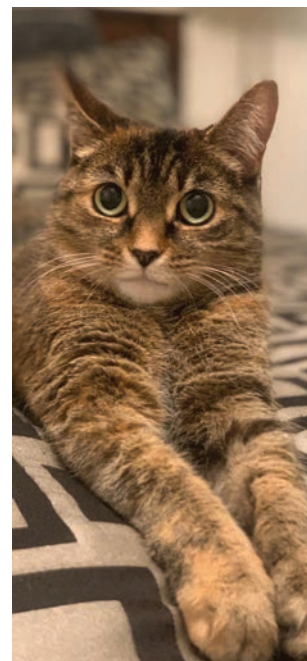
Dr. Levy enjoys being a teacher. She’s been teaching for over twenty years. After completing post-secondary education, she had a postdoctoral fellow position at the Lunenfeld-Tanenbaum research institute. In this position, she had the opportunity to gain intensive experience in diagnostic renal pathology. This included broad experience in the techniques of evaluation of specimens by light, immunofluorescence, and electron microscopy, immunohistochemistry, and other similar techniques relevant to the clinical diagnosis of renal biopsy material. Following this, she began teaching Anatomy, Histology and Pathology. In 2008, Dr. Levy was asked to substitute for a science teacher on maternity leave and has been teaching at Bnei Akiva Schools since.

In her free time, Dr. Levy enjoys spending time with her family, working out, and reading literature by Yuval Harari. She has a female Tabby cat, named Boris, after a gangster character in a movie. She also used to have a female Netherland Dwarf rabbit, named Diva, and a male cat, Comet. Dr. Levy enjoys reading scientific literature on gene editing and organ printing. Her favourite movies include Hidden Figures, Erin Brockovich, and North Country. She likes these movies because, “in these movies, female characters challenge the status quo, let go of outdated gender expectations, thrive to lead a long-lasting change, and set an example for the following generations.” Dr. Levy likes to listen to any music that you can dance to, like Ed Sheeran. Her favourite celebrity is Michelle Obama because she is a role model for women and an advocate for healthy lifestyles, higher education, and international adolescent girls’ education. Dr. Levy likes Michelle Obama’s quote, “There is no magic to achievement. It’s really about hard work, choices, and persistence.”

While pursuing her Bachelor’s degree in Biology, Dr Levy had a professor that inspired her to continue to explore the fields she was interested in. She remarked that, with him, “every class was like an imaginary trip to a new destination. He was very passionate about his subject, and we all looked forward to classes with him”.

He encouraged her to continue studying Anatomy, Histology and Pathology, the disciplines of biology she later taught. She liked these fields of science because she finds them very exciting. She describes it as, “witnessing G-d’s work in the smallest detail level, analyzing and understanding abnormalities at the molecular level.” She has a Ph.D. in Renal Pathology from The Sackler School of Medicine at Tel Aviv University, as well as an MBA from the University of Edinburgh’s Business School. Since her postdoctoral fellow position at The Lunenfeld-Tanenbaum Research Institute of Mount Sinai Hospital, Mentoring and teaching have always been a part of her career.

Dr. Levy’s favourite part of teaching is “the privilege to take part in the growth, development, and shaping of young individuals.” She admires the atmosphere of Bnei Akiva Schools. She remarks, “it is a big family and a home away from home.” She finds the environment welcoming and the staff and students friendly. Dr. Levy’s advice to her students is, “The young adult you are becoming will cost you people, relationships and material things, but choose yourself over everything. Never dim your light to make others feel comfortable.”



*“Don’t ever underestimate this cute look!” says Dr. Levy of Boris.*



*“The difference between a stumbling block and a stepping stone is how high you raise your foot.”*

# ADINA'S VERY PROFESSIONAL AND EXTREMELY ETHICAL LIFE COACHING

*Please note that I will not be held responsible for any personal harm or litigation caused as a result of following the advice given in this column. (If you pay for personal coaching, I'll email you a waiver.)*

Ahh, I love writing for the school newspaper. I ask if I could give advice to the student body, and no one bats an eye. No one even asked to see my life coach certification. I assure you, it's definitely in one of my desk drawers—I just misplaced it. I swear, it's around here somewhere. Life coaching is both my calling and my passion. In fact, I tend to ignore my own little quirky issues when I am guiding the lives of others. Multiple people have attempted to redirect my life's path for me, suggesting I go to therapy, but I choose my own destiny. However, that's a moot point. Anyways, since I'm one hundred percent knowledgeable in this field, definitely the perfect candidate to give life advice, and totally care about all your problems, let's hear your woes!

Dear Adina,

Every morning, I walk into the lunchroom to grab some deliciously stale bagels and chat with my friends/frantically study for the upcoming test I forgot I had. I really enjoy hanging around there, until, about 5 minutes into breakfast, my eardrums get blasted off by the seniors' slightly questionable music choices. While I'm definitely a fan of music, "Party Rockers in the House Tonight - Chipmunk Version" on full volume at 9 am isn't really my vibe. I've tried everything—covering my ears with styrofoam cereal bowls, making earplugs out of the multigrain bagels nobody eats, etc, etc—but to no avail. Do you have any suggestions of how to eat breakfast while avoiding permanent hearing loss?

-a concerned UO citizen

Wow, that's a lot you have going on there. Can you really blame the seniors, though? They're in their final year of high school. They're stressed about university applications, seminaries, college programs, blah blah blah. They're trying to mark their territory, in a way, to assert their dominance over the rest of the school. If that means playing obnoxious chipmunk music early in the morning, let them be! We're all going to be in their position soon, too—feeling too old for high school, but too young for the "real world." I think you're gatekeeping the lunchroom, personally. You're telling me that you're entitled to peace and quiet while eating food in the morning? Or that maybe they should lower the volume of their music so that the floor doesn't shake underneath your feet while you're taking your PSAT? Ridiculous! You're clearly the problem here.

Hi Adina, I'm trying to become more of a forgiving person! Anything that can help would be great!

Oh, my poor, sweet, summer child. Forgiving? That's your first mistake. Being forgiving will not get you anywhere in life. You know what will? Holding grudges. If you can hold a good grudge, that ensures that no one can ever hurt you. The "friend" that ghosted you after you wanted them to invest in your multi-level-marketing scheme? That kid who pushed you in second grade? When you're the CEO of a multi-billion dollar company, you'll crush their puny little startups.

So-called "mental health professionals" speak about the "drawbacks" of holding grudges, like "increased anxiety" and "stressing for prolonged periods of time." And to that, I say, ridiculous! These weirdos don't know what they're talking about. (If you do experience these symptoms, buy my very special Toss Those Cares Away Tea! Clinically proven to cure anxiety! Definitely not just plain chamomile! Don't Google that!)

No one who has hurt you in the past will ever have the opportunity to hurt you again, if you just cut them off without even attempting to communicate with them. Don't even try to be more forgiving. Who likes having friends, anyways? You're much better off without them. They're just distractions.

Thank you for reading my Very Professional and Extremely Ethical life advice. If this helped you (or if it didn't), consider booking one-on-one sessions with me! Again, I waive all responsibility for any trouble my advice may have caused!

-Adina, Your Local Certified Life Coach

NOTE: NONE OF THE ABOVE WAS MEANT TO BE SERIOUS IN ANY WAY, SHAPE, OR FORM. DO NOT FOLLOW THIS ADVICE.

—THE BASH EDITORIAL TEAM

## STUDENT LIFE IN PHOTOS



join physics - its fun I'm applying for a new mitzvah loan go by the name VECTOR, it's a mathematical term a quantity represented by an arrow with both direction and magnitude. VECTOR that's me, because I'm committing mitzvos with both DIRECTION and MAGNITUDE, OH YEAH. Check out my new weapon piranha gun, oh yeah, fires live piranhas ever seen one before? No you have and I invented it.

—Caleb Mansell

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—Caleb Mansell

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POV: you woke up to this on shabbaton



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