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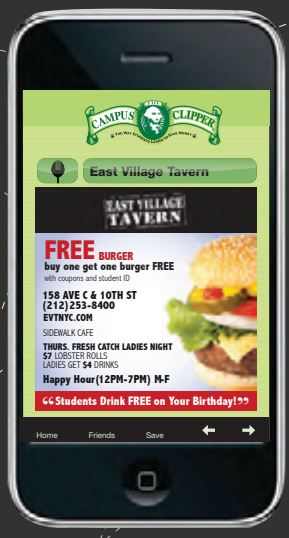












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ANNIE ESCOBAR: LENS FOR CHANGE

written by ANGELA MELAMUD | photo credit ANNIE ESCOBAR

Annie Escobar majors in developmental anthropology, but her concentration, and passion, is in photography. She is currently a student at New York University. Annie uses her interest in photography for activism, connecting photographic storytelling with authentic social change.

This past summer she took a life-changing trip to the West Bank with four other members of Students of the World NYC, a non-profit organization that sends university teams to developing regions to study and document other non-profits affecting change there.

When first arriving in Nablus, Annie experienced severe culture shock. As a woman she couldn't travel by herself, let alone go out into town and easily photograph the community. "You're instantly brought to the realization of how little power women actually encompass in the public sphere." Although mobile restrictions weighed heavily on daily activities, Annie was welcomed with gracious arms by many families that she met during her stay.

For a month, she lived in Nablus in the West Bank, where she documented the work of Tomorrow's Youth Organization (TYO). TYO allows Palestinian youths and their parents to realize their potential as healthy, active and responsible family and community members. They focus on taking a holistic view of the individual, family and society. In general, their unique and innovative approaches to learning provide healing for a community deeply rooted in constant violence and fear.

On March 5th Annie hosted "Narratives from Nablus," a photo show and benefit for TYO featuring the photography, video and writing she and the other members of Students of the World NYC created while in Nablus. "I spent six months editing and printing my photos," Annie said of her work, "and this is my opportunity to share the stories of those I met."

At the benefit, viewers walk into a snazzy flat situated in Chinatown where they are at once surrounded by a Middle Eastern melody looming continuously in the background, perfectly coinciding with the locale of the photographs. One photo depicts a little girl running through Khallet al-Amood, one of the poorest neighborhoods in Nab-

lus. Reminders of invasion and conflict swallow the region. Bombed out buildings lie still, and the memories of bullets puncture many walls. Another shot shows a little boy playing with a gun, capturing how childhood is stripped from the youth in the West Bank. "They know violence from such an early age, it surrounds them," explained Annie.

At first Firyal, a little girl from one of the poorest neighborhoods in Nablus, would not let Annie take her photo. She was shy, or perhaps ashamed. But on the last afternoon Annie spent at their house, Firyal allowed a photo of her to be taken. "She stood there proud, and made strong eye contact with the camera. When I showed her the photo she smiled and nodded, saying she was pleased." Understanding the importance of trust and respect for people's privacy proved to be a valuable lesson for Annie. "I respected her desire to not be photographed, and when she came to know me personally, she opened up tremendously, eventually helping me produce a photograph that I truly love."

Annie's photography speaks directly to her audience. It offers the truth of a world that is often misrepresented in popular media. "I want to use my passion for photography and storytelling to raise an awareness through a medium that gives justice to the diversity and complexity of individual narratives," she confessed.

This summer Annie plans to travel to Bangladesh for ten weeks where she will be involved in creating an internet-based multimedia platform that will profile women in rural Bangladesh who have experienced human rights abuses.

"Narratives for Nablus" has been shown at the Clinton Global Initiative Summit and in the National Children's Museum in Washington D.C. and some of it may be seen online at www.seechange.org/2009/nablus

To view more photos by Annie Escobar, go to:
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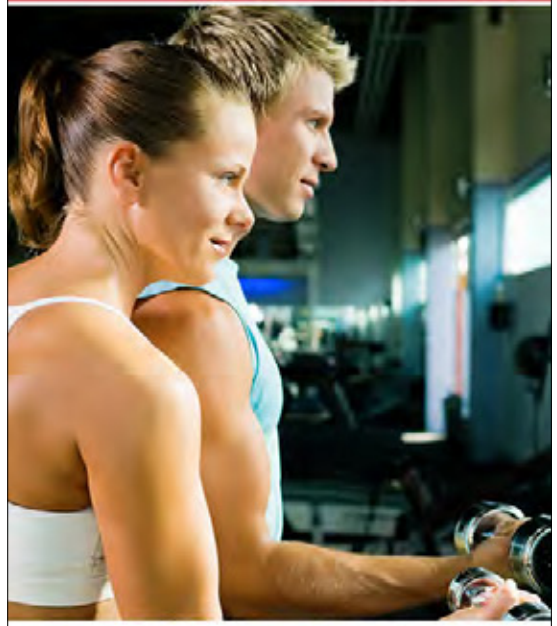
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CHEAP EATS: BEYOND THE DOLLAR MENU

written by **RACHEL NORTHROP**

Food is expensive, no matter how you slice it. Living in New York City makes you really understand that old mantra from high school economics: there's no such thing as a free lunch.

This may be true, but there is such thing as a cheap lunch, and yes, it can be healthy. Eating for less doesn't mean sacrificing nutritional value. These tips will help you hold on to your money and hold off the freshman—or sophomore or junior—fifteen.

Your Microwave Is Your Friend

Don't be fooled, you don't need a full kitchen to eat healthy. A microwave and a mini fridge are all that is required. When buying fresh produce, seal it in airtight containers rather than leaving it in loosely tied plastic bags. That way, your fruits and veggies will keep longer and taste fresher. With Ziploc Zip N' Steam bags, (available at any Duane Reade or grocery store) you can just toss your veggies in a bag and set your microwave for the indicated time. Voilà—steamed veggies! No pot, stove, or boiling water needed.

The Early Bird Gets the Lunch Special!

Microwaving food is all well and good when you're home and have the time, but what about eating cheap on the go? A panini, chips and a drink from a deli will usually set you back at least \$10. Next time you're grabbing lunch out, look for a restaurant. Counterintuitive though it may be, most restaurants offer lunch specials that yield a significant bang for your buck. Many restaurants offer a full entrée and a side for under \$10. At Spice (13th and University) chicken pad

thai and spring rolls are \$7 for lunch and twice that at dinner. Popping into restaurants at midday is a great way to give your lunch routine some variety and more filling (and fulfilling) options. Viva la lunch special!

Plan Ahead

Life is full of surprises, especially in New York City where impulse and quick decisions often dictate your day. So whenever you leave your apartment, it's wise to be ready for anything. While you may think you're just going to class, five hours later you may find yourself far from home and very hungry. Granola bars and snack mixes are great items to keep stocked in your bag at all times. When buying staple snacks to tide you over, go generic. Powerbars and Clif bars (available at most pharmacy department stores) are awesome, but they eat into your wallet at up to \$4 a pop. Instead, try Associated for some great no-name fruit and nut snack mixes or Walgreens, which sells a box of 12 generic granola bars for just \$1.

BYOB

Often more expensive than food are drinks. Bringing your own water bottle to refill will save you close to \$25 a week rather than buying bottled water, soda or juice with meals.

If you want to eat food that is not only healthy but socially responsible without breaking the bank, try these spots: Eva's (8th between University and 5th), On Organics (14th and 6th), and Pita Joe (14th and 5th).





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FINDING A RELATIONSHIP BY DOING WHAT YOU LOVE

written by **RACHEL NORTHPROP**

"In a city filled with so many people why am I still alone? I'm a totally normal, together, friendly person—so why can't I find a mate in a city of 8 million?" If you're a New Yorker asking yourself this then fear not, you are not as alone as you think. Singles all over the city are asking themselves the same question, and now (finally!!) someone is answering your pleas. How do you find love in this overpopulated, isolating city?

You've probably tried meeting people when you go out to bars, clubs and lounges. You've probably been set up on a blind date or two or tried connecting with friends of friends. You might have even set up an online profile and scanned potentials for multiple factors of compatibility. You've also probably found these attempts at finding love, or at least a significant other, unsuccessful. And this is probably because you have nothing in common (other than physical chemistry, if you're lucky) with the people you've met largely at random. Sure, some lucky lovebirds meet locking eyes across a crowded bar, but for the rest of us in the real world, we need a new plan.

So, try doing what you love. My guess is that you probably don't love going out to bars and clubs weekend after weekend. Deep down inside, who really LOVES being surrounded by drunk sweaty people you don't know? To find love, do what you love. If you really and truly love dogs, go to the dog park or a local animal shelter. Anyone you run into there will probably share your love and you'll have something genuine to connect about, rather than shouting at each other over remixed Lady Gaga while cradling overpriced cosmos.

Sometimes, doing what you love takes some guts. If the author you love most in the world is reading

at the bookstore uptown, go check it out. But instead of dragging an unwilling friend who doesn't share your passion, go solo. This makes you more approachable to all of the other people there who also share a love for the same author. When people share a passion for something, you avoid the 'what do we talk about' hurdle from the start. If you run out of things to say then it wasn't meant to be, but you might be surprised how seamlessly a conversation about postmodern South American fiction can lead to an entire afternoon together and maybe even a successful relationship.

Whether you go it alone or with a friend, pick one thing you love (or maybe forgot you loved) and do it. Love sports? Join a pickup league with a friend at Chelsea Piers or check out all the options of ZogSports: a just for fun, recreational group that organizes all kinds of sports all over the city. Meetup.com is another great place to find others who share your interests. There you can join a wine lovers group and meet once a week to sip and savor with others who appreciate a good vintage as much as you do. Any sort of group meeting or event is an ideal climate for a real, meaningful conversation that could turn into a long-term relationship. We spend so much time doing things we don't love (laundry, dishes, work, commuting), that doing something you love is an all around good choice. Not only could you find someone to love while doing it, but you just might become a happier person while on your search.

For more writing by Rachel Northrop, go to: <http://www.examiner.com/x-34299-Manhattan-Green-Living-Examiner>



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THRIFTY BUYS

written by **GABRIEL ZUGER** | photo credit **CRYSTALYN KAE**

You want vintage clothing so authentic it still smells like the 80s? How about skinny jeans so tight they would have cut off Elvis Costello's circulation when he was coming out with Get Happy!! These are things one cannot get buying pre-faded jeans from department stores or contemporary apparel shops. Nor can you get a receipt that thanks you for your purchase of an entirely new wardrobe for twenty bucks from either of those kind of retailers. You can only obtain these things one way: by shopping thrifty. Don't waste your time going to vintage stores that want to charge you a hundred bucks for a concert shirt with holes in it that only cost fifteen bucks when it was new. In my opinion, one of the best places to go for all your one-stop shopping, my friends, is Housing Works.

Whether you're looking for a lamp to go in your new apartment, a new blazer to wear to that party this weekend, or even some CDs to show your grandchildren when you explain to them that "back in my day, people used to listen to music on these plastic compact discs," Housing Works has you covered. And besides

them, there are hundreds of other thrift stores around the city, from Eleventh Avenue to York, Gun Hill to Coney Island, offering wide varieties of apparel, furniture, and knick-knacks to satisfy even the most obscure shopping needs.

Aside from the cheap goods and friendly service, the unique thing about thrift stores is that many of them give proceeds to charities; and many charities have thrift stores of their own. Think about it: you could actually go into a store, look for things that you want without some weasel sales-assistant tailing you and telling you what they think you should get, walk out of the store with goods you like and the money you didn't need to spend still in your pocket, and—for no extra charge at all—the knowledge that the money you spent is going to someone who needs it. Come to think of it, that is your homework for this week: Google your favorite charity, see if they have a thrift store near you (my personal favorite is the Angel Street Thrift Shop, whose proceeds go to families affected by substance abuse, HIV/AIDS, and mental illness). Then while you're on your Google-machine, take

down the names and addresses of a few thrift stores all around the city; it is amazing how useful a little thrift-map like that can be.

When my mother first moved to New York in her twenties, she made just one of these little maps, since she was unfamiliar with New York and its many neighborhoods—and she didn't have a smart-phone or internet on which she could just look things up. I still have that map of hers—a chicken scratched-index card—and it is still as useful today as it was when she wrote it. About 85% of the places she wrote down are still exactly where they were decades ago, fixtures on the face of the city. Sometimes I plot out weekend thrift shopping adventures, picking up a sports jacket on the west side, taking the crosstown bus and finding a belt on the east side. This wallet-sized map is also perfect for killing time in different neighborhoods, say between classes or appointments.

For more writing by Gabriel Zuger: **look for issues of Student Maximus Magazine**

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BIRDS OF A FEATHER

written by ANGELA MELAMUD

Upholding truth is something that I have been brought up to defend from the very beginning of my life. Humbleness, sincerity, and purity of character are ideals that I have been struggling to grasp hold of for as long as I can recall. In the fragility of my young adulthood, I find this task even more imperative. As devastating and mildly cliché as it may sound, I have fallen victim to the influence of a bad seed. This past summer I had a drastic falling out with a friend that I had been close with all throughout college. The private details of our friendship gone sour need not be mentioned, but its overall effect on me was one of a, dare I say, spiritually liberating nature. Her disposition was haughty, selfish, and completely biased. She was, quintessentially, everything that my upbringing and overall sense of worth had strived relentlessly to keep me from becoming.

My friends and family had always been suspicious as to the glue that kept our friendship intact. Whereas my personality was slightly introverted, a type that tiptoed into unknown ponds, hers was vivacious and instantly engaging, a catapult of effective ferocity. We were polar opposites, but I was drawn to her energy. She needed a tagalong, and I was, to put it quite bluntly, bored and in need of some entertainment. I had just broken up with my first long-term boyfriend, and I found myself with an abundance of free time. For the most part, we did what she wanted: a bar one evening, a rowdy frat party the next. I felt like a plaything living in her world, a shadow dragged along skeptical alleyways. I provided the company, and she provided the escape. The lifestyle wasn't my own, though—it was hers.

It was the fear of acting on my own and being independent that kept me stuck in a situation that I knew was not beneficial. I had ended my relationship with my ex-boyfriend because I had forgotten my individuality, and ultimately, despised the person I had become. Ironically, I had put myself in the very same position with this girl.

Fabricated, unwholesome relationships, whether they are with a boyfriend or a friend, are destructive. Life, ladies and gentlemen, is too special to not treat it with the gentleness of nurture. Surrounding yourself with individuals of fine character and overall encouraging influences are as indispensable as milk for your bones.

For more writing by Angela Melamud, go to: <http://aardycrushka.blogspot.com/>

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HOW TO KILL YOUR CAREER BEFORE IT BEGINS

written by EMILY STERN

For those of us on the job hunt, the internet is an invaluable tool, making it easy to search for jobs, send out resumes and samples of work, and solidify important business contacts. However, the internet can be fatal to this hunt if not used properly.

College students, myself included, often make the mistake of believing that what we post on the internet, whether it be in networks such as Facebook, Myspace, Twitter, or Livejournal, is only going to be seen by the people that we wish to share it with—in most cases, our “friends”. In reality, the internet is not something secret that only you and your friends know about. Everyone has access to the internet and all it takes is a simple search of your name to bring up countless things about you.

This is something that employers are well aware of and something that they easily can, and do, exploit. When employers look for someone to fill a job, one quality that they look for, regardless of the position, is professionalism. Therefore, when they find pictures on Facebook of potential employees getting wasted with their friends and have stated on their job application that they are nineteen years old, chances are that they are not going to get hired. Even pictures, videos, or tweets that are simply inappropriate or juvenile might cause a prospective employer to change his or her mind, especially in times like these, where the job applicant pool is at an all-time high. If Michael Phelps can lose sponsors after pictures of him surfaced smoking marijuana, can't a college student who didn't win eight gold medals suffer similar professional consequences?

Obviously, it is ridiculous to propose that students abstain from behavior that might not be exactly to their credit. But is it so much to ask that we stop incriminating ourselves for things that would otherwise go unnoticed? Instead, change your privacy settings on social networks so only people you specify can view you and your activities. This way you are totally in control of the image you give to a prospective employer. Another problem with the internet is that it lends itself to familiarity. Most of the time you communicate with someone on the internet, it is with a friend or family member, and therefore with someone with whom you have an informal tone. However, after a while this tone becomes a habit, and consequently we tend to forget that interactions with employers, even if they are over the internet, necessitate a formal way of speaking. So, whether you are emailing someone in response to a job posting on Craigslist or following up after an interview, make sure to spell-check, use complete sentences, and eliminate abbreviations. Communicating formally (and, of course, politely) with potential employers not only shows them that you are intelligent, but that you are able to express yourself in a manner that will make them and their company look good.

With limited jobs available and fierce competition, it is important not to concede any advantage to other perspective job hunters, especially due to things we can easily control.

For more writing by Emily Stern, go to: <http://survivingnyu.blogspot.com>



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**Buy any sandwich
 and get a
 FREE Jar**
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www.ilovepeanutbutter.com

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Breakfast Lunch & Dinner

FREE Smoothie
 w/ Purchase of any sandwich and student ID

FREE Cappuccino
 w/ Purchase of any sandwich and student ID

FREE WI-FI



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15% OFF
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**Burgers
 Sandwiches
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Free Delivery - \$10 min
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A PIZZA
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\$5.00 OFF ANY PLAIN PIE
 Btwn 12PM-10PM

\$4.00 For 2 Plain Slices & Soda

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**gourmet deli + salad bar
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 any house salad
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2607 Broadway
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appetizers • pasta • salads • salumi
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Breakfast • Lunch • Dinner

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\$7.50

Any Foot Long Sandwich
Lg drink and chips/cookies
All the time w/ Student I.D

FREE

Cup of coffee w/any
breakfast meal
All the time w/ Student I.D

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\$4.99

6 inch Sandwich
w/soda & chips/cookies
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(corner of Mulberry St. & Broome St.)

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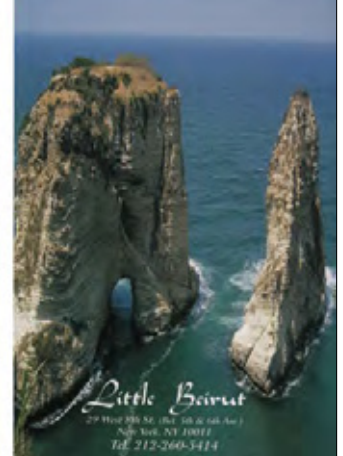
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Must present coupon to redeem offer. Cannot be combined with any other offer. No sharing of packages/memberships. Offer valid only at participating Beach Bum Tanning locations. Must present a valid student photo ID at the time of purchase. Coupon expires: 7/28/10. ©2009 Beach Bum Tanning.

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