Olive Oil: Anti-Cancer, Anti-Pain, Anti-Aging

Carribean Medical School
Medical University of the Americas. High USMLE Scores, US Residency.

She's beautiful, golden and tasty. And of great interest to researchers. Who begin to understand why it is good for just about everything! Olive oil is a formidable weapon against pain, constipation, cell oxidation. And even tumors.

We knew that olive oil had anti-tumor action, but no one knew why. That's the mystery solved thanks to research conducted by scientific teams from Rutgers University and Hunter College of the City University of New York. Researchers have been working on oleocanthal, one of its components, and its observed effects in vitro on cancer cells (prostate, breast, pancreas) and other non-cancerous. According to their hypothesis, oleocanthal fits inside the cancer cells and manages to destroy the lysosomes, tiny reservoirs waste accumulate.
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Janu 15 October, 2015

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How to take? He attacks their membranes by inhibiting an enzyme very specific: the functions of
the malignant cell is then weakened and die. Healthy cells, they remain intact. Attention olive oil is not a miracle drug: research will focus for now on cell cultures in the lab. Another problem is the amount of oleocanthal that would be required for effective action on tumors. In a virgin olive oil of high quality, it is concentrated to about 0.2 mg/ml. However, as David Foster says, one of the researchers:

"To have an anticancer effect in mice, previous studies have shown that it was necessary to administer 0.15 mg each. "Or, for an adult, the equivalent of two liters of olive oil! And here is our arteries that are not going to agree ..."

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The health advantages of oil olive

Anti-infarction: what is its role in the traditional diet of the Mediterranean countries that put a flea in the ear of the learned. It was found that there were fewer myocardial infarction, less mortality from coronary heart disease among followers of the famous Cretan diet.

Olive oil contains a very high amount of monounsaturated fat (80% of fat content). It is rich in oleic acid, a fatty acid of the family of omega 9; gold omega 9 have the particularity to lower the rate of LDL-cholesterol (the "bad" cholesterol) in the blood.

Anti-hypertension: polyphenols which are rich protect arteries from atherosclerosis: the formation of atherosclerotic plaques, due to an accumulation of fat (cholesterol and calcium).

Anti-pain: if we were smart, we would drink a cup of olive oil when you have a headache! ** US
researchers have shown that the effect extra-virgin olive oil was as effective anti-inflammatory effects than ibuprofen. Again, strength due to the famous oleocanthal's, decidedly interesting components.

**Anti-constipation:** It accelerates the contractions of the bladder and stimulates the production of bile salts, natural laxatives. And unlike paraffin oil, it does not cause it with fat-soluble vitamins (A, E, K, and D). So no risk of vitamin deficiency as with paraffin.

**Anti-Aging:** the olive oil would also have the power to slow the aging of cells, skin as the brain. It's omega 9 serve to stimulate cell activity. And its polyphenols are powerful antioxidants. They also contribute to the strengthening of bones building, absorbing during digestion calcium and vitamin D, which will be redirected to our skeleton.

**Anti beads:** it's an amazing under the olive oil, which is nevertheless a lipid to 98%: "It hangs in adipose tissue fatty acid synthase, an enzyme that has a soft spot for excess carbohydrates, from which it produces fat, says Giulia Enders, author of very interesting (and very funny) "Discreet Charm of the bowel" (Actes Sud).

**Rich in essential vitamins 2:** vitamin K, very useful for bone formation, it also serves to make the proteins that are required to coagulate blood. And vitamin E, in cold pressed oils. This antioxidant major protects the cell membrane, especially that of red and white blood cells (immune defense).
U.S.

Job-Seeking Nurses Face Higher Hurdle as Hospitals Require More-Advanced Degrees

Growing demand for bachelor’s degrees comes partly in response to increasingly complex health-care system

Megan Goodman, who earned an associate degree in nursing, is still seeking work after applying for more than three dozen hospital jobs. PHOTO: DARYL PEVETO FOR THE WALL STREET JOURNAL

By ANNA LOUIE SUSSMAN
Updated Oct. 14, 2015 4:02 p.m. ET

Megan Goodman was a dean’s list student at Pennsylvania College of Health
Sciences who served on two student nursing boards before she earned her associate degree in nursing in May.

Since then, the 30-year-old Downingtown, Pa., resident still is seeking work after applying for more than three dozen hospital jobs. "Truthfully, an associate's program is not really going to get you anywhere anymore," she said.

Hundreds of thousands of Americans flocked to nursing schools over the past decade, drawn by the prospect of a well-paying job with a degree that takes as little as two years. But many have graduated only to find the goal posts have shifted, as hospitals seek nurses with more-advanced degrees, partly in response to an increasingly complex health-care system.

The trend in nursing mirrors a wider one unfolding in other sectors such as manufacturing and office administration, which are demanding more education and skills than in the past. As the number of job candidates with bachelor's degrees rose during the recession, due to layoffs and people returning to school, employers began expecting degrees for positions that previously didn't require them.

**RELATED**

- Whether a Job Requires a Degree May Shift With the Economy (http://blogs.wsj.com/economics/2015/10/14/whether-a-job-requires-a-degree-may-shift-with-the-economy/)

Such "upskilling" in reaction to a slack labor market was particularly intense in nursing, which saw a flood of new entrants over the past decade. The number of programs of all kinds jumped 41% to 2,270 between 2002 and 2012 amid a widely perceived shortage of nurses, according to a 2014 paper in the journal Nursing Economics. In roughly the same period, the ranks of young registered nurses swelled about 80%, while the number of those over 50 doubled to one million, as would-be retirees stayed on the job.

Meanwhile, the Institute of Medicine, an influential independent advisory group, called in 2010 for 80% of the nursing workforce to have bachelor's degrees by 2020. It based that goal on research dating to the early 2000s showing that hospitals with a higher proportion of nurses with a bachelor's degree scored higher on important indicators of overall quality of care.

"The hospitals said 'Where do I get the best value, the highest outcomes for the
cost? From a baccalaureate nurse,” said Peter Buerhaus, a nursing economist at Montana State University.

At the same time, the Affordable Care Act has put more focus on chronic and preventive care, prompting hospitals to seek more coordination and leadership skills from their nurses—skills that aren’t generally taught as part of associate’s-degree curriculum.

A push by hospitals to obtain “Magnet” status, a certification that helps hospitals to recruit and retain nurses, also tilts the field toward bachelor’s-degree holders, since nurses in leadership roles at Magnet hospitals must have a bachelor’s degree.

Diana Mason, president of the American Academy of Nursing and a nursing professor at Hunter College in New York, is concerned that hospitals’ increasing preference for nurses with four-year degrees could block what has been seen as a reliable way into the middle class.

“That’s a beautiful aspect of nursing’s career ladder, is that it enables people to move from maybe a family growing up in poverty, to solidly middle class,” she said. “It provides access to people who can’t afford a baccalaureate education.”

Some hospital systems, such as Main Line Health in Pennsylvania and Cedars-Sinai in Los Angeles, explicitly require bachelor’s degrees or higher for their nursing residency programs. Hospitals that do hire associate-degree nurses are increasingly putting provisions in their contracts that require completion of a bachelor’s degree within a set period, usually three to five years.

Ida Danzey, associate dean of health sciences at Santa Monica College, remembers when the nursing career fair drew local hospitals. Beginning around 2008, their numbers dwindled. Local universities advertising “BSN completion” programs, which allow associate’s-degree graduates to earn their Bachelor of
Science in Nursing with additional course work, have taken their place.

The extra 18 months or so of education often includes courses in things like leadership, evaluating research and the history of nursing, prompting complaints about unnecessary costs.

“What we had to pay for was just fluff,” said Rebeka Rivera, a pediatric nurse at Children’s Healthcare of Atlanta who took those courses in the final year of her bachelor’s program. “You’re not taking any science courses at that point.”

Megan Goodman is pursuing a bachelor’s degree online through Villanova University. PHOTO: DARYL PEVETO FOR THE WALL STREET JOURNAL

Others say the evidence shows that better-educated nurses lead to improved health outcomes, and that the skills taught in a bachelor’s-degree or BSN-completion program are increasingly relevant to the way care is now delivered.

“The health-care industry has changed dramatically as a direct result of the economy and health policies in flux,” said Veronica Feeg, associate dean and director of the Center for Nursing Research and Scholarly Practice at Molloy College in New York. “New roles for nurses emerge every day. The need for educated health workers who care for the most vulnerable people and carry enormous responsibility is not new, but requires more critical thinking than ever before.”

Ms. Goodman, who graduated in May, is already pursuing a bachelor’s degree online through Villanova University as she continues to apply for nursing jobs and works two part-time jobs, as a lifeguard and an emergency medical technician.

“It’s really wearing me down,” she said. “I wish hospitals would look at the person. I have life experience.”
Social Experimenter Gets Hollywood Treatment

Michael Almereyda's new biography about Stanley Milgram, 'Experimenter,' stars Peter Sarsgaard

In 'Experimenter,' Peter Sarsgaard stars as psychologist Stanley Milgram, renowned for his obedience-to-authority experiments involving fake electric shocks. PHOTO: MAGNOLIA PICTURES

By STEVE DOLLAR
Oct. 14, 2015 6:05 p.m. ET

Although it took him eight years to realize the project, Michael Almereyda saw an ideal movie subject in Stanley Milgram.
The social psychologist is famous for his 1961 experiment in obedience conducted at Yale University, designed to help answer the question of whether Nazi atrocities resulted from a culture of “just following orders.” It involved a staged test in which a subject was instructed to administer an electric shock to a second, unseen, participant—an actor who only pretended to be jolted—every time they missed an answer.

Digging into the transcripts from the sessions was “like reading David Mamet doing a version of ‘Candid Camera,’” said Mr. Almereyda, referring to the Pulitzer Prize-winning playwright and screenwriter known for his terse dialogue. “There’s a dark humor but also a moral seriousness, and I thought that was cinematic.”

The result: his biographical film about Milgram, “Experimenter,” which opens Friday. Peter Sarsgaard stars as Milgram, and the cast also includes Winona Ryder, as his wife Sasha, and Jim Gaffigan, Anton Yelchin, Dennis Haysbert, John Leguizamo, Anthony Edwards and others in supporting roles and cameos. The ensemble lends itself to a multilayered interpretation of a man much less known than the controversial experiment that bears his name.

“There are many Milgram experiments,” said Mr. Almereyda, whose exploratory films include the 1990s vampire movie “Nadja” (shot on a Fisher-Price PXL-2000 toy camera) and a contemporary, Manhattan-set “Hamlet” (2000), with Ethan Hawke in the lead and Bill Murray as Polonius. “Of course, his most famous experiment kept following him, and that became the shape of the story.”

The film alludes to that in the form of an elephant that trails behind Mr. Sarsgaard in several scenes, one of many deviations from standard biopic realism that enlivens the film.

Milgram continued his work up to his death in 1984, teaching at Harvard University and City University of New York. He expanded on concepts such as “six degrees of separation” in an endeavor called the “small-world experiment” and created the notion of the “familiar stranger” in another experiment.

But most people don’t know that, as Mr. Sarsgaard discovered.

“It’s like when I ask people if they know Stanley Milgram, they’ll go ‘Oh, right, the guy who electrocuted people.’ I say, no, the guy who didn’t electrocute people,” the actor said. “I think a lot of these things, people end up getting opposite.”
In the role, the actor narrates Milgram's story, with frequent direct asides to the audience. The approach was based on the psychologist's own films, where he often took the posture of "a Rod Serling or Alfred Hitchcock presentation," said Mr. Almereyda, "where he's sitting in a barber's chair or at a restaurant lifting wine to his mouth and then he looks at the camera and starts talking."

The performance was a challenge for Mr. Sarsgaard, who described much of his task as re-enactment, based on Milgram's extensive documentation of his experiments. "I don't normally care what somebody sounded like or did when I play a real person," said the actor, who noted Milgram's air of "forced ease" when the psychologist turned the camera on himself.

Yet, while Mr. Almereyda drew dialogue from archival materials, the film itself playfully explores "different levels of what might be reality," Mr. Sarsgaard said. "Michael's a guy who thinks about the meta layers."

That is strongly evident when the film recreates Milgram's life as a public figure, appearing on "The Dick Cavett Show" or visiting the set of "The Tenth Level," a 1976 TV movie that fictionalized the Yale experiment, with William Shatner as a stand-in for Milgram.

The psychologist and his most famous work have long percolated through popular culture. References occur in everything from "Ghostbusters" to the work of novelist William Gibson to a French game show that restaged a version of the obedience experiment to outrageous ends.

"He was asking questions that we're still wrestling with," said Mr. Almereyda,
who manages to sustain a sense of humor throughout the film, despite the heavy philosophical implications of Milgram's work and the psychologist's run-ins with peers and administrators who questioned his methods.

"I wanted to be as light as possible, the way Milgram himself was," the filmmaker said. "It's more about searching and not pretending there's a moral high ground. The experiment implicates everyone."
2 scholarship winners announced

STATEN ISLAND, N.Y. — Two students from Staten Island are part of a group of 14 chosen out of hundreds for a New York City Housing Authority-CUNY scholarship.

Each student will receive $1,000 that will help them pay for college expenses. They are chosen based on their academic standing, a demonstration of financial need, and a 500-word autobiographical essay.

Winners of the program are: Ayesha Khan, of Mariners Harbor, and Grace Theresa Agalo-os, of Todt Hill.

The NYCHA-CUNY scholarship program provides two types of scholarships: the NYCHA-CUNY Resident Scholarship and the Regina A. Figueroa Memorial Scholarship.

Agalo-os, a senior majoring in political science, international relations and minoring in anthropology at John Jay College of Criminal Justice, said that getting the Regina A. Figueroa Memorial Scholarship made her feel proud.

This scholarship is specifically meant for those documented with a disability. According to Agalo-os, who is physically disabled and uses a wheelchair, she will be using much of the scholarship money to help pay for Access-a-Ride, which she uses to travel to college.

Khan, a junior majoring in Biology at City College and a member of the honors program, says she was very happy when she learned about being chosen for the scholarship.

She said that much of her scholarship money will be used to help her pay for the MCAT as she focuses on getting to medical school.

Each recipient received a certificate and a gift on top of their scholarship money.
Why a New Yawk Accent Sways Voters


(Joe Raedle / Getty)

Oct 14, 2015

Five Democratic presidential candidates hoping for their party's nomination sparred on
issues ranging from gun control to foreign policy to the economy during their first debate Tuesday night. And while many are talking about what they're saying, at least one expert says it's important to pay attention to how they're saying it.


In his piece, Newman said vowel sounds distinguish New Yorkers — most notably, perhaps, in the word coffee. He also points out that New Yorkers have a more confrontational, direct style, which he believes is playing well with the American electorate.

"Right now, Americans seem to be kind of tired of politicians not being direct," he said. "There's a lot of mistrust. So perhaps a way of speaking which is taken as direct — whether it's really honest or not, but it's read as direct — can be an advantage."

That appears to be true of Hillary Clinton's performance in the debate. Newman said she may have taken some tips from her competitors.

"The way that her speech style is, it certainly seems to have learned something from Sanders, and maybe even from Trump, and some of the others that you have to speak directly, you can't beat around the bush, you have to be taken as saying what you mean," he said.

Newman also said that's good news for average New Yorkers. He thinks the recent popularity of their accent is helping to de-stigmatize it.

In this interview, WNYC's Jami Floyd talks with Newman about what the candidates' accents have to do with their message.
Fossil teeth show earliest sign of people in southern Asia

Last Modified: Wednesday, October 14, 2015 7:41 PM

By Malcolm Ritter / Associated Press

NEW YORK—Dozens of fossil human teeth from a cave in China show that people lived in southern Asia more than 80,000 years ago, researchers report.

Before this, the earliest well-dated fossils firmly linked to our species in southern Asia were only around 45,000 years old.

Our species, Homo sapiens, is thought to have appeared in Africa around 200,000 years ago and later spread to other continents. The details of that dispersal are still murky. The discovery in China's Hunan province argues against a theory that the first wave reached southern Asia only about 60,000 years ago.

The finding may mean that people arrived in multiple waves, said Maria Martinez-Torres of University College London, a study author.

She and authors from China and elsewhere reported the discovery of 47 teeth in the
Journal Nature on Wednesday. They could not date the teeth directly, but analysis of nearby mineral samples and animal fossils indicated the teeth are somewhere between 80,000 and 120,000 years old.

The finding raises the question of why our species didn't enter Europe until only about 40,000 to 45,000 years ago. Maybe Neanderthals crowded them out, basically out-competing them as hunter-gatherers until their populations started to fade, the researchers suggest.

In a journal commentary, Robin Dennell of the University of Exeter in England suggests that cold winters might be a better explanation.

Eric Delson of Lehman College in New York, who was not part of the research, called the discovery potentially exciting. But given the implications, he said, the researchers must present a more detailed documentation of the geological setting of the find, which is crucial for the age estimate.

Shara Bailey, an expert on the evolution of human teeth at New York University who also didn't participate in the research, said some teeth appear to have cavities, which is unusual for humans living so long ago. Cavities aren't common until the appearance of agriculture changed the human diet about 10,000 years ago, she said.
Rosalyn Baxandall, Feminist Historian and Activist, Dies at 76

By WILLIAM GRIMES  OCT. 14, 2015

Rosalyn Baxandall, a feminist historian who was among the first to bring scholarly attention to the historical role of women in the workplace and to expand the meaning of “women’s work,” died on Tuesday night at her home in Manhattan. She was 76.

The cause was kidney cancer, her son, Phineas Baxandall, said.

Ms. Baxandall served on the front lines of the feminist movement in New York in the late 1960s.

She helped create Liberation Nursery, the first feminist day care center in New York. As an early member of New York Radical Women and Redstockings, she picketed the 1968 Miss America pageant in Atlantic City, one of the most visible of the feminist protests of the ’60s, forever associated with a symbolic burning of restrictive women’s clothes that mainstream publications referred to as a “bra burning.”

She played a prominent role in the abortion “speakout” in the West Village in 1969, a forum at which women described in public their experiences in obtaining illegal abortions.

While teaching American studies at the State University of New York at Old
Westbury, she, Linda Gordon and Susan Reverby assembled primary documents, including letters and diaries, that offered a sweeping history of women and labor. Their book, "America’s Working Women: A Documentary History, 1600 to the Present" (1976), was acquired for Random House by Toni Morrison, then a young editor there.

It remains a foundational text for students of American labor history and gender studies.

“That book was and continues to be the text that defines the contour of women’s labor history,” said Eileen Boris, a professor of feminist studies at the University of California, Santa Barbara. “It recovered the voices and the actions of many kinds of women and many kinds of occupations from the early colonial period to the late 20th century.”

Rosalyn Fraad, known as Ros, was born on June 12, 1939, in Manhattan into a radical household. Her father, Lewis M. Fraad, was a Communist who worked for the Communist International, or Comintern, in Vienna in the 1930s and later became the chief of pediatrics at Albert Einstein College of Medicine in the Bronx. Her mother, the former Irma London, was a Communist lawyer and the niece of Meyer London, who was elected to Congress on the Socialist Party ticket in 1914.

“We threw Tampax at the F.B.I. agents who parked outside of our home for two days after my father refused to speak with them,” Ms. Baxandall and her sister Harriet wrote in an essay for “Red Diapers: Growing Up in the Communist Left” (1998), edited by Judy Kaplan and Linn Shapiro. “We giggled dirty words into the phone when told that it was tapped.”

Her mother’s deep unhappiness at suspending her career to raise children made a profound impression on her.

Ms. Baxandall attended Riverdale Country School in the Bronx and Hunter High School in Manhattan. As a teenager, she picketed the nuclear submarine base in Groton, Conn., with the Committee for Nonviolent Action, took part in peace campaigns by the American Friends Service Committee and agitated for civil rights and abortion rights.
She enrolled at Smith College but after a year, she transferred to the University of Wisconsin, where she earned a bachelor’s degree in French in 1961. She met and married a fellow student, Lee Baxandall, a leftist literary critic, whose enthusiasm for Marxism and European theater took them on an extended tour of East Germany, Hungary and Poland.

The marriage ended in divorce. Besides her son, she is survived by her sisters, Harriet Fraad Wolff and Julie Fraad, and two grandchildren.

After returning to the United States, Ms. Baxandall earned a master’s degree from the School of Social Work at Columbia University in 1963. She began working for the Mobilization for Youth, a social service organization on the Lower East Side, and then plunged into radical politics and the women’s movement, the subject of her book “Dear Sisters: Dispatches From the Women’s Liberation Movement” (2000), edited with Ms. Gordon.

Recalling those days in an interview with the feminist activist Jacqueline Ceballos in 1991, Ms. Baxandall said, “The one thing that I do have against the books that are written is they talk about all the politics and the splits, et cetera, but they don’t talk about the joy and fun we had.” She added, “We knew we were changing history, and it was terrific.”

In 1971 she began teaching in the American studies department at the State University of New York at Old Westbury. She later served as head of the department for many years.

“By 1973, the guts had been taken out of the women’s liberation movement, and it was no longer innovative or exciting for me,” she wrote in the essay “Catching the Fire,” included in “The Feminist Memoir Project: Voices From Women’s Liberation” (1998), edited by Rachel Blau DuPlessis and Ann Snitow.

After retiring from SUNY in 2012, she taught in the labor studies program of the City University of New York and, through the Bard Prison Initiative, at the Bayview Correctional Facility, then a medium-security women’s prison in Manhattan.

She was the author of “Technology, the Labor Process and the Working Class: A Collection of Essays” (1976), “Words on Fire: The Life and Writing of Elizabeth

A new edition of “America’s Working Women,” extensively revised and updated, was published in 1995.

A version of this article appears in print on October 15, 2015, on page B18 of the New York edition with the headline: Rosalyn Baxandall, Historian, Dies at 76; Was on Feminist Movement’s Front Lines.
DEALS & DEALMAKERS

Founder of Studley dead at 88

BY REW  •  OCTOBER 14, 2015

STUDLEY—Julien J., 88, a prominent real estate broker and advisor, passed away at his home on October 13, 2015, survived by his cherished and devoted wife of 28 years, Jane Studley.

When the Nazis invaded Belgium in 1940, Julien’s family fled first to Cuba, finally arriving in the United States in 1944, when Julien was 16. After serving in the US Army from 1950–1953 during the Korean War, Julien returned to New York City, where he established a real estate
This firm became the foremost tenant-oriented commercial real estate firm in New York and later in major cities throughout the United States. Julien became widely-known as a thoughtful and valued advisor to commercial tenants on all real estate matters and was highly respected by his colleagues and clients.

However, his passion for life extended well beyond his professional duties. Julien was also a leader in the philanthropic community in New York, serving as Chairman of the New School for Social Research, from which he received the Distinguished Service Award in 1997. He was also the Chairman of the Film Society of Lincoln Center, and served as a significant member of the Boards of Lincoln Center and The Graduate School of CUNY.

All those who were privileged to know him will miss his friendship, compassion, wisdom, and readiness to help others. In addition to his wife, he is survived by his son Jacob, his sister-in-law Helen Studley, his stepson Ni jun and Ni jun’s wife LuLu, and his beloved step-grandchildren Adam and Benjamin.

Funeral services will be held at Riverside Memorial Chapel, 180 West 76th Street, New York City on October 16, at 10:00am. Burial will follow at The Kensico Cemetery, 273 Lakeview Avenue, Valhalla, New York. Donations in Julien’s memory may be made to the New School or to any charity of your choice.
JULIEN STUDLEY
Obituary

STUDLEY—Julien J.

The Graduate Center, CUNY, and its Foundation Board deeply mourn the loss of Julien Studley, a wise and valued Board member for over two decades and Board Chair from 1994 to 1997. In 1992 he was awarded an honorary degree of Doctor of Humane Letters from the Graduate Center, and was the honoree at the Graduate Center’s Fiftieth Anniversary Gala in 2000. A staunch advocate of this institution’s mission and programs, Julien supported student fellowships, public programming, and faculty scholarships. His leadership and intellectual curiosity will continue to inspire and guide us. We send deep condolences to the members of his family. Chase F. Robinson, President, The Graduate Center William P. Kelly, President Emeritus Frances D. Horowitz, President Emerita Craig Kaplan, Esq., Chair, The Graduate Center Foundation
Elena Ferrante's Neapolitan Quartet Offers Penetrating Psychological and Sociopolitical Insight

A COMMITTED FEMINIST, FERRANTE WRITES WITH OFTEN ASTONISHING CANDOR, EVEN "FEROCITY", ABOUT WOMEN'S LIVES, THEIR CONFLICTED RELATIONSHIPS WITH THEIR BODIES, WITH EACH OTHER, AND WITH MEN.

The Italian author Elena Ferrante is a "global literary phenomenon", as one speaker at a 6 October New York event said. Her reaching that exalted status, however, was anything but a sure thing. In fact, in the US, where she enjoys a devoted and growing readership, as well as critical acclaim, reviewers initially were either indifferent to or put off by Ferrante's novels. At the City University of New York's...
Ferrante's four "Neapolitan novels", which portray the 60-year friendship between two brilliant working-class women, Elena "Lenuccia" Greco and Raffaella "Lila" Cerullo, offer traditional storytelling infused with penetrating psychological and sociopolitical insight. A committed feminist, Ferrante writes with often astonishing candor - and, as not a few critics have noted, “ferocity” - about women's lives, their conflicted relationships with their bodies, with each other, and with men. The four books - My Brilliant Friend (http://www.popmatters.com/review/169468-my-brilliant-friend-by-elena-ferrante/), The Story of a New Name, Those Who Leave and Those Who Stay and The Story of the Lost Child - together constitute a more than 1,600-page saga that is both a portrait of a female friendship and a chronicle of Italy from the end of World War II to the present.

Ferrante found her initial audience in America among women readers “educated intelligent women who belonged to at least one book club”, according to Carroll.

In 2005, Europa Editions published Days of Abandonment, a novel about a marital breakup that three years earlier had been a critical success in Italy. Carroll was impressed because the book told “a common story in a very different way”. His companion, one of those women readers who first appreciated Ferrante, told him, “this is not just an important book; it's a great book.” When Janet Maslin favorably compared Days of Abandonment to Anna Karenina in her New York Times review, the book began to find an audience, eventually selling more than 8,000 copies. But the next Ferrante novel that Europa published, Troubling Love (2006), did not catch on with critics or readers, nor did a third, The Lost Daughter (2008).

In 2012, Europa brought out My Brilliant Friend, the first installment in what became the Neapolitan quartet. Critics mostly ignored it, except for the New York Times, which ran a brief and mostly unfavorable review. In January 2013, an admiring essay by New Yorker critic James Wood proved to be what Carroll
reception. Wood, said Carroll, "gave her stature" in the Anglophone literary world ("Women on the Verge" [http://www.newyorker.com/magazine/2013/01/21/women-on-the-verge], 21 January 2013). But a year later, when Europa published the second Neapolitan novel, The Story of a New Name, it was an even harder sell to reviewers "because the first book had hardly been reviewed".

Then, said Carroll, "a conversation began" among women who loved the books and were fascinated by "the mystery of Ferrante's privacy". ("Elena Ferrante" actually is a pseudonym. The author insists on anonymity; she makes no personal appearances and grants interviews – rarely – only via email.) Carroll said word of mouth among her women fans generated interest in the third novel, Those Who Leave and Those Who Stay, which attracted more critical attention. "The books started to do very well," he said. "The success of third brought the others along. By the time of the fourth (The Story of the Lost Child), we no longer had to persuade critics."

Ann Goldstein's superb translations capture the flow and rhythms of Ferrante's unique prose style. Goldstein, who has translated all of Ferrante's novels published by Europa, hadn't heard of the writer until she won a competition to translate Days of Abandonment. "I was completely gripped by that novel," she remarked. Of the Neapolitan novels, she began with My Brilliant Friend and then translated the next three books in succession.

"It was quite difficult in some ways to translate Ferrante," she remarked. "There are the general challenges of going from Italian to English, and then the specific challenges" of Ferrante's style. The "looseness" of Ferrante's Italian syntax particularly posed problems; there was a danger that her long, beautifully crafted sentences could become run-on sentences in English. "I had to find a balance between keeping the Italian style and making it read in English," she observed. She had to make "word-by-word decisions" because "you can't constantly use two or three words for one, so you have to decide which is the most important nuance or meaning of a word." She said she decided to retain an Italian word that Ferrante frequently uses, stradone, because the English words she considered – "big road", "large street" – were unsatisfactory equivalents for "such an important word and image in the novels".
Giancarlo Lombardi, an Italian-born academic who specializes in film and television studies, compared Ferrante to David Chase, the creator of The Sopranos, because of her narrative unpredictability. "Chase always said, if viewers want me to go a certain way, I go the opposite way. This is what Ferrante does." He praised the "ferocity" and "rawness" of Ferrante's writing, adding that she "goes to places where other writers don't usually go." He also singled out her treatment of history and of class, "how some people become rich, how some make it in the post-World War II era." "The presence of history is a constant," he observed. Whether it's the Red Brigades' killing of politician Aldo Moro, terrorist bombings, or Italy's political corruption scandals of the early '90s, "the events are in the background, but they touch the lives of the characters."

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However the series turns out, one thing seems certain. Ferrante, who has said that books, once they are published, "have no need of their authors", won't be promoting it.
Henry Krystal, Holocaust Trauma Expert, Dies at 90

By SAM ROBERTS  OCT. 14, 2015

Dr. Henry Krystal, who was forced into slave labor by the Nazis as a teenager and later focused his noted psychiatric career on the emotional scars carried by former concentration camp inmates, died on Oct. 8 at his home in Bloomfield, Mich. He was 90.

The cause was complications of Parkinson's disease, his sons said.

In his decades of research, Dr. Krystal, as a professor of psychiatry at the Michigan State University College of Osteopathic Medicine, interviewed more than 2,000 survivors of the Holocaust, drew on his own wartime reflections and studied the responses of victims of the atomic bomb attack on Hiroshima.

He concluded that because traumatized individuals complained primarily of physical manifestations, like headaches, they overlooked potential treatment for depression and other emotional symptoms, leaving themselves vulnerable to self-medication, like addiction and other impulsive behaviors.

His work led to novel healing responses to post-traumatic stress disorder, like biofeedback and cognitive psychotherapy. The disorder was recognized in veterans after the war in Vietnam.
“During and after World War II, innumerable psychoanalysts had close encounters with the consequences of Nazi concentration camps,” Dr. Bessel A. van der Kolk, a leading authority on post-traumatic stress disorder, wrote in 1994, “but only a handful called attention to the ways in which devastating realities could deform the psyche.”

In the 1970s, Dr. Krystal was among those lonely voices.

Growing up in Poland near the German border, he was 13 when his grandfather was beaten to death in his country store during a pogrom against Jews, and 14 when the Nazis invaded in 1939. He was the only member of his immediate family to survive the war. His mother died in a death camp. His father and older brother fled east from the advancing Germans and were never seen again.

In 1992, when Dr. William B. Helmreich of the City University of New York found that some Holocaust survivors tended to be more successful than other American Jews of comparable age, Dr. Krystal concurred, but with an important caveat.

“If I had been part of Dr. Helmreich’s study, he’d probably see me as very well adjusted,” Dr. Krystal said. “But I don’t see myself that way; I have lots of post-traumatic stress-type problems. Many survivors look better from a sociological point of view than from a psychiatric one.”

One study, conducted with Dr. William G. Niederland of the State University of New York Health Science Center at Brooklyn and published in 1965, found that former concentration camp inmates suffered from “survivor guilt,” which manifested itself as “a form of pathological mourning” and an inability to experience joy.

“Many of our patients were not only unable to afford themselves some of the most innocent types of pleasure (for example, going to a movie, concert or social gathering with others), but even considered it outright immoral that they should enjoy themselves when most of their families had been killed,” the authors wrote.

Dr. Krystal experienced similar feelings when he was liberated from a concentration camp as World War II ended.
"I couldn’t muster the feeling of joy, of any celebration or joy or who to celebrate with, you know," he said in a 1996 interview with the Holocaust Survivor Oral History Archive. “Maybe a day or two before I was liberated, a thought occurred to me, and that is that if I should die, nobody in the world would know and nobody would miss me.”

He attributed the survival of some inmates to an almost childlike belief in their own indomitability.

“I feel that 'healthy' infantile omnipotence is the most important asset for dealing with life’s stresses and potential trauma,” Dr. Krystal wrote in a chapter he contributed to “Living With Terror, Working With Trauma: A Clinician’s Handbook,” edited by Danielle Knafo and published in 2004. “It is the emotional mainspring of extraordinary reserves. It provides a profound, unshakable conviction of one’s invulnerability.”

Henryk Krysztal was born in Sosnowiec, Poland, on April 22, 1925. His father, Herschel, was an accountant. His mother was the former Dora Grossman. From 1942 to 1945, he was a slave laborer, working at a factory operated by the Siemens company, and an inmate at the Auschwitz, Buchenwald and Sachsenhausen concentration camps.

When the war was over, he was in the British occupied zone. He attended Goethe University, then immigrated to Detroit, where he lived with an aunt. He graduated from Wayne State University in 1950 and then from its School of Medicine.

Survivors include his wife, the former Esther Reichstein; his sons, John, who is the chairman of the psychiatry department at Yale, and Andrew, who is a psychiatry professor at Duke; and three grandchildren.

After the German government agreed to grant pensions to Holocaust survivors, Dr. Krystal started receiving referrals from the German Consulate to evaluate their eligibility.

Among other publications, he wrote “Integration and Self-Healing,” “Psychic Traumatization” and “Drug Addiction: Aspects of Ego Function” and edited “Massive Psychic Trauma.”
Rihanna and Mick Jagger Party as Gold-Rush Mood Grips Havana

By THE ASSOCIATED PRESS  OCT. 15, 2015, 12:03 A.M. E.D.T.

HAVANA — By midnight, the basement of one of Havana's hottest clubs is packed wall-to-wall for a private concert by one of Cuba's biggest pop stars.

Squeezed among the usual crowd of sleek young Cubans and paunchy, prowling European tourists, the owner of one of New York's hippest restaurants discusses his new Havana boutique hotel project. At the bar, a Swiss venture capitalist describes meeting with Communist Party officials about partnering on a marina complex. An Ohio woman who runs a bespoke guide service for wealthy Americans shows her clients iPhone photos of the private villa where they will have a waterfront paella dinner the next day.

The foreigners visiting Havana used to be Canadians and Europeans on cheap beach package tours and left-leaning Americans on dutiful rounds of organic farms and neighborhood health clinics. Ten months after the U.S. and Cuba declared the end of a half-century of official hostility, the mood in Havana has changed.

The city is filled with celebrities coming to party and hedge-fund managers sizing up their chances to make millions in one of the last bastions of communism. As an influx of American cash starts feeling imminent and inevitable, there's a giddy, frothy feeling in the air, at least the air breathed by Havana's privileged. While most Cubans
remain on the outside looking in, Havana's high society has a gold-rush, center-of-the-universe pulse that hasn't existed here since Fidel Castro stormed down from the mountains in 1959 and threw out the last group of foreigners who saw Havana as their tropical playground.

"The next big bubble is going to be nightlife. That's what happened to Cancun," said Ziad Chamoun, a Boston-area restaurant and club owner turned wine importer who was drinking champagne in a waterfront villa on Saturday afternoon with five friends, including the head of one of the world's largest emerging-market investment funds.

"We're talking about doing a nightclub here, a high-energy Euro-house nightclub with DJs, VJs, laser shows, music, dancing," Chamoun said. "We want to be ahead of the curve, not behind it."

In 2013, a quick jaunt to Cuba by Jay-Z and Beyoncé outraged Republican lawmakers and set off a federal investigation.

In recent weeks, the only reaction to visits by the rich and famous has been the sound of Cubans rushing to grab selfies with celebrities.

Mick Jagger and Katy Perry partied (separately) here over the last week. This month's Vanity Fair has Rihanna on the cover, shot by celebrity photographer Annie Leibovitz in Havana. Mexico City's hottest chef is scouting out sites for a Havana restaurant. Usher and Ludacris have shown up. Jimmy Buffet played a private backyard concert for friends.

The tour companies showing the Americans around Cuba have sprouted investment consulting arms. And Cubans with money and foreign backers are furiously rehabbing old homes into micro-hotels complete with high-end restaurants and conference rooms for business meetings.

"New Years is the day all of Havana commemorates the Cuban Revolution," one North Palm Beach yacht charter broker wrote to clients last week in an emailed pitch for trips to Cuba. "Call today so you don't get stuck having to go to St Bart's (again), or Aspen (again)."
Hannah Berkeley Cohen first came to Cuba to study Marxism and Leninism on a study abroad program for the University of Pittsburgh. After working as a freelance journalist and guide for clients she describes as "lefty, self-identifying socialist Democrats from New England," she now spends at least three weeks a month taking groups of moneyed Americans on rounds of Havana's clubs by night and crumbling housing stock in search of real-estate investment opportunities by day.

"The clientele now have the best new idea that will make millions in Cuba," Cohen said. "Everyone wants to get here before everyone else gets here."

The sprouting of high-end clubs and bars around Havana is unsettling to many in Cuba who grew up believing in equality as a tenet of the revolution, and now see foreigners and wealthy Cubans spending many times in one night the roughly $30 monthly salary of the average Cuban state worker.

"This change is proving dramatic for a great majority, who had the mentality that everyone should have access to everything," said Octavio Borges Perez, a longtime cultural critic for the Cuban state news agency. "It's shocking for many people that you can now only get into certain places if you have spending power."

Among the small world of academics and travel guides who focused on Cuba in the years before the declaration of detente, inside knowledge about the island's complexities was an obscure and not particularly profitable asset. Now America's experts on Cuba are rebranding themselves as blue-chip business consultants.

Collin Laverty heads one of the best-known U.S. companies organizing the educational trips to Cuba permitted under U.S. rules barring pure tourism. In July, he created a new business called Havana Strategies to handle the growing demand for his investment consulting services.

Laverty said he's been flooded with calls from "everyone from folks that sell pipes to people that sell tractors to these cruise ship companies to folks that develop hotels, folks that develop triathlons and concerts. It's incredible, the interest across sectors."

Former Council on Foreign Relations Cuba expert Julia Sweig and Phil Peters, head of the Virginia-based Cuba Research Center, have founded D17 Strategies, a consulting firm named for the date on which Presidents Barack Obama and Raul
Castro declared detente last December.

"People who do Cuba, it was always an academic exercise," said Ted Henken, a Cuba expert at Baruch College who traveled to the island recently with a former Goldman Sachs managing director looking for technology investment opportunities. "Now there's a possibility to turn your knowledge and your network into something that has a practical economic value and, selfishly, a payoff."

The Cuban government has not announced any big deals with American companies since Dec. 17, and Tom Popper, the head of Cuban travel company insightCuba, said a recent conversation with Cuban President Raul Castro indicated the country will not be welcoming of newcomers.

The two men met briefly at a reception during Castro's visit to the United Nations General Assembly in New York, and Castro said that "Cuba continues to place its trust in U.S. companies that have a long history of working in Cuba," Popper said.

"He explained that friendship and trust is built over time and isn't a privilege. He said we are off to a good start in this new world, but we have a long way to go."
She quoted Elena's observation about her friendship with Lila: "the nature of our relationship dictates that I can only reach her by passing through myself." This, Lerner observed, "is the heart of translator's challenge - to translate always demands an accounting of one's own voice, one's own words."

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CCNY leads breakthrough study in 2D materials elasticity

Scientists working at City College of New York and the new CUNY Advanced Science Research Center have helped to develop measurements in two-dimensional materials that hold great promise for nanotechnology applications. This research is considered "an important technological and scientific advancement," according to the journal, "Nature Materials."

"Researchers seek to understand two-dimensional (2D) materials because of their potential applications in photonics, nanoelectronics, nanomechanics, and thermoelectrics," says study leader Dr. Elisa Riedo, professor of physics at the City College-based CUNY Advanced Science Research Center.

These materials, such as epitaxial graphene and MoS2, are films made of a few layers, with each layer only one atom thick. The films are characterized by strong in-plane bonds and weak interactions between the layers.

Sub-angstrom-resolution indentations were used to measure the forces between the atomic layers. Now while the in-plane elasticity of these materials has been widely studied in the past, little was known about the films' elastic modulus perpendicular to the planes. That is because these types of measurements require ultra-small indentations.

Riedo and her collaborators, including Dr. Yang Gao of CUNY ASRC, were then able to measure and control indentation depths smaller than the films' interlayer distance. By combining experiments with the density functional theory calculations of Dr. Angelo Borgioni, a co-principal investigator, the team was able to tune the interlayer elasticity by water molecule intercalation.

The research team also included members from South Korea, Taiwan, France, Saudi Arabia, and Italy. Support for the study, which appears in "Nature Materials," was provided by the Office of Basic Energy Sciences of the U.S. Department of Energy.

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Since 1847, The City College of New York has provided low-cost, high-quality education for New Yorkers in a wide variety of disciplines. More than 15,000 students pursue undergraduate and graduate degrees in the College of Liberal Arts and Sciences; the Bernard and Anne Spitzer School of Architecture; the School of Education; the Grove School of Engineering; the Sophie Davis School of Biomedical Education, and the Colin Powell School for Civic and Global Leadership. U.S. News, Princeton Review and Forbes all rank City College among the best colleges and universities in the United States.