

twenty-seven

KIOS TOP
FASHIONISTAS



10

Hottest

Alphas

WHAT KIND
OF SISTER
ARE YOU

QUIZ

Empowering

Songs for

WOMEN

The Quack Sisterhood
Weekend 2013

Sisterhood

Of the

Traveling

Torah

KIO BBG

Dear Miss BBG...



How do I deal with an immense amount of stress and anxiety?

Well, as high school girls we all deal with both stress and anxiety. The best thing to do is to really talk about what's going on in your life. Talking literally helps with everything. If you express your feelings to a family member or good friend, I guarantee you will feel 100% better. Also try not to procrastinate, that will lead to a lot of stress and anxiety. But if worse comes to worse, create a transportation device and transport yourself into Zac Efron's house. That will also work to decrease your anxiety and stress levels.

I want to run for board, but I'm hesitant because I don't think I will win. What should I do?

Never ever doubt yourself. If you have no confidence, nobody else will believe in you either. So have faith in yourself and just try your best. Have a great speech and platform and I'm sure you will do awesome. But don't not run if you think you will lose because you'll never know until you try. But if you do happen to lose, then watch all nine seasons of One Tree Hill in a period of a week, you'll automatically be happy.

Lately all I can think about is that one boy and nothing else, what do I do?

Well first of all, if you haven't already, go for it! Sure, there's a possibility of getting rejected, but you'll never know unless you try. When things are going badly or even great with a guy, it becomes so hard to focus on anything else! But anything along the lines of a physical activity such as running, biking, playing a sport, etc. can get your mind off of him! Also, make sure to spend time with your friends! You never want to lose connection with your friends just because a boy came into your life, and a girls night out always helps a broken heart! Always keep in mind that you have so much else going on in your life besides him, so take time for those things too so you don't overwhelm yourself with boy drama!

I'm so jealous of my other friend, I don't know what to do!

When you look at the word jealousy, something stands out. That word is lousy, since being jealous always makes you feel lousy. You might wish you looked more like that girl or that you had what they had. But whatever that may be, there is just one important step to curing jealousy. Stop comparing yourself to other people! You were created to be unique and your own person, and nothing else. Love the fact that you're special the way you are, and never take that for granted! So don't ever worry about what someone else might have that you want, because you were born the way you are for a reason - so ROCK IT!

Top 10 Songs to Empower Women

10. Who Says— Selena Gomez
9. Run the World (Girls)- Beyoncé
8. Firework— Katy Perry
7. This One's For the Girls— Martina McBride
6. Stronger— Kelly Clarkson
5. Born This Way— Lady Gaga
4. Unwritten— Natasha Bedingfield
3. Can't Hold Us Down— Christina Aguilera
2. Man! I Feel Like a Woman— Shania Twain
1. Girl On Fire— Alicia Keys



Sisterhood of the traveling Torah



“

It was a pretty day outside, the day for Rachel Schottsenburgersteins Bat Mitzvah. But she isn't relevant in the story. It is four of the 12 year old guests attending Rachels' Bat Mitzvah. First was Eden Bageland-loxevitz, she was the thoughtful, caring one of the girls. Second was Abigail Jonschweitsengold, the rebellious, sarcastic friend. Next was Chava Challah, the daring athelete. Finally the last girl is Zavi Yidihevitz, the clumsy, shy child. While at Schottsenburgersteins party, all four girls were dancing to a beautifully classic Gas Pedal. They were all holding nice red cups full of grape juice. Zavi was gracefully dancing to the song when she tripped on Joshua Choppedliberman's leg and spills her grape juice all over Eden, the coldness of the liquid scared her, thus bumping into Chava, Chava was embarrased and ran off, but ran into Abigail. So they were all covered in a purple liquid and decided to clean up in the bathroom. once in there they discussed their jewishness. All their batmitzvahs were next week, November 15th and they were all doing the same torah portion and that was when they decided to start what they called THE SISTERHOOD OF THE TRAVELING TORAH.

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10 Hottest Alephs of KIO

10. Noah Frankovitz

9. Eli Profeta

8. Sam Dolen

7. Herbert Meisner

6. Zach Profeta

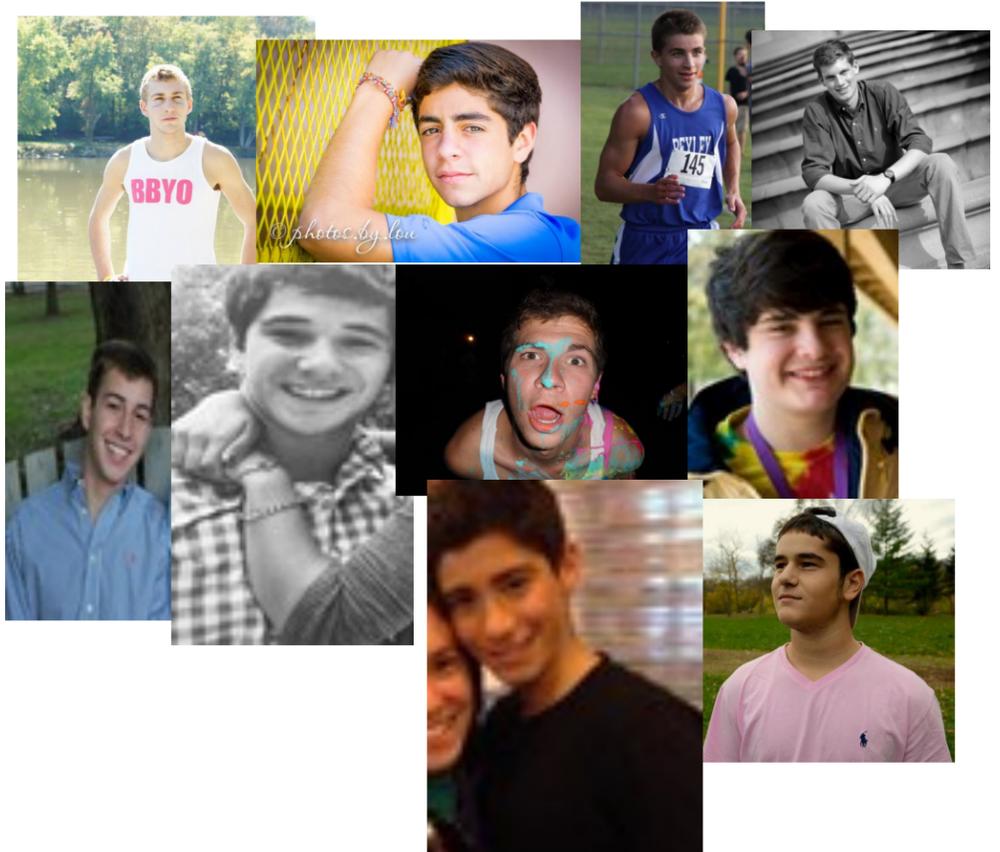
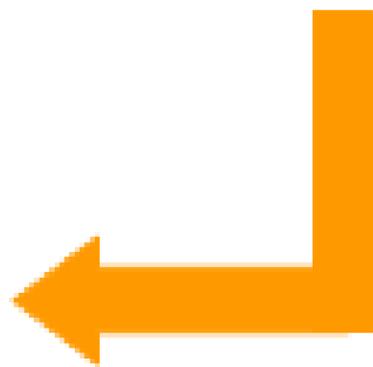
5. Jon Deutsch

4. Zach Samuelson

3. Gray Levine

2. Adam Kashin

1. Adam Goot



What Kind Of Sister Are You?

It's the night of a meeting but you have tons of homework to do so you...

Go because you wouldn't dare miss a meeting

Go because you know your chapter needs you there

Go but leave a bit early to make sure you get all of your work finished

You're at a convention and you see a girl sitting alone that you don't really know

Elections are coming up and you can't decide what to run for so you

Go and sit with her because you want her to feel welcomed and included

Take her by the hand and introduce her to all of your good friends

A convention is coming up the weekend of your cousin's Bar Mitzvah

Run for a position you've never tried before and seem interested in

Run for whichever position your chapter needs the most (needs \$, runs for giz, needs members, runs for morah etc.)

Go to the service and come late because you can't miss out

Sorry little cuz I can't make it, but mazel tov!

You realize a girl in your chapter hasn't been coming to a lot of meetings

You run into a girl from your chapter at the mall so you...

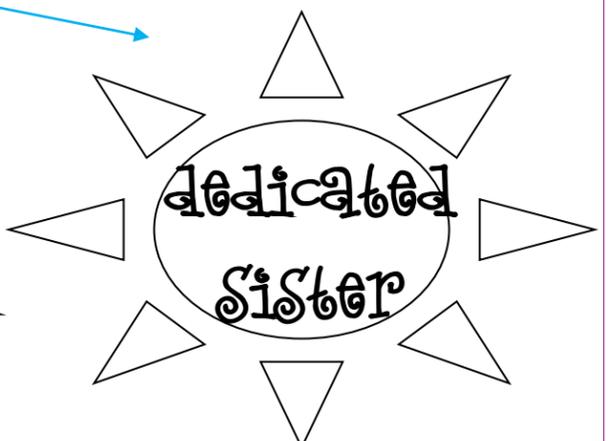
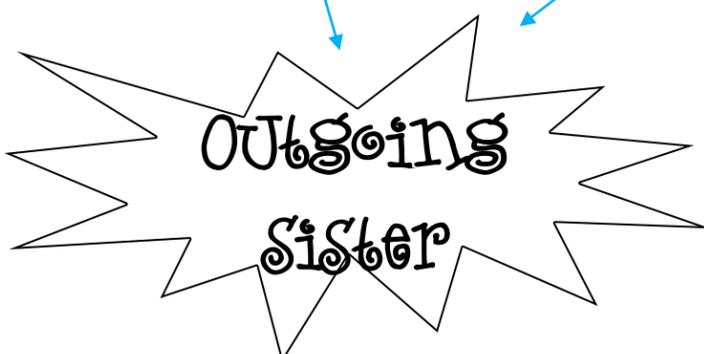
Call her and tell her everyone misses her, ask how she's doing

Smile, say hi, ask how she's doing and have a nice conversation

Stop and ask if she's going to the convention that weekend, catch up on each other's lives and talk about a fun program coming up

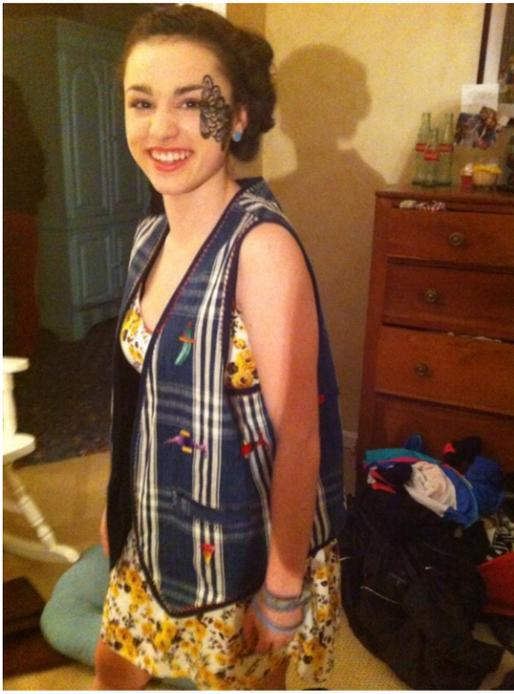
Call her after and offer to pick her up before the next meeting

Run up to her and jump with joy and say something super weird to make her laugh



fashionistas of kio bbg

Katie Segal



Deborah Levin



Daria Penner



Ali Richter & Raquel Levitt



PLEASE RECYCLE