

THE JEWISH Connection

Vol. 9 • Issue 15

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7:02 P.M. FIVE TOWNS
7:03 P.M. STATEN ISLAND
7:03 P.M. BROOKLYN
7:03 P.M. TEANECK, NJ
7:20 P.M. MIAMI BEACH, FLA.
6:19 P.M. JERUSALEM



China, Israel open talks on free-trade deal

IRAN SAYS MISSILES, NOT 'NEGOTIATIONS' KEY TO IRAN SECURITY

Ayatollah Ali Khamenei, Iran's supreme leader said this week that missiles, not negotiations, are the key to his country's future.

"Those who say the future is in negotiations, not in missiles, are either ignorant or traitors," Khamenei, who has the final say on all matters of state, was quoted as saying by his website. "If the Islamic Republic seeks negotiations but has no defensive power, it would have to back down against threats from any weak country."

His comments appeared aimed at

ex-president Akbar Hashemi Rafsanjani, a senior leader of the reformist and moderate camp, who last week tweeted: "Tomorrow's world is the world of dialogue not missiles."

Iran's Revolutionary Guards conducted ballistic missile tests earlier this month, in what they said was a demonstration of Iran's non-nuclear deterrent power. The United States, France, Britain and Germany said Iran's recent ballistic missile tests violate UN Security Council resolutions.

"The enemies of the revolution...

use dialogue, economic trade, sanctions, military threats and any other means to further their goals," Khamenei said. "We should be able to confront and defend in all of these fields." He said those who believe only diplomacy is the key to Iran's future are acting out of "ignorance or treason".

Israel called for punitive action against Iran following the March 9 tests of the two ballistic missiles. Iran maintains that because it cannot develop nuclear weapons under the deal, no missile is capable of carrying a nuclear weapon.

After Brussels attacks, Israelis and others urge better Belgian anti-terror tactics

ALINA DAIN SHARON

Belgium and all of Europe are reeling from the March 22 terror blasts at Brussels's Zaventem airport and Maelbeek subway station. The latest counts say that 31 people were killed and 270 were injured in the Brussels attacks, for which the Islamic State terror group has claimed responsibility.

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The Fallout of the Obama Doctrine: Global Chaos and Its Implications For Israel and the Jewish People

ISI LEIBLER

President Barack Obama's determination to downgrade U.S. international power has generated massive global instability and chaos with especially ominous implications for Israel.

The Obama policies have undermined longstanding alliances within the Western bloc. By supporting the Muslim Brotherhood

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Preventing Divorce after Decades of Marriage

3 STEPS TO WORK ON BEFORE IT'S TOO LATE.

SLOVIE JUNGREIS-WOLFF

After decades of marriage, couples are splitting up later in life. Experts call this 'grey divorce' and tell us that one in four divorces in the U.S. occurs among people ages 50 and above.

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Restoring Your Health Through Nutritional Movement

DR. JOSEPH MERCOLA

"Exercise less, move more" and "nutritional movement" — these are innovative concepts that have been popularized by Katy Bowman, author of "Move Your DNA : Restore Your Health Through Natural Movement," whom



CONT. ON P6

JUNGREIS-WOLFF
CONT. FROM P1

No matter your age, it would be wise to understand why this is happening and contemplate protecting your relationship.

Writing for the Huffington Post, Linda Melone delineates five reasons couples divorce after decades of marriage.

1. They Grow Apart

Instead of coming closer there are couples who have simply grown distant from one another. There was no sudden blowup, rather it's as if there are tiny fissures unseen that have been created over time. You don't realize that this is happening but there comes a point that the relationship has been terribly weakened and cannot be resuscitated. Experts say that often it is a one sided emotion where one spouse feels that the relationship has been unbalanced for years. Many times it is a wife who feels as if she has put her life aside for the sake of others. She has not felt supported emotionally and is weary.

2. Age

Age that was not looked at as an issue when a couple got married now becomes a cause for division. It can be a big age difference that was overlooked years before but is now a source of tension. Sometimes an individual arrives at middle age and doesn't know how to handle this next stage of life. Instead of being able to move forward, one has an urge to go back in time. Mistakes are made without thinking.

3. Boredom

Complacency becomes a major factor that leads to boredom in a relationship. When we take our spouse for granted because they've been with us for years we stop appreciating them. We start thinking that our lives are routine and yearn for some excitement. Some of us grow tired of the lack of stimulation and excitement. The passion has been lost. Meals are spent in silence. Days become long. Homes become cold caverns. And

many husbands and wives stop trying. They don't take good care of themselves and have stopped putting energy into their conversation.

4. Money Issues

Years of conflicting spending and saving habits finally cause a couple to face their differences head on. One is a lavish spender while the other enjoys watching a bank account grow. The two cannot find a way to live together. There can also be an accumulation of expenses, children's college tuitions, young adults who are dependent and living at home or requiring money, as well as unexpected situations that eat away at marital peace. Stress does not

allow the husband and wife to enjoy this time that they had looked forward to, in their younger years, together.

5. Intimacy

Men and woman face hormonal changes that influence their emotions, mental health and physical needs. Not being on the same page or dealing with moodiness and tiredness takes a real toll on the relationship. Feeling that they are more distant than ever, husbands and wives grapple with a relationship that feels empty. Not seeing hope for the future, they instead contemplate divorce.

3 Ways to Strengthen Your Bond

One of the greatest gifts you can give yourself is shalom bayit – peace in the home. Knowing that there are couples who have been together for years who are now losing their marriages can be a wakeup call. There is no taking a relationship for granted. Husbands and wives regardless of age or years married should think about strengthening their bond while guarding their love. Here are real keys to making your marriage last.

1. Be Present

If we put all our energy into our jobs, our children, our friends, and our gym workout there is not

CONT.ON P13

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SHARON CONT. FROM P1

In Israel—a country long accustomed to dealing with terrorism like rocket attacks from Gaza as well as the current wave of Palestinian stabbing, shooting, and car-ramming attacks—several politicians have harshly criticized Belgian authorities for what they see as insufficient security protocols across Europe and the continent's lax policy on allowing in Middle Eastern refugees.

If "in Belgium they continue eating chocolate and enjoying life, and continue to appear as great democrats and liberals, and [have] not decided that some Muslims in their country are organizing terror, they won't be able to fight them," Israeli Intelligence Minister Yisrael Katz (Likud) told Israel's *Army Radio*.

Dr. Amira Halperin, an expert on radicalization in Europe and researcher for the Harry S. Truman Research Institute for the Advancement of Peace at Hebrew University of Jerusalem, told *JNS.org* that European governments "have been able to predict" that more attacks like last November's six coordinated Islamist attacks in

Paris could occur across Europe, because they have "information about terrorists' cells in Europe." But at the same time, explained Halperin, many "legal, political, and policy" reasons have prevented European nations from acting as thoroughly as they could have on terror threats.

The European continent has been dealing with a large wave of Middle East refugees, primarily—but not exclusively—from civil war-torn Syria. According to the United Nations' refugee agency, UNHCR, the number of applications for asylum received in the European Union (EU) in 2014 was already 25 percent greater than the same period in 2013. Eurostat also reports that during the first three months of 2015, the number of asylum-seekers who applied for protection in the EU was up 86 percent from the first quarter of 2014.

While many of the refugees are genuinely escaping the harsh regime of Syrian President Bashar al-Assad as well as Islamic State, which now controls large parts of Syria and Iraq, some Islamic State terrorists have reportedly been passing as refugees to get into

Europe.

"We have repeatedly seen that terrorists...have slipped in camouflaged or disguised as refugees," Hans-Georg Maassen, the head of Germany's domestic intelligence agency, the BfV, told the German public broadcaster *ZDF* in February.

"This is a fact that the security agencies are facing," he added.

Along with the issue of Middle East refugees, the *Associated Press* reported this week that Islamic State has trained at least 400 fighters to target Europe in deadly waves of attacks. Belgian citizens, in particular, have been traveling back to the Middle East to join radical groups. The International Centre for the Study of Radicalization and Political Violence (ICSR) estimates that in 2015, about 500 Belgian nationals traveled to Syria or Iraq with that intention, making Belgium's figure the highest per capita in all of Europe.

"If you'd spoken to intelligence people or police people in Belgium, they would have been the first to admit that their agencies were not built for the number

of people that they're supposed to monitor," Peter Neumann, a professor at King's College London and the director of ICSR, told *Vox*.

In fact, some European officials had warned that the arrest of Saleh Abdelsam, a suspect in last November's Paris attacks, could lead to further retaliatory attacks.

"Paris was a warning. [Last November's] attacks were in Paris, yes, but they were essentially prepared in Belgium. So Belgium is at the top of the list for everyone who studies this phenomenon in Europe," Neumann said.

Europeans were also reportedly forewarned by Turkey, whose country saw its own deadly bombing in Istanbul on March 19. Turkish President Recep Tayyip Erdogan has claimed that one of the alleged Brussels bombers was deported from Turkey, and that Turkish warnings to Belgian officials about his terror ties were ignored.

Bruce Riedel, a former Central Intelligence Agency (CIA) official and White House advisor who now works for the Brookings Institution think tank, told *CNN* that Belgium has problems of "two

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Destinations
By Yossi Zablocki

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SHARON
CONT. FROM P4

languages (French and Flemish), lack of Arabic speakers, and weak coordination between national and local government,” which leads to “a huge discrepancy between threat and response.”

Given that situation, Israeli Member of Knesset (MK) Nava Boker (Likud) blamed Belgium’s “policy of appeasement” for the Brussels attacks.

“Belgium must close its borders immediately, eject from itself the inciters, and stop Muslim immigration into the country. Rather than point to radical Islam as the number one cause of global terror today, Belgian Interior Minister [Jan] Jambon chooses to claim that more must be done to make young Muslims ‘feel at home,’” she said.

On the other side of the Israeli political spectrum, left-leaning Zionist Union MK Kesenia Svetlova said that “European multi-culturalism has failed” and that Europe “must come up with a continent-wide plan for a war on extreme and destructive ideology and a holistic approach to deal with all of the negatives entering the continent in the name of extremist Islamic ideology.”

After the Brussels attacks, Pal-

estinian Authority Foreign Minister Riyad Maliki told European parliamentarians in Brussels that they should differentiate between Islamic State terrorism and the Palestinian attacks against Israelis in recent months. He blamed Palestinian terror on Israeli “occupation” and “youngsters driven by despair,” the *Jerusalem Post* reported.

But at the American Israel Public Affairs Committee (AIPAC) conference on March 22, Israeli Prime Minister Benjamin Netanyahu said regarding terrorists around the world, “It’s not as if we can offer them Brussels, or Istanbul, or even the West Bank... because what they seek is our utter destruction and their total domination.”

“The only way to defeat these terrorists is to join together and fight them together. That’s how we’ll defeat terrorism, with political unity and moral clarity,” said Netanyahu. The prime minister’s call was echoed by Israeli opposition leader MK Isaac Herzog (Zionist Union), who called for unity in order “to defeat terrorism.”

In other comments about the Brussels attacks, Netanyahu said, “Terrorism does not come from the ‘occupation’ or from despair,

but from the hope of the Islamic State terrorists to establish an Islamic caliphate throughout all of Europe. The hope of the Palestinian terrorists to establish a Palestinian state on Israeli territory... If there is one nation in the world that knows what they are going through, it’s the people of Israel.”

Israeli officials are not the only ones criticizing Belgium’s response to terror in the wake of the Brussels attacks. U.S. counterterrorism officials have also expressed their frustration, with one official likening Belgian security forces to “children.” An intelligence official in France, meanwhile, told *AFP* that “the Belgians just aren’t up to it.”

Given the widespread criticism, Belgian Interior Minister Jan Jambon and Justice Minister Koen Geens have reportedly offered to resign, but Belgian Prime Minister Charles Michel has refused their resignations.

“Our country is in shock, but we are strong and confident,” Michel tweeted, stressing that his country will continue defending its democratic values.

Other Belgian officials, such

as Ambassador to Australia Jean-Luc Bodson, said that it is dangerous to lump the European refugee crisis with terrorism because “it’s precisely what ISIS wants—that we would make a confusion between terrorism and migrants and between terrorism and Islam,” Australia’s *SBS News* reported.

But Hebrew University’s Halperin told *JNS.org* that going forward, “the [European] policy on immigrants and asylum-seekers might change” with a reconsideration of the balance between the values of human rights/freedom of speech and the issue of security.

While Halperin does not believe “all refugees should be stopped from entering” Europe, she argued that “certainly there should be much more control and inspection.”

As far as Belgium’s Jewish community is concerned, Belgian security officials asked Jewish leaders to keep their Purim festivities of March 23-24 small.

That was not a surprising request, said Halperin, because “Jewish communities are amongst the primary targets for jihadi terrorists.” *JNS.org*

Larry Domnitch

Reading Megillat Esther in Front of the UN

The United Nations is the ultimate arena for Israel bashers and haters of Zion. But on Purim 2016, the unhallowed grounds of the UN was the scene of prayers for world Jewry and protest with signs held aloft expressing support for Israel in the face of so much opposition.

It’s Purim day, I am standing and holding a scroll of the book of Esther in front of the United Nations. It is a quiet and sunny afternoon. Some passersby gaze curiously at the Talit upon my shoulders. Nearby are twenty fellow participants who have joined me in a planned Megillah reading. The masks many of them are wearing in the spirit of Purim are also drawing some attention. I begin to recite the blessings, and then the book of Esther evoking the story of Jewry’s salvation in ancient Persia to the

small but spirited crowd. Clenching their groggers they stand eagerly awaiting to hear the next pronouncement of the name of Haman in the reading. The noise of their groggers symbolically drowning out the name of Haman has extra meaning in front of the UN.

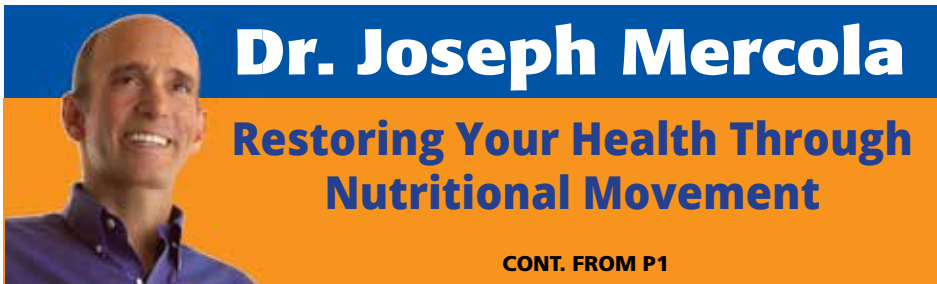
The event was organized by AFSI (Americans for Safe Israel). Hats off to them!

We are a small group. Since it is Purim, even the usual activists are busy. Who wants to be bothered by the world’s problems on Purim? Holiday celebrations have filled Synagogues and homes throughout the tri-State area. Hundreds of thousands have attended Megillah readings. We are just a diminutive mere few. In the context of the massive holiday festivities taking

CONT.ON P18

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I first learned about from readers commenting on my articles.

Katy is a biomechanist by training, but refers to herself as a movement ecologist. Biomechanism is a rather specialized academic path where you study physiology and anatomy through a filter of geometry and physics.

“It’s kind of understanding how physiology and physical forces work together,” she explains.

“Most people are probably familiar with biomechanics in sports performance. A lot of people use biomechanics experts to help modify their golf swing ...

A lot of people will take a class or two in biomechanics as they make their way through different healthcare modalities. But that was my entire focus. My undergrad and graduate school was just studying biomechanics.”

Exercise Less, Move More

Katy is an important influencer when it comes to promoting the transition from traditional regimented exercise to a more “global movement” view, where the focus is on staying active throughout the day.

She believes exercise, in the way we normally engage in it, has particular value if you’re training for something athletic. The problem is that most people fail to consider that their workouts are bookended by hours upon hours of sedentary behavior.

“[It’s] less about moving more, and more about moving more of you. Those are two different ideas. We need to move more. When you go to a store, don’t park so close. Little things like that ...

I recommend you pick one place that you could walk to feasibly but don’t. For me, it was the

post office and my sister’s house. Both of those places were an easy walk. You’re talking less than eight or nine minutes away.

But I found myself driving there just because I was in the habit to. So I just created these ‘I will never drive there’ type rules ...

[Another] thing I did that was really revolutionary for me was swapping a book I’d normally read for an audio book and walking while I listen to it. That was a transformative habit change.”

How to Move More of You

According to Katy, repetitive positioning is a related problem, such as sitting down in the same way all the time. By seating yourself in a variety of different ways, you can avoid some of the problems associated with sitting.

For example, scooch forward in your seat to avoid using the back of your chair, or sit on the floor instead of your couch. Sitting on the floor engages different core muscles than slouching on your couch.

“You don’t always have to be still in the same way. If you choose a different way to be still

— that is, speaking geometrically, or speaking about cellular movements, which is the type of movement I’m talking about — sitting differently is in fact moving more.”

Then there’s the idea of “moving more of you.” Katy recommends switching to minimal footwear for the fact that it allows you to move more body parts when you do move. When walking barefoot or with minimally restrictive footwear, you engage different muscle groups than when you walk in shoes.

Personally, the only time I sit is when I’m driving somewhere. Other than that, I mostly stand throughout the day, even when working, as I have a standup desk. I also walk barefoot for about one to two hours a day on the beach.

Katy takes it a step further, and has transitioned from a standing desk to a “dynamic workstation area” that includes a low squatting or kneeling desk, and a variety of devices on the floor that allow her to do different micro and corrective exercises while working, such as calf stretches and foot mobility

CONT.ON P10

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Moshe's CROSSWORD By Yochai Ben Yitzchak Dov

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Across
1) Not all
5) Milky gem
9) Biology, e.g. (abbr.)
12) Singe
13) Talk wildly
14) Zodiac lion
15) Unusual
16) Valentine phrase (3 wds.)
18) Elbow's locale
19) Less fatty
20) Poor farmer
22) Slight error
26) Hear
28) Not cooked
29) Author ___ Christie
31) Per person
34) Went first
35) Bemoan
37) Future flowers
40) Most unkind
43) Artists' stands
45) Originally named
46) Superman's gal (2 wds.)
49) Tacks on
50) Yoko ___
51) Discontinues
52) Red vegetable
53) Prohibit
54) Untidy condition
55) Slips up

Down:
1) Waste material
2) Chicago's airport
3) Citrus preserve
4) before, to Keats
5) Rug type
6) Roof of the mouth
7) Shakespeare's river
8) Smooth
9) Tricky
10) Business VIP
11) Debt memo
17) Epoch
19) Mascara spot
21) Perch
23) Phony
24) Defunct USAF branch
25) Sheep mom
27) Anonymous
29) Capone and Roker
30) Gosh!
32) Pod vegetables
33) Hostel
36) Change for the better
38) ___ Plains, Illinois
39) Capital of Oregon
41) Jewish feast
42) Trials
44) Of sound mind
46) Tennis shot
47) "___ Clear Day..." (2 wds.)
48) Charged atom
49) Lincoln's nickname

ANSWER TO THIS WEEK'S CROSSWORD ON PAGE 25

Understanding Accident Law in New York State: Benefits from Your Own Insurance Company in a Car Accident

Most people realize that collision insurance lets them recover the damage to their vehicle from their own insurance company.

But what about the bills for medical treatment? What about lost wages? Who pays them? Is it the other vehicle's insurance company, assuming it is clear that the other vehicle's fault caused the accident?

This is where the "No-fault law" come into play. New York, like most states, has a "no-fault" law. This means that your basic remedy for your medical bills and lost wages is with your own company, irrespective of whose fault the accident was.

This law was enacted so that injured parties and their medical providers could be reimbursed promptly. In many accidents, it is unclear whose fault the accident was, or both parties are at fault. It may take years for the court system and a jury to decide the "fault" issue and perhaps assign percentages of fault to both parties. It is much better to have a system which decides who the payor is immediately.

In New York, your basic policy provides coverage for up to \$50,000 to cover your hospital and medical bills, and lost earnings. (One can also purchase coverage for amounts larger than this.)

Of course, at the same time that the legislature enacted this scheme, they placed severe limitations on your right to sue the other vehicle. Even if the accident was totally the fault of the other vehicle, in order to receive any money for your pain and suffering, your injuries have to fit into one of several "serious injury" categories. The categories are: death; dismemberment; significant disfigurement; fracture; loss of a fetus; inability to perform "substantially all" of your "usual and customary daily activities" for at least 90 out of the 180 days following the occurrence; "permanent loss of use of a body organ, member, function or system;" permanent consequential limitation of use of a body organ or member; and significant limitation of use of a body function or system. This means that if the other vehicle was driven by a drunk who was completely at fault, you will not get a penny for yourself if you go to the hospital emergency room, hurt your neck, back and knee, have extensive physical therapy for 2 months, miss

2 months from work, but do not have an MRI finding suggesting a permanent injury.

With regard to your claim for lost wages from your own insurance company, you are only allowed recovery for 80% of your lost wages. You are not entitled to 100%, because these lost wage payments are not taxed. Also, if you are eligible for disability benefits, you must apply for these. Your own insurance company is entitled to subtract the disability benefits you are eligible for from the payments they make to you.

Motorcyclists were purposely left out of the above no-fault scheme. They are not provided with this \$50,000 coverage for medical bills and lost earnings. On the other hand, they can be awarded monies for pain and suffering from the other vehicle without having to prove that their injuries fit any category. They recover for their medical bills and lost earnings from the other vehicle as well. But to recover anything, they must prove that the accident was caused by the fault of the other vehicle.

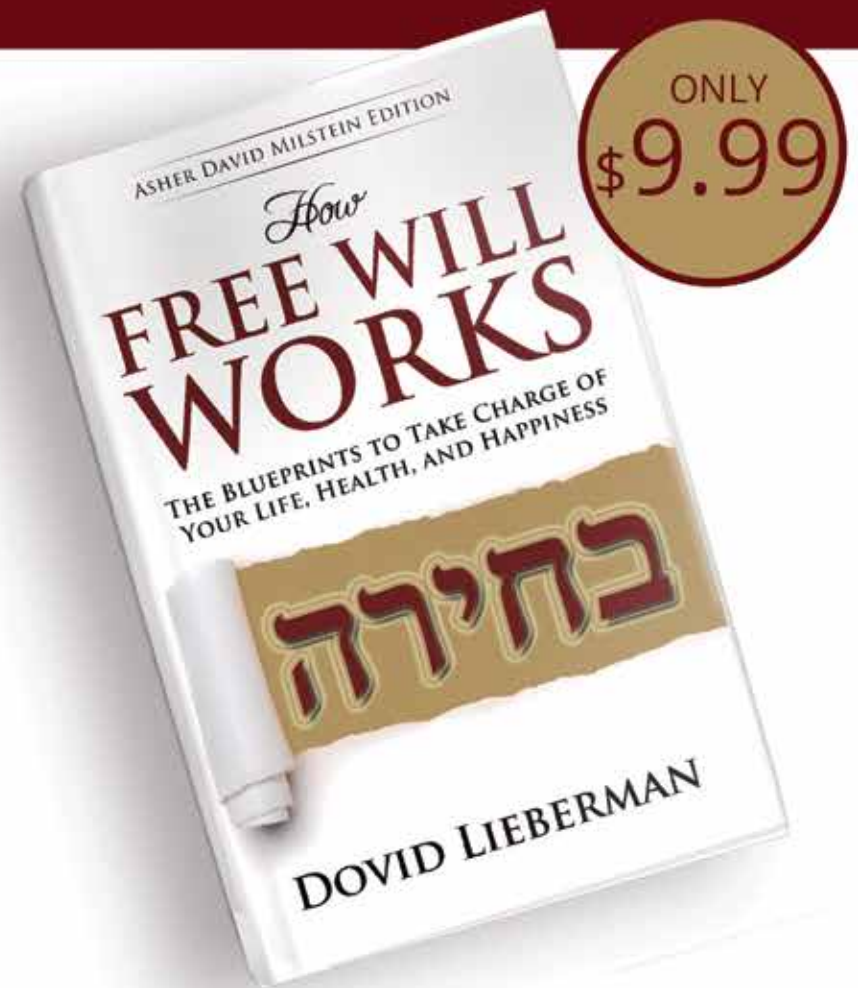
What if you are a pedestrian who owns a car and you are struck by another vehicle? Here, New York and New Jersey have different rules. In New York, your claim for no-fault benefits (medical bills and lost wages) is made against the insurance company of the car that hit you. In New Jersey, your claim is made against your own car insurance company.

Finally, the law provides the insurance companies with a mechanism which enables them to stop paying for their insured's treatment, so they rarely end up paying \$50,000 worth of medical bills and lost wages. The insurance companies are entitled to have their insured examined by a doctor of their choice. This exam is typically set up three to five months after the accident. This doctor then typically writes a report concluding that the injured party no longer needs any treatment and is able to go back to work. The insurance companies then refuse to pay for any further treatment and lost wages. These denials can be fought, but that is another story.

Mitchell First Esq. has been a personal injury attorney since 1985. His office is in Manhattan and he can be reached at MFfirsttatty@aol.com or 1-800-710-7250.

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Roy Neuberger

STRESS BEFORE GEULA

During our Biblical Redemption, the foundations of *Mitzraim* crumbled. We don't have to imagine what that means; the world is experiencing it on a daily basis. Just read the news.

"Several times I heard from the holy Chofetz Chaim that we can learn about the end of our exile from what happened at the end of our exile in Egypt, as it says (Micha 7:15), 'As in the days of your leaving Egypt, I will [in the Final Redemption] show wonders.'" (Rabbi Elchonon Wasserman ZT"l as quoted in *Redemption Unfolding* by Rabbi A. A. Mandelbaum)

Mitzraim, the world's most powerful country at that time, crumbled like the World Trade Center on 9/11. But the Final Redemption may take place on an even larger scale. Since *Am Yisroel* is now spread all over the world, our future Redemption will have to be correspondingly gigantic. Do we not ask Hashem to gather us from "the four corners of the earth"? During the *Geulah Shelemah* the entire world structure as we know it may be dismantled as the structure of *Mitzraim* was dismantled in ancient days.

Redemption does not have to be violent. All decent people hope that *Moshiach* will come peacefully. But that, after all, depends on us! If *Am Yisroel* does *teshuva*, all will be well!

One thing should be clear: following the Final Redemption, the world will look completely different. The *Maharal* writes, "a complete change will come over the world, to the extent that the world of *Moshiach* will be considered a new creation in comparison to the world as we know it." (*Netzach Yisroel*, Ch. 47) The direction of world affairs will be the Torah! "Ki *Mitzvion taitzai Torah u'dvar Hashem miYerushalayim*." (*Yeshaya* 2:3) Hashem will be One and His Name One.

The process has already begun. Every area of life is in crisis. As a result, we are exposed to enormous stress, be it financial, medical, psy-

chological, family, children ... the list goes on and on!

Maase avos siman l'banim!

In *Mitzraim* eighty per cent perished during *Makkos Choshech* because they "did not wish to depart [from Egypt]" (*Rashi on Shemos* 10:22). The stress in Biblical Egypt was enormous. So strong was the pull of the surrounding culture that a huge percentage of *Am Yisroel* was unable to extricate themselves from its influence! This is a message for our contemporary world! Today, people are under enormous strain. You see it in hair-trigger tempers. You see it in aggressive driving. You see it in lack of *derech eretz*, as people rush to put themselves first. You see it in desperate attempts to acquire money. You see it in lavish expenditures on vacations and luxuries, attempts to find peace in a world in which there is no peace!

"*Moshe spoke to the Children of Israel, but they did not heed him because of shortness of breath...*" (*Shemos* 6:9). In *Mitzraim*, the stress was so great that many members of *Klal Yisroel* did not listen to the voice which would have saved them if they had listened. The same danger exists today. We are so panicked that we are not behaving rationally. If we hold on to the unreality of the surrounding culture, G-d forbid, that "support" will break like a flimsy reed and we will perish when that culture goes under! But if we grasp onto the Torah – *lehavdil!* – we will live forever!

"*Moshe said to the people, 'Do not fear! Stand fast and see the salvation of Hashem that He will perform for you today!'*" (*Shemos* 14:13)

Let's learn from this! The Torah is telling us what happened in *Mitzraim* so that we may survive during the events of the Final Redemption. Our *Gadolim* have explained: "In the final war before the coming of *Moshiach*, all the Jews who fear Hashem will survive. Hashem will say to them,

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"All those who are removed from the secular, worldly culture ... you are Mine." (Rabbi Yechezkel Levenstein ZT"l, *Leket Rishimos*)

There is no source of support beside Hashem and His Torah!

In *Mitzraim*, *Shevet Levi* escaped *shibud* because they were completely involved with Torah!

Dovid HaMelech's life was in constant danger. How did he survive? He visualized himself as standing constantly before the Presence of Hashem. "*Shivisi Hashem Inegdi samid... I have set Hashem before me constantly.*" (*Tehillim* 16)

When we *daven*, do we envision the *Bais Hamikdosh*? Soon, with Hashem's mercy, the *Shechina* will return to *Tzion* and the *Bais Hamikdosh* will stand before our eyes. If we envision this future event, then we have an "anchor" by which we can steady ourselves as the chaos whirls around us.

Our *Gadolim* spoke words to sustain us, and *B"H* those words will get us through. "*Hashem is*

with me; I have no fear! How can man affect me?'" (*Tehillim* 118) "*Ani maamin be'emunah shelemah ... I believe with complete faith in the coming of Moshiach, and even though he may delay, nevertheless I anticipate every day that he will come.*" (*Rambam, Principle 12*)

May we all soon "hear ... for a second time ... in the presence of all the living ... 'I am Hashem your G-d.'" (*Shabbos Mussaf Kedusha*)

Roy Neuberger's latest book is **WORKING TOWARD MOSHIACH**. His book **2020 VISION** is available in ENGLISH, HEBREW, SPANISH, FRENCH, RUSSIAN & GEORGIAN. Roy is also the author of **FROM CENTRAL PARK TO SINAI: How I Found My Jewish Soul**, available in ENGLISH, HEBREW, RUSSIAN & GEORGIAN, and **WORLDSTORM: Finding Meaning & Direction Amidst Today's World Crisis**. ROY AND HIS WIFE LEAH SPEAK PUBLICLY ON TOPICS RELATED TO HIS BOOKS AND ARTICLES. Email: roy@2020vision.co.il. Website: www.2020vision.co.il.

“THE SHMUZ”



**Rabbi Ben Tzion Shafier
PRIMED FOR SPIRITUAL
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PARSHAS SHEMINI**

“For I am HASHEM your G-d — you are to sanctify yourselves and you shall become holy, for I am holy; and you shall not make your souls impure through any creeping things that creeps on the earth.”

— Vayikra 11:44

The Torah seems to be connecting holiness with not eating impure food. Rabbeinu Bechaye explains that this is the Torah system for spiritual growth. By keeping the mitzvos in general and by not eating forbidden foods specifically, the desires in man become weaker and his seichel becomes stronger. Thereby, he becomes holy.

This concept is very difficult to understand. Controlling one’s desires is a fine notion, but how does that make a person sacred? It may stop him from becoming a hedonist, but it

won’t make him holy.

THE NATURE OF MAN

The answer to this question is based on a more focused understanding of human nature.

The Chovos HaLevavos (Sha’ar Avodas Elokim 3:2) explains: When HASHEM created man, He joined two distinct elements to form his living soul. These are his spiritual soul (what we call his neshamah) and his animal soul. The conscious “I” that thinks and feels is made up of both parts. The neshamah comes from under the throne of HASHEM’s glory. It is pure and lofty, holy and sublime. All that it wishes for is that which is good, proper, and noble. Because it comes from the upper worlds, it derives no benefit from this world and can’t relate to any of its

pleasures. The other part of man’s soul is very different. It is exactly like that of an animal, with all of the passions and desires necessary to keep it alive. That is his animal soul.

An animal has a living essence. Just like man, it has a part that isn’t physical, but spiritual. It is attracted toward certain types of objects and repelled by others. A dog, for example, will form attachments to its master and will even risk its own life to defend him. But when the dog sleeps, its body lies there flat and almost lifeless. When it wakes up, its essence comes back again. That part of the animal, its inner essence, is its animal soul.

HASHEM implanted into the animal soul all of the drives it will need for its survival. A cat hunts mice by instinct. A bird eats worms because of an inner urge. Those instincts and hungers are part of the animal soul.

Man also has an animal soul. There is a part of him that yearns for physical things. He desires to eat, sleep, and procreate. HASHEM put into man’s animal soul all of the inclinations he needs to stay alive. If he follows

these instincts, he will survive, and the species of mankind will continue.

THE FIGHT IN MAN

These two elements of man are opposites and are competing for primacy. Each vies for control over the person. As a result, man is in constant flux. The more he uses one side, the stronger and more influential it becomes. Much like a muscle that becomes stronger with use and atrophies with disuse, if a person uses his spiritual soul to control his animal soul, it becomes stronger, and he becomes elevated. If he gives in to his desires, then the animal soul gains command. His desires become more intense and frequent. They demand to

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MERCOLA CONT. FROM P6

exercises.

“I can shift my weight from leg to leg. I can work the front of my thigh, the back of my thigh. I try to be still as little as possible. I try to stay dynamic, even when I’m stationary and being productive,” she says.

Nutritional Movement

Nutritional movement is another idea that demands explanation. As noted by Katy, your body adapts to what it does most frequently, not what it does with the best of intentions.

If you’re like most people, your body has adapted to certain movements and certain still postures through sheer repetition. Even if you’ve been exercising regularly, your body may still have developed certain weak spots.

Katy recommends performing some basic assessments to determine which parts of your body are not moving properly, and then take corrective action, either through corrective exercises, or better yet, changing how you move and position yourself

through your day to day life.

“Say you want to know if that walk you do every morning is being propelled by your gluteus maximus or your hamstrings as opposed to being propelled by your hip flexors or the quadriceps.

One muscle group is on the back of the body, one muscle group is on the front of the body. The net result of how you walk is going to kind of create the shape of your body in the end.

You would lie down on the floor and you would lift one leg up behind you. You would see, does my leg go behind me, or do my leg and my pelvis go as one? Because I sat in a chair for 30 years prior, and my thigh bone and my pelvis kind of clump together as a unit.

I recommend that people do different corrective exercises to break up any connections, overly connections, between body parts that were the results of a high repetitive input to stillness.

You can’t just jump into the movement that you want to be doing. You want to make sure that all of your body is coming along.

Because when you have parts

of you that are healthy mobile next to parts of you that aren’t as mobile, the interface between those two areas, that’s where injury tends to arise structurally. That’s called a stress riser.

When you have lots of movements sitting right up to an area that doesn’t move at all, those tissues are going to pull on each other unnaturally. It’s better if all the parts have a certain amount of suppleness and ability to participate.”

Another component of nutritional movement is the distribution of movement throughout the day. There is a difference between taking one 5-mile walk and five 1-mile walks. The general rule is that movement should be frequent and spread out. You basically want to avoid long periods of sedentary behavior, so five 1-mile walks spread out through the day will provide greater health benefits than one 5-mile walk, even though it’s the same exact distance.

The Nutritional Movement Lifestyle

Practicing what she preaches, Katy is by far more extreme than most. Many of the strategies Katy uses in her own life are likely to be considered unreasonable for many, and I do not necessarily advocate following completely in her footsteps. However, this is the lifestyle she’s chosen for herself and her family, and she just might inspire you to make some beneficial changes in your own life, even if you’re not willing to go quite as far.

Katy’s commitment to nutritional movement is evidenced by her unique living arrangements. Despite having two young children, she has virtually no furniture in her house. No beds (they all sleep on thin cushions and without pillows). No tables. No chairs and no couches. Basically the only furniture she has is found in her office, but even there the closest thing to a chair you’ll find is a wood log to crouch on.

The whole family is involved, and she admits she and her family are modeling a very particular lifestyle. Her children are also enrolled in nature school, so there’s no indoor classroom, no desk, and no chairs there either. Living in a rural area close to nature, she also grows a lot of her own food.

“I really don’t recommend anything that I wouldn’t do my-

self, she says. “I was so impressed by the information I gathered that I just created a test case of one family. I have two small children: a 3- and a 4-year-old. One of the biggest hindrances to a lifestyle that requires more nutritious input — whether it’s food, the environment, or mechanical nutrients like movement — seems to be time. Everyone says, ‘I don’t have time.’ ...

When I was a full-time working parent of two small children, I didn’t have time to do things like corrective exercises. I didn’t have time to take exercise classes that I had done before to help me mobilize particular areas. But then one day, I noticed that 30 minutes of the time I spent in a class to mobilize my hips is essentially sitting on the floor. I can do that. I just have to choose not to sit on my couch. [So] I started sitting on the floor ...

I just started recognizing that half of what I did for exercise, whether it was going to walk, jog, take a yoga class, or whatever it was to mobilize or strengthen could be found in just living my life. I didn’t have a stroller for my kids. I carry them. I was lamenting that I couldn’t get to any sort of training class to train my upper

body, and then I realized carrying my children is probably the most functional upper body task that I can do ...

In the same way, I don’t stock my freezer with ice cream just in case there’s a time that I want to eat it, I don’t stock my home with furniture to make not moving easier on me ... It’s a cultural phenomenon, the fact that we’ve all stocked our homes with a lot of furniture to make being sedentary so simple. I thought, ‘I’m a pretty logical academic-minded person. I’ll just remove the problem.’ The problem was the couch. Now it’s not an option. It’s been great ever since.”

Shedding the ‘Casts’ That Limit Your Range of Motion

The idea of sleeping on a thin pad without a pillow might strike most people as unimaginable. But Katy has a good reason for it. Headaches and neck and shoulder stiffness were issues she dealt with for years.

Once she recognized that doing exercises for 30 minutes a day couldn’t counteract the other 23.5

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SHMUZ
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be fulfilled more often and with more force until man becomes controlled by his drives.

Life is a battle between these two forces. Ideally, if a person succeeds completely, his pure intellectual soul will harness his animal soul and use it for the purpose of keeping himself alive. However, if a person allows his animal desires to win and he follows their natural pull without controlling them, they will become stronger and eventually rule over him.

IN FINE BALANCE

Most of the mitzvos of the Torah are based on maintaining a fine balance in the two sides of a human. Because these two parts of man, the neshamah and the animal soul, are at war, the Torah forbids certain activities because they give an unfair advantage to the animal soul. They strengthen it and give it extra force. Just as too much caffeine causes people to be jittery, anxious, and short-tempered, certain foods affect our spiritual balance. When meat

and milk are cooked together, the combination strengthens the animal soul of man. To understand how it does that, you would need to be a scientist of the soul. That law is called a chok because the average person isn't schooled enough in spirituality to understand how it works. But the Torah warns us against this combination because it has the effect of making the animal soul more powerful and primary.

The Gemara (Yoma 39) tells us that treif food deadens the heart of man. When a person eats forbidden foods, it becomes more difficult for him to feel the holiness of Shabbos, to learn Torah, and to feel another person's pain. Why is this? Because in that fine balance of his personality, the animal soul has been strengthened, and by consequence, his neshamah is weakened. The person becomes more animal-like and less G-d-like. And now, it is more difficult for him to relate to spiritual matters.

A PULL TO HOLINESS

This seems to be the

answer to the question on the Rabbeinu Bechaye. Within man, HASHEM implanted a neshamah so pure that it pulls him to greatness. Its only desire is to be as much like HASHEM as it can be. HASHEM is perfect. HASHEM is holy. And so, man's neshamah pulls toward perfection, toward becoming as holy as a human can be.

The difficulty with man reaching this state is that his animal soul tugs him toward everything temporal and passing. Its desires are immediate and mundane — the opposite of all that is holy and sublime. The more that man gives in to these desires, the stronger their pull on him. If left unchecked, they would turn him into an animal in the form of a man. So the Torah warns us against these activities that will prevent us from attaining a true state of holiness.

IN OUR LIVES

This concept is particularly relevant because the Torah is teaching us that being holy isn't foreign to us. Quite the opposite, it is part of our very nature. Half

of our personality only wishes for that which is elevated and proper. If we listen to that side, we will be holy. The difficulty is that there is another half of us blocking the way to that state. To grow, we have to resist its call and stand up against its pull.

Each of the mitzvos guides us toward perfection. Do this, and your neshamah will shine. Don't do that because it will sully you and make it more difficult for you to actualize your potential.

Holiness is inborn in us. All we need to do is use the system to bring it out. When we do, we fulfill the reason for Creation and our purpose for being put into this world. We become more like HASHEM; we become holy.

This is an excerpt from the Shmuz on the Parsha book. All three volumes are available at your local sefarim store, or at www.theShmuz.com. All of the Shmuzin are available FREE of charge, at the theShmuz.com or on the Shmuz app, for Android and Iphone.

For more on this topic please listen to Shmuz #13 Nefesh HaSecheli / Nefesh HaBehami

MERCOLA
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hours of habitual posturing that led to pain, she decided to ditch her pillow. That way she would be stretching her neck all night long. That's also why she stopped sitting down during work.

"The more I understood about cytoskeleton deformation and movement as something that, even when you are sleeping, you are moving in a particular way, I realized the way I was moving, on my cellular level because of the pillow or because of the mattress, I was again making being still easy on my body," she says.

Katy refers to items such as

pillows as "casts," because they limit the range of motion of your body. Now, were you to get rid of your pillow tonight, you'd probably wake up with a sore neck and shoulders tomorrow. The reason for this is because your body has adapted to the lift of the pillow, and the range of motion in your neck has been diminished. So, should you decide to try some of these ideas, transition slowly.

"I don't recommend going from a comfortable mattress and a pillow that you've used for decades to sleeping with nothing. It took me 18 months to transition away from a pillow by slowly using something smaller and smaller. Even an inch can be quite a

bit," she says.

"The outcome is I am so much suppler through my neck and my shoulders. I can sleep anywhere ... I got my body to the point where sleeping is a biological event that can occur anywhere, pain-free, for me."

Other things you can do to break up the habitual position in which your body rests is to sleep on the other side of the bed, or rotate through a couple of different pillows. If you have a guest bed, try sleeping in that sometimes. By switching it up, you help mobilize different tissues, which will help break up areas that have become stiff or lacking in mobility through habitual posturing during sleep.

Choosing Mobility Over Convenience

Getting more movement is definitely easier during waking hours. When I walk from one room to another, for example, I'll do a few walking lunges. It takes zero extra time to do that. When you walk through a door, put your arms up to touch the door jamb and pause for a second. This is a motion most people don't get nearly enough of. I also do overhead squats while watching videos.

I picked up an inexpensive 6-foot-long PVC pipe for this purpose, but you could just as easily

CONT.ON P25

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Dovid Lieberman PH.D.

How to Love and Be Loved

If we think of the people we know who are emotionally healthy, they generally have positive relationships. Conversely, those who don't seem to get along with anyone are often emotionally unstable. Our self-esteem has a direct impact on the quality of our relationships.

To the degree that we lack self-esteem, we cannot love ourselves fully. To fill this emotional void, we turn to the world for approval. This behavior illuminates the source of all negative emotions and interpersonal conflicts. The acceptance and recognition that we crave comes in the form of respect. We erroneously believe that if only others would respect us, we would be able to respect ourselves by converting the adoration and praise of others into self-love. Our self-worth is therefore dependent on others' opinions.

When we depend on others for validation, we become tense and vulnerable, as we over-analyze every fleeting glance and passing comment. It does not matter how much respect and adoration we receive; we are like a cup without a bottom: the moment we stop receiving this undivided attention, we are as empty and as thirsty as we were before. Yes, there are moments of fleeting satisfaction, but ultimately we remain empty inside.

No-Win or Win-Win

A sense of self-esteem endows us with the ability to give. To the degree that we do not like ourselves, we cannot receive, we can only take. The more self-esteem we have, the more we are whole, as receiving is a natural consequence of giving. This cycle of giving and receiving creates the perfect union. When we

take, however, we do so in an attempt to fill a void — leaving us still empty, and forced, once again, to take in a vain attempt to feel complete. Such behavior only reinforces our dependency, and continues to exhaust us emotionally, spiritually, and physically. Man is the sum total of what he gives; and he loses a piece of himself every time he takes.

Along these lines, those who believe that marriage is only a partnership are mistaken. Emotionally speaking, a healthy union has nothing to do with two halves coming into a relationship to make each other whole. Two people who seek to become whole by taking from the other cannot become one.

Without enough self-esteem, every relationship is rigged for a no-win scenario. For example, someone asks us for a favor, but we do not want to do it, for good reason. Giving out of fear or guilt does nothing to enhance self-esteem. To the contrary, it diminishes it. Such a situation is not really giving; it is the other person taking. If we acquiesce, then we are angry at ourselves or

the other person, and if we do not do it, we feel guilty. Whatever we do leads to further justification; we cannot win. The ego swells in both scenarios and neither situation boosts self-esteem.

Through this paradigm we learn how to tell if someone has high or low self-esteem. It is reflected in how he treats himself and others. A person who lacks self-esteem may indulge in things to satisfy only his own desires, and he will not treat others particularly well (a product of an arrogant mentality). Alternatively, this person may cater to others because he so craves their approval and respect, but he does not take care of his own needs (a product of the doormat mentality). Only someone who has higher self-esteem is able to give — love, respect, time, and attention — to both himself and to others.

Giving Vs Taking

When a person gives, he loves the object of his giving more—and so love is planted and grows. A child receives and a parent gives; who

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ANSWER TO THIS WEEK'S SUDOKU ON PAGE 36

LIEBERMAN
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loves who more? The child cannot wait to get out of the house, while the parent is forever concerned with the child's wellbeing. (There is no escaping that fact that a parent gives because the child is, in some way, an extension of him. This is ego. Why will a parent sacrifice so much for his child, but not for the kid down the block? He loves his child, yes, but to some extent the love derives from the knowledge that it is his child).

Every positive emotion stems from giving and flows outward from us to others, whereas every

negative emotion revolves around taking. Indeed, the root of the Hebrew word, ahavah, love, is hav, to give.

Lust is the opposite of love. When we lust after someone or something, our interest is purely selfish in our desire to feel complete. When we love, however, our focus is on how we can express our love, and give to the other person. It makes us feel good to give, and we do so happily. When someone we love is in pain, we feel pain. When someone after whom we lust is in pain, however, we think only about how this person's situation

will affect us, in terms of our own inconvenience or discomfort.

Love is limitless. A parent does not love her second child less because she already has one child. She loves each child, gives to each child, and does not run out of love. Compare this to someone who acquires a work of art that he "loves." Over time, his fascination with the piece wanes, and when he acquires a new work, all of his attention, affection, and joy is redirected from the old art to the new art because, in truth, he does not love his art. He loves himself, and his art makes him happy. He is not giving to his art; his art gives

to him, and so he takes.

Our feelings of self-worth betray us when we consider whether God really cares about little old me, with all the billions of people in the world. There are no limitations to God's love. He created the world expressly for us as if we were His only child. Just as a loving parent is concerned and consumed by each and every aspect of the child's wellbeing, so, too, is God's interest in our lives.

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JUNGREIS-WOLFF
CONT. FROM P2

much left for our spouse. Years go by and we don't realize how much time together we have missed. Beyond being sure that we are present physically, we must also concentrate on connecting emotionally.

Just because you are married doesn't mean that you don't feel lonely. There are husbands and wives who believe that their spouses are there for the world but never for them. They hear accolades from office mates, friends or community leaders but inside their hearts they feel neglected both emotionally and physically.

Being present also means that we put down our iPhones and let our spouses know that we are engaged. Having a conversation without eye contact is disrespectful to the relationship. The message is clear- the text or Instagram account I am looking at is more interesting to me than you. Let's try to fix these cracks before it is too late. Show that you don't take your spouse for granted.

2. Find the Passion

Ask yourself: what you can do to keep the spark of romance alive? We hardly look at ourselves and are quick to blame others. Decide now that you will be the initiator. You be the one to plan a night out, surprise your spouse with loving notes and texts, attend a class you've never gone to before, or think of an activity you can both do that will bring new energy and laughter to your day. If you feel as if you have fallen

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REVIEWS | Daniel Keren

The Importance of Perfecting The Mitzvos of the Mind

“The Treasure of Mitzvos of the Mind: - Based on the Hakdama of Chovos Halevavos” by Rabbi Yosef Friedman, privately printed, 200 pages softcover, 2016)

“Chovos Halevavos” authored by the great Rishon – Rabbeinu Bachya ben Yosef Ibn Paquda, a Dayan (religious judge) in Saragossa, Spain was published almost 1,000 years ago and has since then been recognized as a classic mussar sefer by all segments of Klal Yisroel (the Jewish nation) – Ashkenazim, Sephardim, Chassidim, Modern Orthodox, etc.

In more recent times, the great tzaddik and gaon of Flatbush – Rav Avigdor Miller – whose seforim and hashkafah (Jewish philosophy) tapes have inspired and influenced tens of thousands of Jews throughout

the English-speaking world was himself a great advocate for the study of “Chovos Halevavos” and gave numerous shiurim on this important mussar sefer in-between Mincha and Maariv. He basically advised anyone who was serious in improving one’s Avodas Hashem (Divine service to G-d) to study Chovos Halevavos.

That brings us to one of Rav Miller’s most dedicated talmidim – Rabbi Yosef Friedman who has been giving an early morning Shabbos class before Shachris in the Bais Yisroel Torah Center (that Rav Miller established in Flatbush) for more than 30 years.

His new privately printed sefer is Rabbi Friedman’s second book based on his Shabbos morning chaburah (class) on Chovos Halevavos. His first sefer has been a classic in many

seminaries in Brooklyn.

The focus of his new sefer is an analysis of just the Hakdama or Introduction of “Chovos Halevavos.” Basically mitzvos fall into three basic categories – (1) mitzvos of the mind, (2) speech and (3) action. The author of “The Treasure of Mitzvos of the Mind” writes in his preface: “Hopefully after studying this Hakdama (introduction) of the Chovos Halevavos we will have gained a better appreciation for the mitzvos of the mind which will cause us to be transformed and allow us to reach a significantly higher level of service to Hashem.”

In his outline of his new sefer, Rabbi Friedman counteracts the common erroneous perception that mitzvos of the mind are not obligatory but optional for those who want extra credit in shomayim (heaven.) The author writes “Even physical mitzvos will not get done unless the mind wants us to do it. This is another indication that the mind has to serve Hashem. The Chovos Halevavos brings proofs from the Torah that the mitzvos of the mind are required.”

One of the advantages of studying the mitzvos of the mind is that one can perform them at any time, “whereas many physical mitzvos can only be done at specific times and with certain materials.” So if you are stuck on a crowded bus or subway train and can’t open a sefer to study, you can still do an important avodas Hashem by performing in such uncomfortable situations specific mitzvahs of the mind.

The first chapter on this new sefer analyzing the

introduction to the Chovos Halevavos discusses the “Purpose of the World” and for every Jew to clarify in his or her mind that Hashem is very real.

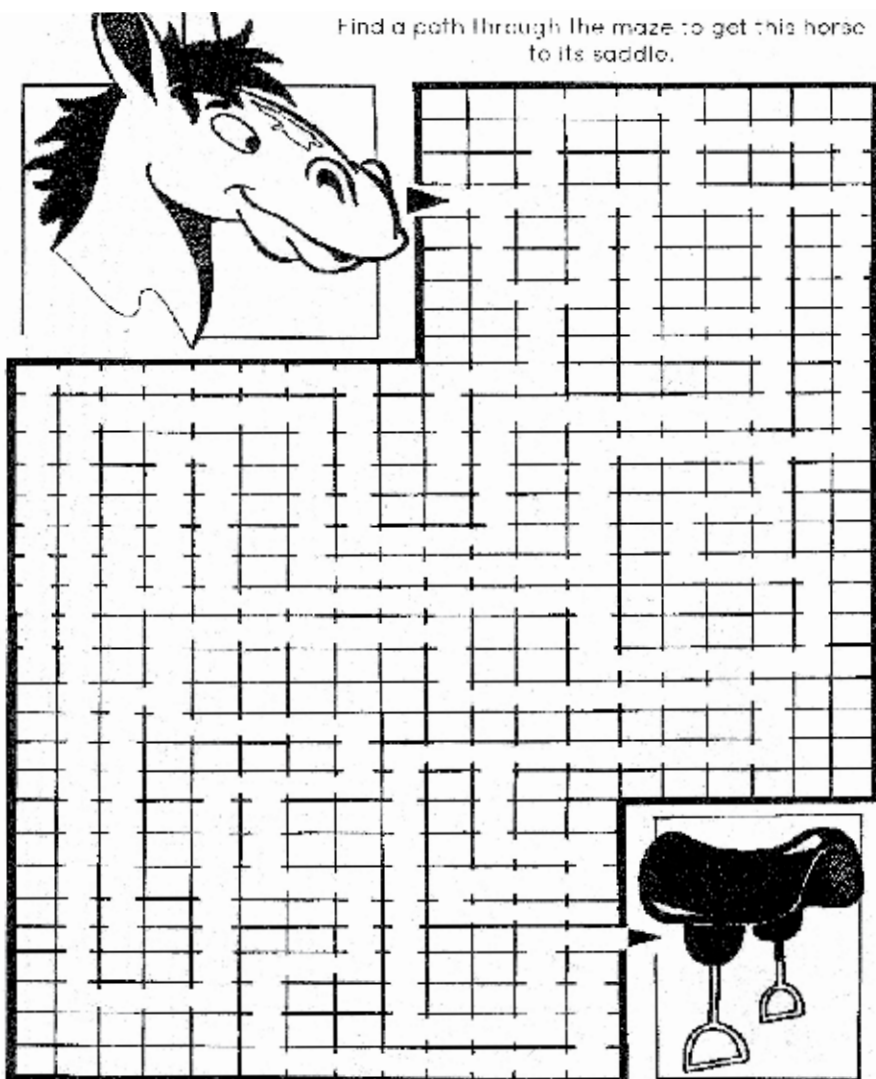
Rabbi Friedman writes that “the greatest gift Hashem has given mankind after bringing them into existence with the ability of observation and understanding is wisdom. Wisdom is the most valuable gift Hashem has given us because by way of wisdom one can better do the will of Hashem and can live successfully in this world and ensure pleasure for the eternal existence in the next world... Wisdom gives one the spirit and joy of life. It guides a person to find favor with Hashem and thereby be saved from His Anger in both world.”

Throughout “The Treasure of Mitzvos of the Mind,” the author quotes the wisdom on his teacher [Rav Miller] in explaining the classic mussar lessons of Rabbeinu Bachya’s “Chovos Halevavos.” The beauty of this new sefer is that it can be read and appreciated by not just Benei Torah (Torah scholars), but by anyone who has a sincere desire to gain a better understanding of both Hashem and what He wants us to do in serving Him and thereby gaining greater satisfaction and happiness in our own daily lives as well in Olam Habah (the World to Come.)

If your bookstore doesn’t yet have copies of “The Treasure of Mitzvos of the Mind,” you can call (718) 336-0640 to find out about purchasing a copy to gain precious insights into this most important aspect of Avodas Hashem.

MAZE

Find a path through the maze to get this horse to its saddle.



ANSWERS ON PAGE 36

FAMILY MATTERS | Dr. Ari Korenblit

FREEDOM FROM FEAR

“The Only Thing We Have to Fear Is Fear Itself” thundered Franklin D. Roosevelt in his First Inaugural Address. Since its proclamation it has been categorized from pithy to profound and interpreted mundanely to globally, and psychologically to existentially. In our day-to-day universe, these words have assumed dramatic effect on countless lives.

Consider how many children live in constant fear of ongoing

molestation from family members, school mates and sundry adults. Many spouses endure physical and psychological abuse in their home lives. Employees are subject to horrific work conditions at minimal pay, disadvantages by a crippled job market. The patented terror of these victims screams for intervention and ultimate justice. However, we live in a community that seems to be deaf

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to the screams of those who live with palpable fear day and night. Clearly, the agents for child protection are first and foremost the father and mother. It is their sacred duty to safeguard their children. Any lapse in that responsibility is supremely criminal. Locus parentis, society, the school, clergy and any human with blood flowing in their veins owns responsibility. A child that is molested or otherwise abused – physically or psychologically – suffers forever from a compromised ability to fully trust. A child enters the world dependent on others for survival. If they are fed and held lovingly and securely, they will mature properly. When the child ventures out of the house to the playground, other homes, or to pre-school, this protective cocoon is greatly expanded. If this child is victimized and -- even worse --- does not have anyone to tell or doesn't feel comfortable telling anyone the trauma is immeasurable. All this is withstanding the typical approach of a molester to frighten a child from going to anyone. School bullies -- despite all the laws the incidents are still too prevalent -- operate with the same measure of intimidation. Spouses too will suffer silently not to hurt their children's chances for a good shidduch, or another pretext. And suffer they do. Horrific physical torture, cruel verbal abuse or both are endured by too many in our community. Those who abuse have a classic personality type, as well as those who are willing dishrags. This is not to blame the victim of wanton abuse, but to point that the epigenesis of a victim. Those who fully believe that this world is a protective environment, and they too have a right to be protected, will act to seek protection. Those who were

once victimized without someone intervening, are likely to revisit that situation. Worse yet, they will bequeath the same behavior to their children. True, common sense would dictate that someone who was once victimized would be even more vigilant, and militate against further abuse. However, unfortunately human behavior doesn't follow that.

Compounding this problem is the public shame of our community protecting the perpetrator, which in essence sanctions the crime. If the criminal is not brought to justice and "outed" for a crime it is a flagrant miscarriage of justice. Witness the countless agunas in our community whose recalcitrant spouses go about their lives, business-as-usual. No communal outcry. (The little there is, is miniscule relative to the actual need.). No outpouring of support. (The little there is, is miniscule relative to the actual need.).

So too, we look askance at those who finger point at those who finger point at Jewish employers for grossly mistreating their workers. To mistreat workers is a crime, and workers of any nationality must be protected.

Yes, it is the obligation of our community to offer a protective umbrella to those who are mistreated. It behooves parents, teachers, politicians, law enforcement agents, etc. to reign in this lawlessness so rampant now. The fear victims experience is so very deep and damaging, and when they feel helpless, with no one to turn to, it exacerbates the pain.

Franklin D. Roosevelt, in his State of the Union Address to the Congress, January 6, 1941 spoke of four freedoms, the final being *Freedom from Fear*.

Dr. Ari Korenblit is a licensed therapist with offices in Brooklyn, Manhattan and phone consultations. He does marital and pre-marital counseling, works with singles, couples, families and children. The fee is on a sliding scale. 718-258-3735. dr.arikorenblit@gmail.com

Rabbi Aharon Ziegler

PARASHAT SHEMINI
2016 - 5776

HANDLING HUMILITY

After the death of the two sons of Aharon, Moshe tells Aharon, [Va'yikra 10:3] "Of this did HaShem speak saying, 'I will be sanctified through those who are close to Me, thus I will be honored before the entire people'".

The Gemara Zevachim [115b] elaborates upon this. Moshe consoled Aharon by saying "I knew that the Mishkan was going to be sanctified through the death of someone close to G-d. I thought that it would be either you or me, because we are the holiest ones here. I now see that your sons, Nadav and Avihu were greater than either of us"

At first glance it seems strange and out of character that Moshe Rabbeinu, the most humble of all men would speak that way

about himself. But the fact is, a person who denies his own identity and talents is not humble, but rather, deceiving himself. An Anav [humble person] should know precisely who he is. There is a famous story about Rav Chatzkel Abramsky who once was called upon to testify in a secular court. His attorney asked him to state his name and his position. The attorney then asked, "is it true that you are the greatest living halachic authority on the European continent?" Rav Abramsky said, "Yes, that is true." At that point the judge interjected and said, "Rabbi Abramsky, is that not rather haughty on your part? I thought that your laws and ethics teach you to be humble". Without any hesitation, Rav Abramsky responded, "I know we are taught to be humble, but I am now under oath"

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ZIEGLER
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Recognition of one's status and talent is not haughtiness, as long as he remembers that whatever talents he has is a gift from Heaven. As long as he says "It is not my strength and the power of my hand that has brought me this great wealth, it is not my brains, it is not my talents, it is not innate. It is a blessing from HaShem." A person remains humble by realizing and remembering that all of his achievements in this world are only through the good graces of G-d, and that these things can come and go, G-d forbid.

Let me share with you a beautiful story about the Taz, [1586-1667], the author of the Turei Zahav on Shulchan Aruch. There was once a little girl named Leah, who lived in a poor family in Eastern Europe in the 1600s. Many weeks would go by when their family had nothing to eat on Shabbat. Shabbat is supposed to be the most joyous day of the week, but how sad it was for parents when they couldn't provide for their family.

One week, through

extraordinary effort, Leah's family managed to obtain a small chicken for Shabbat. The mother began cooking the chicken for their family meal, when she noticed that one of the bones seemed swollen, a sign that the chicken might be treif. Leah was sent with the pot to show it to the Rabbi. The Rabbi inspected the chicken and indeed declared to be treif. Leah was heartbroken. She was ashamed to tell the Rabbi that she and her family have nothing else to eat this Shabbat.

As she is walking out of the shul she noticed an old man dressed in rags sitting in the corner by himself. She remembered hearing about this man. He was being punished by the community council and was forced to sit in the corner of the shul for three days for his transgression.

The man who was new in town, was working in the local slaughterhouse. The shochatim saw that he was knowledgeable in Halacha, and began asking him questions that came up in the shechita process. When it was

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Rabbi Naphtali Hoff**BEING AN
ABUNDANT MENTOR**

Not long ago, I was invited to speak to a group of advancement professionals on the topic of mentorship. There were approximately 80 people in the room and I instructed them all to imagine an ideal mentoring arrangement. Using a scaling exercise, I asked them to tell me, in vivid detail, what a "perfect 10" looked and felt like.

The audience listed many attributes of strong mentorship. Some of the qualities were technical, such as being consistent and available, as well as being accountable and following through on commitments.

Others talked about mentor attitudes. These included treating protégés as adults, not people to be spoken down to. Another one mentioned was for mentors to be success-oriented, meaning that they are driven by a genuine desire to succeed and see the protégé's success as their own.

The largest bucket was filled with relational qualities, such as being authentic and not trying to put on a show for the protégé as a way of earning respect. To this audience, the best mentor-protégé dynamic is natural and fluid. This comes from the mentor being a good listener and developing trust. Another contributor was the mentor's ability to use their experience to help guide and support the protégé, but in a manner that was guidance-driven rather than imposing solutions.

I had also asked participants to tell me what a (lowest score) looked and felt like. Mostly, the response sounded like the opposite of a 10. Specifically, some shared that they felt used in bad mentorship pairings; it was as if the mentor was most interested in resume building and that the protégé's growth didn't matter. They also cited feeling a lack of validation.

Mentoring programs typically fail because one or more positive ingredients listed above are missing. Without question, the mentor's head has to be fully in the game. When I first began as a head of school I was assigned an experienced mentor from a different school on the other side

of the country. He agreed to help me as a favor, and, predictably, as the school year progressed and his schedule became increasingly more filled, our time together dwindled to the point that the relationship had practically ended on its own.

In addition, a mentor has to be able to earn the protégé's trust. That is not as simple as it sounds. In addition to demonstrating capacity, effective mentors find ways to make their protégés genuinely feel that they have the mentor's best interests in mind.

One great way by which to build such trust is to think in abundance. Abundance Theory sees the world as offering infinite possibilities. It suggests that not only is there plenty to go around (the opposite of scarcity thinking) but it also posits that my helping others will help me as well, in terms of sharpening my skillset and building increased capacity and demand within the field.

Mentors who enter relationships with abundance thinking are invariably going to give their protégés everything that they can, in terms of time, attention and advice. They are also likelier to remain committed for more time and to do their share in making sure that progress is being made and that the protégé follows through on his/her end. Perhaps most importantly, such abundance thinking can be felt and sensed by protégés. They come to quickly recognize how invested the mentor is in their success and they make sure not to disappoint.

Employers can help mentors by creating structured mentor programs with clear, quantifiable goals for both parties. In addition, the more that they can contribute to the creation of a less competitive work environment that will allow mentors to offer real help (within reason) without having to worry about time lost from their own responsibilities, the likelier it is that mentors will willingly sign up and make the most of the relationship.

Rabbi Naphtali Hoff is an executive coach and President of Impactful Coaching and Consulting. He can be reached at 212.470.6139 or at nhoff@impactfulcoaching.com.

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DOMNITCH
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place that day within the Jewish world, I feel small and insignificant.

Furthermore, in the week prior to Purim, 18,000 supporters converged upon Washington for the annual AIPAC Conference. Soon, tens of thousands will march up Fifth Avenue in New York City on behalf of Israel, in the annual Salute to Israel parade. Those are significant numbers.

But the individual does matter. He can make the difference. In the words of Glenn Richter, who addressed the group, "Individuals turn the tide. They win the greatest struggles." Richter was one of the

founders of the movement known as the Student Struggle for Soviet Jewry back in 1964, and one of the architects of small rapid response Soviet Jewry demonstrations. That was at a time when the plight of Soviet Jewry was hardly noticed and three million Jews were virtual prisoners in the USSR.

It is of course, also worth mentioning that the actions of two individuals, Mordechai and Esther had a monumental impact defending world Jewry in ancient Persia.

Are there not enough places to read the Megillah! Why the UN on Purim? Actually, the UN is an ideal setting on Purim. Cooped up within the confines of a few buildings along 1st in Manhattan, there

are member nations who are the embodiment of Hamans as they threaten Israel; many are the likes of Achashverosh who act as many willing supporters and enablers of the Hamans. There are the bystanders who stand in silence and the few friendly nations who support Israel. Then there is Mordechai and Esther, symbolized by the Israeli delegation that stands up for the one and only Jewish State bearing the brunt of the all too frequent anti-Israel vitriol heard within the UN.

Our presence at the UN also sent out messages on Purim day. That silence will not be an option. Just as Esther and Mordechai acted in their time, so too, Jews must

take the lead speaking out against the international organization which regularly singles out Israel for condemnation. At a time when Israel faces so much pressure and threats of isolation by nations demanding dangerous concessions, who will stand by Israel-literally on the streets and demand to be heard? It was also a message to the world that the world that the degradation of Israel at the UN is unacceptable.

One participant referred to the Purim gathering at the UN as a prayer, "a moment to express the hope for a different world, where instead of lies and defamation at the UN, words of praise for Israel as a light to the nations will be heard."

בס"ד

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New Eating Makeover

Dr. Rachael E. Schindler

Now that Purim is behind us, many people are already back to their "normal" routines with the kids, home and themselves. The truth is that over Purim, lots of people tend to gain weight. After all, the whole holiday revolves around food, its preparation, and family get-togethers. This can be a good thing for people who have overeating issues because they are kept busy, and therefore less bored or depressed, but it also may create more anxiety, and emotional triggers to eat.

One of my clients, Debbie, described her "call to the kitchen" on Shabbos." The minute my husband left to shul I found myself getting 'hungry' when I knew I wasn't. I tried to put eating off: I cleaned up, read a little...but the entire time I only thought of what I could be making or what I could be eating. I checked the fridge I don't know how many times, then the nosh drawer (you know you all have one)... then the fridge. Three cookies, some fruit, a handful of nuts, a few chips, some ice cream, then more cookies. Then I got disgusted and went upstairs to try and rest, and there it was gnawing at me again! That 'hunger'! I couldn't believe I wanted something else to eat. Mind you, I already had a full breakfast a short while ago!"

In this case, Debbie didn't know what to do with herself when

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ZIEGLER
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discovered what the old man was doing, the community council was enraged that someone dared to issue halachic rulings instead of the Rabbi. They therefore imposed this harsh sentence of being forced to sit in the corner of the shul for three days so that everyone who passed will understand what a terrible thing he did.

Leah felt sorry for him and went over to him. The man noticed her eyes stained with tears. He asked her what was wrong. She explained about the chicken, emotion flowing as she spoke. The old man, feeling her pain, asked her to show him the chicken. He examined it carefully and realized that the swelling had been caused by the cooking. The bone itself was completely intact. He said, "this chicken is perfectly kosher! Who told you it was treif?" "The Rabbi told me".

The old man was now in a quandary. He knew that the Rabbi would be enraged if he

pronounced it kosher after the Rabbi had declared it treif. If would make his presence in town even more intolerable. The only solution was to make the Rabbi come to that conclusion himself. He told Leah, "Tell the Rabbi to look in Yoreh Dei'a and see the Turei Zahav on 34:4. Tell him that if he would look there, he may change his mind."

Leah approached the Rabbi, who agreed to look into that commentary, simply to humor this distraught little girl. When he read it, he was shocked. It clearly indicated that this type of chicken was indeed kosher. "You may tell your mother that she

may serve this chicken without hesitation. But tell me, how in the world would you ever know of this Taz?" "The man sitting in the corner of the shul told me." This made the Rabbi wonder as to the identity of this man. This was a very scholarly reference. Not many people would know of it, and certainly not by heart. Who could this man be?

The Rabbi ordered his assistant to summon the Community Council and to bring the man before them. When they arrived the Rabbi asked the man to tell them his name. "My name is Dovid" the old man said softly.

"What is your last name?"

The man was silent for several moments. Finally he asked the Rabbi, "May I be allowed not to answer that question?"

This made the Rabbi even more suspicious. He reasoned that if the man did not want to divulge his last name, then his name was probably the key to the mystery.

"As the Rabbi of this town, I order you to tell us your last name."

"Segal," replied the man.

"Dovid Segal!!!". At this point

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JUNGREIS-WOLFF
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into a routine (and all couples do sometimes) don't just sit back. Be proactive in strengthening your love.

3. Communicate Effectively
When we keep our emotions bottled inside or speak with sarcasm and negativity, we stop communicating effectively. Negativity creeps in and destroys our bond. Over years the damage done can make our love wither and die. There is no such thing as never disagreeing but we must concentrate on communicating our thoughts effectively. Spouses who keep score, who would rather be right than happy, refuse to give in, freeze the other out or devastate through words and actions do not begin to understand the damage caused. It's crucial to think about the way we speak to one another, both in good times and in times of challenge. Respectful communication brings us closer. Look, too, for moments to show kindness both through words and actions.

If we take the time to think positively about our husbands and wives and all the good that marriage brings, we can actively create a lifetime of love and commitment.

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TEACHER TRAINING: WHAT FIRST-YEAR TEACHERS NEED TO KNOW

Make Me or Break Me

They say this first year
will make me
Or break me.

I guess that's because it takes me
Eight days

To get through a stack of papers
And there are eight more waiting,
And every day I stay at school later
And get less done...

This is NOT fun.

Help me someone!!!

I'm already counting how many
more Mondays
Until vacation

(There are 12, by the way,
And I'm getting impatient)

Because I spent all last night
On grading and preparation
But I can't get these kids to just
[STOP TALKING]

And take this inspiration...

They say this job is
rewarding, but lately

I just feel like all my students
hate me...

Their papers frustrate me
And I'm going so crazy

No sane person would want to date
me.

But I'm here to stay.

It takes a lot to break me.

And that's why I say

No matter what it takes me...

This year

Is going to

MAKE me.

- Roxanna Elder,

Author of *See Me After Class:*

Advice for Teachers

By Teachers

There's a rule that gets passed around between teachers, "Your first two years are impossible. You don't sleep, you don't have time for anything outside of school, and you're often miserable in the classroom. But, if you make it through the first two years, you can sleep, enjoy yourself, and you will be in love with teaching and your classroom."

Why is there such a steep learning curve for teachers? And what can we, as educators and community activists, do in order to better the educational system and keep first year teachers in the job?

First, let's talk about the two major elements that go into a positive classroom experience: classroom management and lesson planning.

Classroom Management

You walk into a third grade classroom and there are four kids waiting to sharpen their pencils, two throwing papers into the garbage, a group sitting in the back is chatting about yesterday's little league game, and everyone else is trying to hear what the teacher is saying. Meanwhile, the teacher has prepared a really interesting lesson in math. They are playing a math game with multiplication and division using dice. The students who can hear what is going on and who are interested in learning are truly engaged.

The problem is that even though this lesson is beautifully planned, more than half the class is missing key concepts because they either can't hear or aren't interested in being involved. That's where classroom management becomes a key element in teaching.

First Week

Many first year teachers are instructed not to smile on the first day of class. I wholeheartedly disagree with this instruction; however, the theory behind this directive is sound. The first week, or even day of school, sets the tone in the classroom for the rest of the year. That means that the teacher needs to come into the classroom with confidence and control. The teacher's attitude should be authoritative (firm and self-assured) and not authoritarian (severe and rigid).

Classroom Rules

During the first week of school, students should help the teacher come up with a list of rules that govern society in general. Then, as the students have suggested these rules, the teacher should help translate those rules into classroom rules. For instance, if the children said, "No stealing from other people," the teacher should translate that into, "No speaking when other people are speaking." Once the top ten (or

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ZIEGLER CONT. FROM P19

the Rabbi turned white, "Hagaon HaRav Dovid HaLevi Segal, author of the Taz. Woe is to me. What have I done to the Gadol HaDor? Everyone in the room was in shock.

The Rabbi, weeping bitterly, fell on his face and begged, "Please forgive us for thinking that you issued halachic rulings instead of the Rabbi. I am the one who issued halachic rulings instead of the Chief Rabbi of all Jewry, the author of the Turei Zahav. Our sin is greater than we can bear."

The Taz calmed the Rabbi. "What happened here is my fault. I chose to hide my identity. You did the right thing based on what you knew. I was indeed an unknown stranger issuing halachic rulings in your town. I am to blame. You are completely innocent. You are forgiven."

There is still one unanswered question. How did the great and famous Taz come to be in that town – anonymously?

After the Chmielnicki Massacres of 1648-1649, close to a million Jews were forced to flee their homes and wonder in refuge. The Taz decided that he had enjoyed a great deal of fame and respect, reverence and awe from Jews who came worldwide to visit him and ask him halachic questions. Now he had the opportunity to learn Torah in poverty and anonymity. The Taz's wonderful wife went along with this plan.

The Taz understood that the information he gave Leah would probably wind up revealing his identity, but how could he stand by and allow this little girl to suffer? How could he watch her tears and do nothing? No lofty plan was worth it.

It is said that when the wife of the Taz heard that her husband had been discovered she shed two tears. One, a tear of sadness, because her husband's plan had been ruined, and one of joy for the same reason.

Shabbat Shalom,

Rabbi Aharon Ziegler

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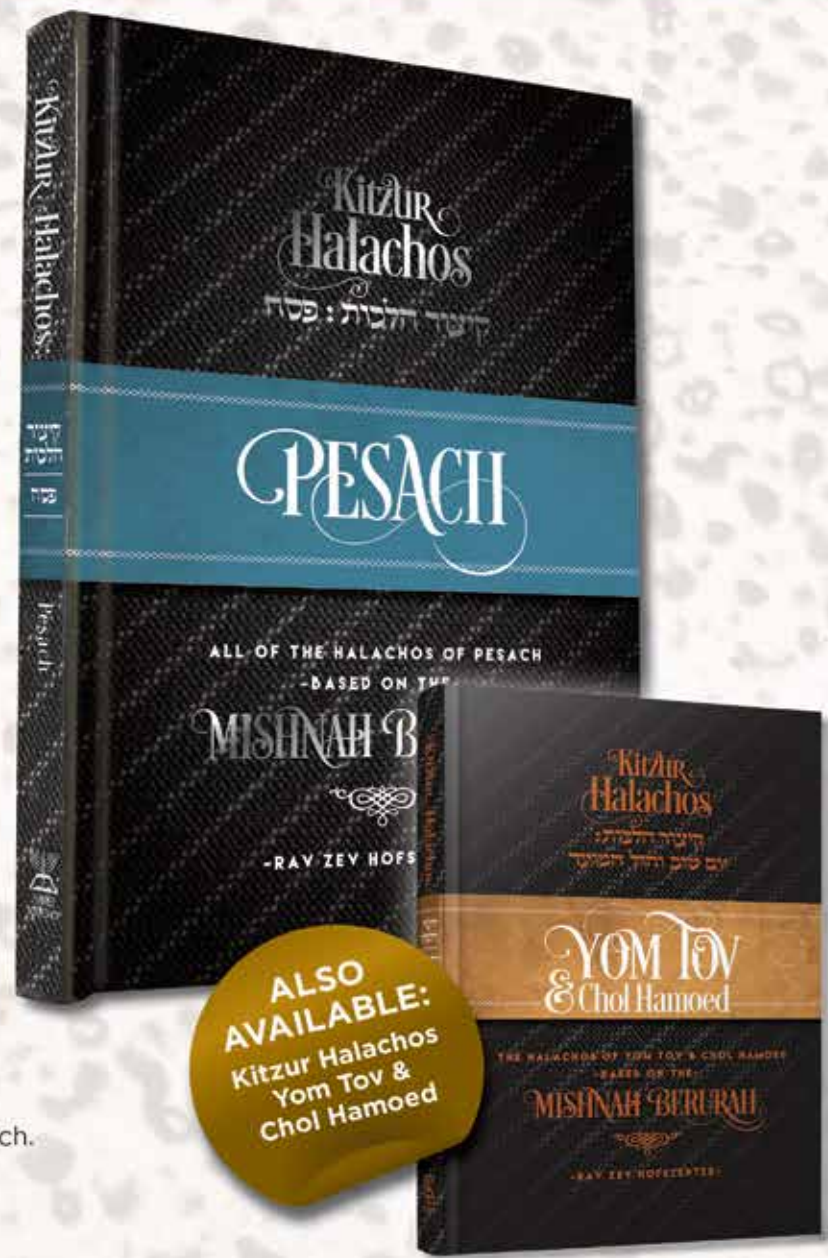
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SCHINDLER
CONT. FROM P18

she was alone. But, there are really TWO separate categories of things that can trigger this powerless and intense urgency to eat. In this article I will try to break down emotional eating even further so that you can understand it better and give you some tips to help you deal with it properly. Here goes: The first category is more **situational** in nature. For example, a work related meeting, or a family function or affair (bar mitzvah, wedding, etc...). Some people are bored at meetings and need a quick “pick me up”. Some may love to eat all these interesting foods at weddings (and I mean, all), since they are “off” their diets in honor of that particular occasion, or they haven’t eaten “all day” so the can EAT EVERYTHING.

The second category is people related. For example, your spouse, boss, parent, in law, child, or any **particular person** that triggers you to eat for a wide variety of reasons that may range from these individuals’ neediness, making demands, whining, or even just the anticipation of being stressed by them with words or even glances.

Whatever it is, when you are around them (or in Debbie’s case, even when you aren’t), you are sure to overeat! Some more scenarios... with one of my clients the time to eat is right before her kids come home, with another, its right after the kids come home, when the husband comes home...or doesn’t come home...When mom comes.....etc....

Whether you relate to overeating in either one of these two categories, the underlying factor that ties them inextricably together is that you feel **uncomfortable in that situation**. So naturally, you seek comfort, love, or to just feel better! So, you eat! Just think about it, when you cried as an infant, you were usually soothed with milk/food. It was simple and it worked. Even though decades may have passed since infancy, your sense-memory still “remembers” that eating makes the stress less ‘biting’ or even the worries temporarily disappear. The dilemma lies in the fact that the comfort does not last for too long, because once the food is finished (that’s if you can find some food that can “do it” for you, or if you really finish eating), the self-hatred (guilt?), sometimes even nauseous feeling begins. Aha, so now your

uncomfortable situation made your insides feel the same thing (uncomfortable)!

So, some people may think, just don’t eat, or just close your mouth. Sounds simple, right? But for an emotional eater, separating you from your food of desire would be like destroying a private, secret sanctuary, or yanking a baby out of its mother’s arms! I’d hold on to my emotional eating pattern too, since the alternative is way too frightening! Emotional eating is a serious and vicious cycle that may last years or even decades! It is so difficult to change the pattern because simply recognizing it, is not enough. You need to look at what is going on in your life and address that which you are trying to avoid or soothe by eating and ARRIVE AT ANOTHER RESPONSE! One of my clients put it beautifully, “Face your stuff, don’t stuff your face!” True, true.

So quick, you say, what can I do? First, you need to look at the fact that overeating has served you in some way. It was not your willpower per se that was weak, or that you haven’t found the right fad diet, or magic solution either. You

must realize that you haven’t been able to lose the weight you want because you eat as an automatic soothing response to stresses, boredom or discomfort. Then, you need to feel the difference in your body between real hunger and emotional hunger. This is the hard part. What you can do is examine when you last ate. If you just ate a meal and want to eat again, you probably aren’t really hungry. If you ate a few hours ago, you may be due for a snack or meal. So, eat wisely and healthfully to satisfy real hunger as per your eating plan. Another way to figure out which type of hunger you have, real or fake, is to see if recently, a particular person or situation (as described above) may have set you off, eating-wise. If so, here’s some advice. In the gap between feeling powerless and the compulsion to eat, you are making a decision that CAN be changed. You can, NOT eat! A cute way to remember this point is something my friend and colleague, Dr. Ellen Haimoff says, “H.A.L.T., Do not eat when constantly, Hungry, Angry, Lonely, or Tired”. Instead, take a few moments to identify what you are feeling and what you might really be hungry for!

CONT.ON P31

Vegetarian Mujadara

CHEF HASAN ALI

Vegetarian Mujadara is a recipe filled with Rice and lentils with Roasted Vegetables, Chickpeas and Pine Nuts. This can be served as a main dish for vegetarians or as a side dish served hot alongside another main. It's not only beautiful and colorful, it's also nutritious and delicious.

Ingredients:

- 2 cups basmati rice
- 2 cups brown lentils
- Spices to taste: salt, pepper, about 2 teaspoons each cumin and



- turmeric
- 1/2 head of cauliflower
- 1 red pepper
- 1 yellow pepper
- 4 zucchinis
- 4 carrots, peeled
- 3 red onions
- 1/2 bag of string beans
- 3 small eggplants
- 1 small pumpkin, peeled
- olive oil
- Pine nuts
- 1/2 cup chickpeas, canned or cooked
- Spices to taste: about 1 teaspoon paprika, garlic powder, cumin, coriander, salt and 1/2 teaspoon pepper

Preparation:

Before you cook the rice, rinse the lentils and place them in a medium saucepan and cover generously with water. Bring to a boil and simmer until just before lentils are fully cooked (al dente). Remove from heat and drain, reserving the water for later use.

Cranberry Quinoa Stuffed Zucchini

JAMIE GELLER



I love quinoa all year long, but it makes Passover cooking just a bit easier. These are SO good and easy! A little sweet, a little savory, healthy and rich tasting thanks to our friend Temp Tee.

Ingredients:

- 4 medium zucchini, washed
- Salt and pepper

Extra virgin olive oil

1/2 cup uncooked quinoa, rinsed (makes about 2 cups cooked)

1 cup water

1 cup fresh spinach

1/4 cup kosher for Passover dried cranberries

1/4 cup scallions, sliced thin

4 ounces Temp Tee Whipped Cream Cheese

1/2 cup toasted walnuts, diced

Preparation:

1. Line a baking sheet with foil and pre-heat oven to 400 degrees F.
2. Halve each zucchini lengthwise and scoop out any seeds. There should be about 1/4 inch of zucchini left on all sides.
3. Drizzle the inside of zucchini with olive oil and season with salt and pepper then turn zucchini over so they are skin side up.
4. Roast zucchini skin side up on the cookie sheet for about 12 minutes until slightly softened, then flip the zucchini back over.
5. Meanwhile, cook quinoa. Bring quinoa and water to a boil in a small stockpot and then lower to a simmer and cover. Cook for 20 minutes until tender and then fluff with a fork.
6. Immediately mix in spinach so it wilts. Set aside for 5 minutes to cool. Then mix in cranberries, scallions and Temp Tee Whipped Cream Cheese and salt and pepper to taste.
7. Put filling in each of the zucchini halves filling evenly until each one is full.
8. Bake for 5-7 minutes until filling is heated through. Garnish with roasted walnuts and serve warm!

Wash the cooked lentils in water.

In a different saucepan, add a small amount of oil and sauté the rice until it becomes translucent. Add the lentils and mix well. Add 2 3/4 cups water (from the reserved lentil water while that water is still hot). Add seasoning - salt, black pepper, cumin, turmeric (all to taste). Cook about 5-7 minutes until the water has been absorbed. Cover the pan, turn off the heat and allow to rest for 10-15 minutes.

Straightening Brush-Does This Thing Really Work?

RACHELI FRIED

My mother called me the other day really excited and basically the conversation went something like this..."Oh my goodness-I found the hair straightening tool that is going to change my life!" Wow, I thought...this is rare for my mother to get this excited over an appliance. She usually gets this ecstatic when she makes a shidduch or finds a really great healthy recipe that tastes sinful.

I gotta hear more. She told me she bit the bullet and decided to go to CVS to buy that new hair straightening brush that I've been seeing all over social media and in the stores. These electric brushes that straighten hair are considered the new generation of hair straighteners, easier to use than a flat iron and heat up to 450F while emitting negative ions in order to straighten hair in 8 to 10 seconds. They claim to detangle, straighten and increase natural hair shine all at once. Not only that, but they claim that the brush also seals the hair cuticle with each stroke which

reduces frizziness and increases hair manageability.

Since my mother and I are always searching for new ways to straighten out our thick, curly hair, I definitely got excited and hopeful. When I passed their display cases



in the store, I hesitated to buy into yet another gimmick promising miraculous results. "So let's have it, Ma, what do you think?" Her voice got all high pitched and I think I even heard a squeal-"I absolutely love it!" My mother usually spends a good half an hour blow drying her hair every other day and needless to say, it's not her favorite activity. She

said she tried the brush and couldn't believe how easy it was to brush through her hair and in one pass-her hair was stick straight.

Now this I gotta try. I figured I'd run to CVS the next morning and pick one up for myself. And really, does this girl need an excuse to go shopping at the drugstore? Seriously. On my way the next day, I called my mom to say hello and I could tell by her hushed voice that she was in a store. "Where are you?", I asked. She replied casually, "Oh, I'm just here in CVS returning that silly brush". Wait, whaaaaaat?? What happened to the love? What happened to the life changing product that changes the way she straightens her hair forever? She explained that after using the brush to straighten her hair, she realized that it wasn't as perfect as she thought.

For starters, it says specifically not apply any hair products before use. So while her hair looked nice and straight, after a while, it looked a bit dull and frizzy. When she uses her regular straightening iron and hair oils, the look has a lasting, shiny finish. If she wanted to touch up her hair later in the day, she

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Neapolitan Trifles

MIRIAM PASCAL

This recipe for Neapolitan Trifles was created out of necessity. I needed a dessert recipe that looked pretty, traveled well, and could be made ahead and frozen when fully completed. This one fits all of those criteria. It freezes well, can be stored frozen and transported in a sealed jar, looks gorgeous, and tastes great. It was a hit, and surely will be a hit at your parties too!

Note: Use canned pie filling, or use the filling for Strawberry Rhubarb Hand Pies (p. 118, *Something Sweet* by Miriam Pascal), using additional strawberries to replace the rhubarb.

Variation: Substitute a container of strawberry ice cream for the mousse to create an ice cream trifle.

Plan Ahead: When ready, move the truffles into the fridge for a couple of hours before serving to allow them to soften a

bit.

Ingredients:

- Chocolate Crumbs:



- 1 cup flour
- ½ cup unsweetened cocoa powder
- ⅔ cup brown sugar
- ⅓ cup oil
- Strawberry Mousse:
- 1 cup heavy whipping cream or nondairy whip topping

- 1 cup strawberry pie filling, puréed
- 8 oz. cream cheese or soy cream cheese
- ⅓ cup sour cream or soy sour cream
- 1 teaspoon vanilla extract

- 1 cup powdered sugar
- Vanilla Cream:
- 1 cup heavy whipping cream or nondairy whip topping
- ⅓ cup powdered sugar

Preparation:

1. Prepare the Chocolate Crumbs: Preheat oven to 375°F. Line a baking sheet with parchment paper; set aside.

2. Combine all crumb ingredients in a bowl. Mix until combined and the texture of coarse crumbs. (I found it easiest to mix this with my fingers.)

3. Spread the crumbs in a single layer on prepared baking sheet; bake for 8 minutes. Remove from oven; cool completely before assembling the trifles.

4. Prepare the Strawberry Mousse: In the bowl of an electric mixer fitted with the whisk attachment, on high speed, beat whipping cream until stiff peaks form. Remove whipped cream to another bowl. There's no need to wash the bowl before continuing.

5. Add pie filling, cream cheese, sour cream, and vanilla to mixer bowl. Beat on medium speed until combined and smooth. Add powdered sugar; beat until incorporated. Using a rubber spatula, gently fold whipped cream into strawberry mixture until combined. Set aside.

6. Prepare the Vanilla Cream: In the bowl of an electric mixer fitted with the whisk attachment, on high speed, beat whipping cream until stiff peaks form. Reduce mixer speed to low. Gradually beat in powdered sugar until combined.

7. Assembly: Place crumbs into a 6-oz. jar or cup, filling it about one-quarter full. Spoon or pipe strawberry mousse over crumbs, filling container a little more than three-quarters full. Pipe on vanilla cream, filling container almost to the top. Repeat with remaining jars.

TRUE HEALTH | YAEL TUSK

IS ICE BAD FOR INJURIES?

A patient once came to me for treatment of a fracture that had occurred over a year earlier. X-rays showed that the injury had healed, but she was still experiencing severe pain and swelling. Her doctors advised her to continue icing the area (which she had been doing since she began rehabilitation). Meanwhile, she was taking painkillers daily. It seemed that the healing process had come to a grinding halt, with no explanation.

The first thing I told her was to stop icing- permanently. She responded excitedly, "Since I got the injury, I hated icing it- I found it excruciating! I only continued to do it because of my doctor's insistence. I really felt like it was doing more harm than good!"

Her instincts were right. We have become so accustomed to icing our injuries that we may be ignoring clear messages from our body. The burning, numbness, and pain we feel with ice is purportedly part of the healing process. Ice is used to bring down swelling. As long as this goal is even temporarily achieved, we are satisfied. Since swelling is bad, ice must be good.

But what happens after the swelling comes down? Will the injury heal? Sometimes. But that is not because of the ice, but in spite of it. As we shall see, there is more to the healing process than instant results.

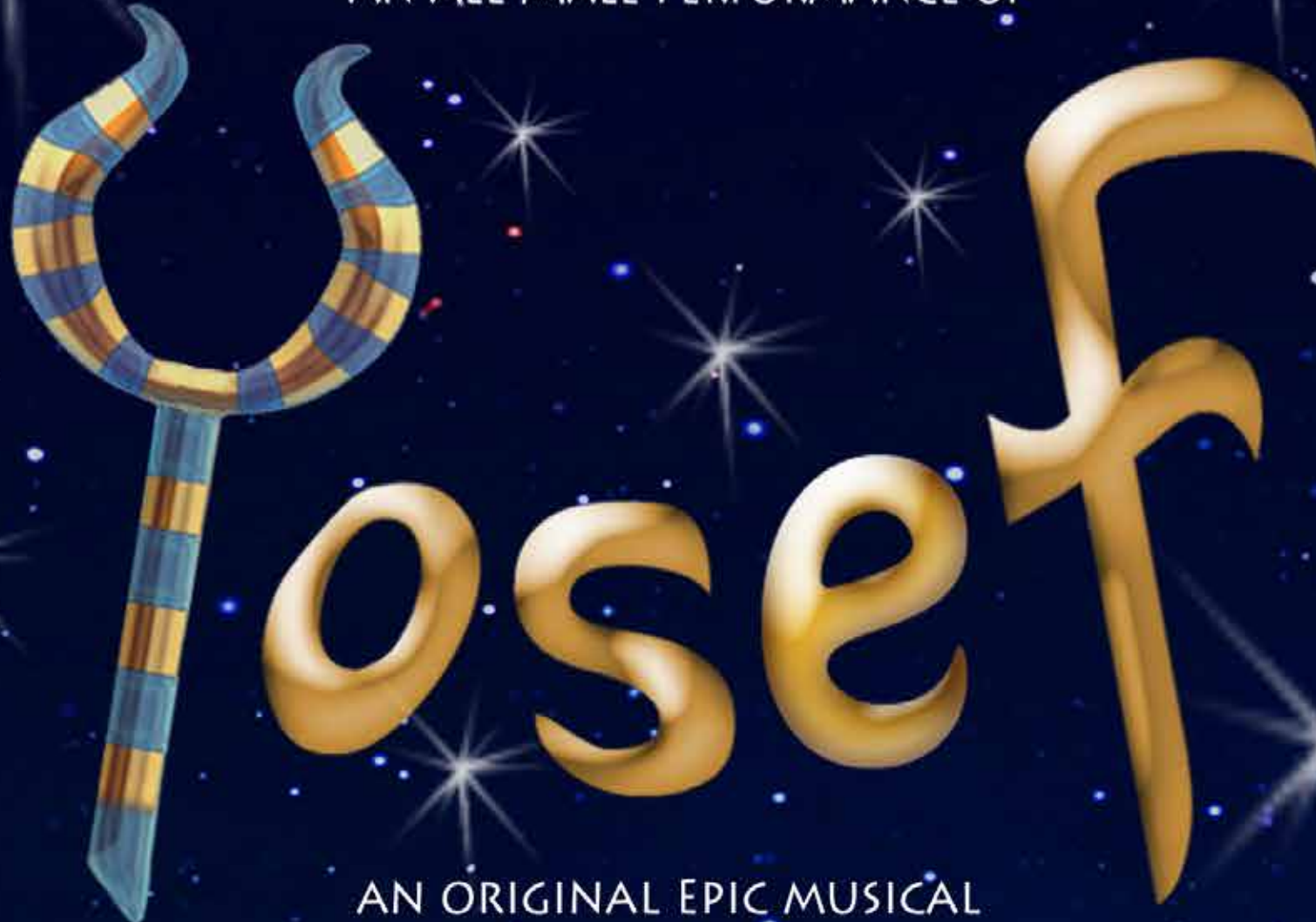
Let us look at the nature of ice. Freezing water transforms it from a free-flowing state to one of stillness. So if ice is still, what does it do to the body? Since the freezing process slows down the movement of fluids, ice will do the same thing to the body; it will slow the flow of blood through the injured area. In order for the healing process to progress, we need circulation to be free and smooth. Ice prevents that. So what happens to the healing process when an injury is iced? It is halted.

We may have assumed that the cold lasts only as long as the ice remains on the body. But in truth, even temporary exposure to cold can leave a long lasting imprint. The cold can potentially linger for a lifetime. This means that those 5-10 minutes of icing an injury (on a regular basis), may bring down the swelling now, but it may leave the injury "cold" for life.

CONT.ON P29

TORAH L'KULANU

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MERCOLA
CONT. FROM P11

use a broom stick. In your kitchen, you can also choose items that require more physical involvement.

“When I think back to my grandmother, I remember her making meringues, whipping an egg with a fork. Her arm strength to be able to make a meringue with a fork — I can’t even imagine doing that now,” Katy says. “I was at a garage sale and I bought an old-fashioned egg beater, just something to put movement back into life.

Instead of buying a bag of walnuts, I bought them unshelled and then made a fun activity for our family: ‘Everyone’s going to crack these walnuts with these rocks.’ Now here’s movement, here’s outside time, and here’s a task or education about where our food comes from to see it closer in its raw form. Those types of things I think are what save me.”

Other ideas include conducting walking meetings, or walking while talking on the phone. Buying a windscreen for your microphone is a great investment so you can walk outside while on

a conference call. It makes all the difference in the world. I can go out in 20 mile per hour winds and people still think I’m in my office.

More Information

Aside from her book, “Move Your DNA: Restore Your Health Through Natural Movement,” Katy has a podcast that’s both informative and entertaining. She also has a blog. You can find all of these resources on her website, NutritiousMovement.com. Her online shop also offers a number of DVDs and products, such as the half dome foam roller she uses in her dynamic workstation setup.

A Japanese reflexology foot massager and an exercise ball are other items you can use. You can also find her on Instagram, where she shares photos of her nutritional movement strategies in action.

If nothing else, I really encourage you to listen to her podcasts. Start from the beginning, because it’s really great material. With regard to the commonly asked question of whether we really need to exercise, or if simply moving more is “enough,” she says:

“I think the end goal for exer-

cise versus movement is different. I think in our minds we’ve made them the same, which is ‘health.’ Either I pursue health through exercise or I pursue health through movement ... Without realizing it, you’re really asking the question, ‘Can I pursue health through 90 minutes or can I pursue health through five hours?’ You’re comparing two different things. I don’t think you can compare them very easily.

How I try to sum up the philosophy of it is: Do you pursue health? ... There’s a continuum. There’s a continuum of healthy eating. It starts with a single multivitamin ... going all the way to where you’re fully invested, growing your own food, selecting soils and supplements for your plants based on everything you’ve read and the decisions you’ve chosen.

How do you compare those two? They’re really just based on time that you’re willing to give and the output that you hope to receive ... When you’re assessing something, you have to assess it against a common goal: which will make you feel better? The same thing goes for movement ...

It’s much better to pursue health through exercise than to pursue health through no exercise. What’s the difference if you would pursue health through exercise, which is really short mechanical inputs, versus this particular distribution where you’re moving so you don’t need to (I call it) atone? It’s almost atoning. The mindset really is atoning for sedentary behavior through intense bouts of exercise.

You’re attempting to try to balance sedentary behavior with an increase in magnitude of movement, whether it’s joint movements, degrees of range of motion, intensity, or whatever. You’re trying to heighten it, instead of pursuing it through constant low.

I’m not quite sure if I can even compare the two. I can say that I no longer exercise. I exercise very rarely. I’m a former athlete. I love the exercise high ... But I have found a way to get those same inputs without segmenting it out of my regular life.”

Dr. Mercola is the founder of the world’s most visited natural health web site, Mercola.com

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CLASSIFIED



Shidduch Listings

Traditional-but-modern, serious-minded 64-year-old man seeks a similar age-appropriate woman. My primary interests are in the mathematical/statistical sciences & in expository writing. She should appreciate such, as well as newspapers, books, & classical music. Please email to davidbee2009@gmail.com.

Religious male therapist, 45, dvcd, calm demeanor, heimish, cultured, artistic, looking for a serious/tznus/intelligent lady. Kids ok. write to: koshergalaxy123@gmail.com

Single, female, Russian, 48yo beautiful, seeks marriage minded man only. (917)702-2091.

Want to meet a nice modern orthodox ffb girl, college educated with a great sense of humor and winning smile? contact me at michelletovah@gmail.com

Seeking my true soulmate to date. Haven't given up on faith; Hope it's not too late. Mod. Orth. cool girl seeks kind, successful guy 50-58 who is serious in finding the right one. No head games 917 757 3804.

Traditional, SJM 65 yo, retired State Bldg. guard, salesman, poet, singer and comedian who enjoys photography and going to Brighton is seeking a nice SJF with similar interests (718) 871-4402

Srugi divorced, 55, optimistic who would like to have child(ren). Live in Israel here on short visit, seeking 35- 44 Email: suss122@hotmail.com

Modern orthodox woman seeks active man, 60-75, with secular as well as religious interests. 917 224-9558 Please leave contact information.

Divorced guy tall, 39, slim friendly and easy going looking to meet someone nice and kind. You could reach me at 718-576-9291 Sam.

Frum heimish dvcd man, 45, teacher, educated, laid back, ehrlich, ISO a religious, good hearted, honest lady. zs123@gmx.com

FRUM (no TV) man, 59, divorced (no children), non-materialistic, laid back, generous w/Tzdaka. Took early retirement recently & lives on various savings. Has hearing loss (speaks well). Seeking a pleasant willing to accept me pretty much the way I am. yechezkail@gmail.com

Modern Orthodox man, upper 50's -tall, slim, athletic, professional, with many interests. Seeking a pleasant woman to share life. aaronhg1@hotmail.com

Kohen, 51, state employee, kind and compassionate, attends shul daily, seeks easygoing, friendly, and considerate lady (non-divorcee) for marriage. Call 718-219-5212.

My friend, 26 yo, handsome, divorced, Chassidic man, w/no children, wears Streimel on shabbos, learns & works as Salesman; seeks a young lady 21-26, without children, from a Chassidish or Yeshivish background for marriage. Please email resume and picture to shidduchbbracha@yahoo.com

Traditional, male, 48, 5'9, Speaks Hebrew, French, Spanish, like to travel, art, world history baal tshuva many years but not strict nowzeevr@yahoo.com text/call 917-783-7176

Bright, attractive divorced woman seeking successful university educated mod. gentleman w/core Jewish values. Individual should be financially independent & open to secular culture (age 65 to 72). (718)858-9233 leave message.

Nice, tall, sincere lady mid 50's looking for a frum, warm and independent man. (917) 652-2891 Frum, attractive, 32 yr. old woman, divorced, well educated, looking for yeshiva type man. Call Rabbi B. (718)853-9209, (347)424-1439

A 60 year old Mod. Orthodox woman from Great Neck, who enjoys movies, shows, yoga & visiting museums. Looking for a mench who wants to build a life together. Email cherierox@verizon.net

Lubavitch woman, 61, in NJ, divorced, pretty & slender, tzniusdik, respectful, does Chitas every day, simcha poretz geder, seeks pious Lubavitch man in his 60s who she can look up to & admire, who is kind, respectful, enjoys learning Chassidus, has parnassa. Email writer5770@optimum.net.

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BaseKnock LLC Articles of Organization filed with the SSNY on 2/18/2016. Office Location: Richmond County SSNY Designated as agent upon whom process against the LLC may be served. SSNY to mail copy of process to the LLC: 341 Natick Street, Staten Island, NY 10306. Purpose: Any lawful act or activity.

Notice of Formation of 184 LINCOLN PL., L.P. Certificate filed with Secy. of State of NY (SSNY) on 02/04/16. Duration: 02/02/2026. Office location: RICHMOND County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: C/O GABOR & MAROTTA, LLC, 1878 VICTORY BLVD., STATEN ISLAND, NY 10314. Name/address of each genl. ptr. available from SSNY. Purpose: any lawful activities.

Notice of Formation of 647 WARREN ST., L.P. Certificate filed with Secy. of State of NY (SSNY) on 02/03/16. Duration: 02/02/2026. Office location: RICHMOND County. SSNY designated as agent of LP upon whom process against it may be served. SSNY shall mail process to: C/O GABOR & MAROTTA, LLC, 1878 VICTORY BLVD., STATEN ISLAND, NY 10314. Name/address of each genl. ptr. available from SSNY. Purpose: any lawful activities.

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Rabbi Eliyahu Kirsh

From Rashi & Ahavas Sholom of Kossov

Shmini: Aharon's Shame: Our lesson for Every Friday

The first part of Parshas Shmini tells us all of the special dedication korbonos that were brought for the very first day of the Mishkan's use which was the first of Nissan. In Vayikra 9:7 we read of Moshe telling Aharon to draw near to the altar and bring the offerings for the dedication of the Mishkan. Why was there a need to tell Aharon to draw near? The implication is that there was some hesitation.

Rashi quotes the Midrashim partially by telling us that Aharon was embarrassed to be chosen as the Kohen Gadol because of his involvement with the golden calf. Moshe was telling him that because he was embarrassed, that was the very reason he was chosen. The Midrashim elaborate on this and tell us that Aharon saw an apparition of a calf hovering over the altar. Clearly, Aharon was

feeling guilty of the entire incident of the golden calf. Even though his intentions were totally leshaim shamayim, the outcome was very detrimental as our entire future was stained with this sin.

In the end, it was specifically Aharon's shame that led to his complete teshuva and being chosen to be the father of the Kohanim for all times. The Ahavas Sholom of Kossov brings the well known statement in Gemara 118b that states whoever keeps Shabbos even if this person worships idols like the generation of Enosh, he/she is forgiven. The Ahavas Sholom points out that Shabbos and boshes, shame have the same letters but in a different order. One main component of teshuva is embarrassment. It is brought down in many sources that one should do teshuva every Friday for the sins of the week. When one is truly aware

of the forthcoming arrival of Shabbos and the holiness being brought with it, one would almost automatically be ashamed of his/her actions during the week that were not befitting of a true eved Hashem. So if one does proper teshuva before Shabbos, there will be retention of the holiness of Shabbos within oneself during the following week.

The Ahavas Sholom also brings that when Adam and

Chava were created, they were not shamed as the Torah tells us at the end of Chapter 2 of Bereishis. The imminent arrival of Shabbos, however, made them aware of their sin. This too is a reinforcement of the lesson of embarrassment of one's shortcomings in their avodas Hashem is an important part of teshuva in general and more specifically, a part of our preparations for Shabbos every week.

Jerusalem conference features the unsung Israeli perspective on fighting BDS

By Maayan Jaffe-Hoffman

Debate on the Boycott, Divestment and Sanctions (BDS) movement is often heard loudest from Jews in America and the rest of the Diaspora, perhaps most notably when it comes to anti-Israel activity on college campuses, rather than focusing on what leaders in the movement's stated target—Israel—are saying.

Yet "Stop the Boycott," a March 28 conference in Jerusalem hosted by *Yedioth Ahronoth* and *Ynet*, focused on BDS from a fully Israeli perspective. American actress and comedian Roseanne Barr, who gave remarks at the gathering, took the Israel-focused message to heart in a post-conference phone interview.

"I think people should listen to what Jewish people say that live here, in Israel, rather than those people that live in Chicago and especially those that aren't even Jewish," Barr, who has become known for expressing strongly pro-Israel sentiments on Twitter, told *JNS.org*. "Jewish people need to be the ones to talk about it—not [Pink Floyd's] Roger Waters or the pope. It's a Jewish subject. The rest of the people should keep their mouths shut and listen for a change."

Member of Knesset (MK) Yair Lapid, the leader of Israel's Yesh Atid political party, told conference attendees regarding BDS activists, "We need to go where they are and be better than they are."

"There is no way that the 'start-up nation' could not know how to do a better job than they are doing," Lapid said, using the nickname has earned due to its penchant for entrepreneurship and innovation. "There is no way we will not

be able to reach every campus and debate and win those debates.... Why are we not doing it? It's like the IDF (Israel Defense Forces) being told not to go where they are shooting. If they are shooting, go and fight. We are fighting for this state."

Similarly, Israeli opposition leader MK Isaac Herzog (Zionist Union) said the pro-Israel community can't take out one mosquito at a time.

"We cannot walk around with a racket that kills mosquitoes here on this campus or a little mosquito there—we need to dry up the swamp....It is in our hands to change it," he said.

"I think Israeli politicians need to address issues like BDS," said Elana Yael Heideman, executive director of the Israel Forever Foundation, which works to combat BDS.

The challenge, however, was apparent from one conference panel in which five Israeli politicians from varying parties and perspectives all offered their commentary on fighting BDS, but no fully-baked solutions for the problem.

"This is what Israeli politicians are grappling with," said Tovah Lazaroff, deputy managing editor of *The Jerusalem Post*, who covers issues relating to BDS for the English-language Israeli daily newspaper. "If they had a solution, they would have already done it. I don't think anyone is refusing to do it."

MK Tzipi Livni, chairperson of the Knesset's Hatnuah faction, disagrees. At the conference, she accused Prime Minister Benjamin Netanyahu of pandering to his right-wing coalition of 61 lawmakers.

CONT.ON P39

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COUNCIL OF JEWISH ORGANIZATIONS HONORS ISRAELI CONSULATE GENERAL OF NEW YORK, IDO AHARONI - MARCH 30, 2016

On Wednesday, March 30, 2016, at a special ceremony at the Israeli Consulate in New York City, the Staten Island Council of Jewish Organizations, (COJO-SI) honored the Israeli Consul General of New York the Hon. Ido Aharoni and presented to him a special proclamation in recognition of his quarter of a century of devoted service to the State of Israel.

“The consensus among our membership is that we are proud of

Consul General Aharoni’s vision and being the driving force behind building and nurturing Israel’s brand,” said Mendy Mirocznik, President of COJO-SI.” Scott Maurer, COJO-SI’s CEO agreed and further stated, “that the branding project of Consul General Aharoni has resulted in a paradigm shift in the perception of Israel’s public image for the better.”

The Council of Jewish Organizations are proud of the



L-R Scott Maurer, CEO COJO-SI, Israeli Consul General Ido Aharoni, Mendy Mirocznik, President COJO-SI.

accomplishments of Israeli Consul General Ido Aharonu, we proudly thank him for his dedicated work in fostering a friendship with the Staten Island Jewish Community and we look forward to the partnership in the years to come.

TUSK CONT. FROM P23

People with arthritic conditions can often detect weather changes. They can feel the cold damp weather in their bones. Cold weather is often the instigator for pain conditions.

Back to the patient: when I felt her ankle, I was not surprised to discover that the swollen area was cold to the touch. The ice had caused “coldness” to lodge itself in her ankle. I gave her acupuncture to promote better circulation through the area. Then, I wrote her a prescription for a warming herbal soak, to counteract the effects of the ice, and restart the healing process.

OTHER OPTIONS

Ice has always been the only recourse for the treatment of injuries at home. Is there anything else we can do?

Immediately after mild injury, it is beneficial to massage the area; this will increase the blood flow and accelerate healing.

For muscle aches, especially those that feel cold to the touch, try hot water-bottles, heating pads or a hot bath.

Not all injuries are cold. Sometimes they are red and quite warm to the touch. Even in these

cases, ice will not be beneficial in the long run, but will prolong the healing process. A better option is to use a cooling herbal soak or ointment (such as one containing menthol) that is applied at room temperature.

Children are masters of injury; they are constantly bonking one part of their body or another. When this happens, our first (and usually only) recourse is to get some sort of frozen item and hold it there until the child’s screaming (if he is too young to understand that the ice is supposed to be helping) becomes unbearable.

Try rubbing the boo-boo instead. You will find that not only will this usually calm and comfort the recently traumatized child far more quickly than ice will, but it will also help to reduce bruising and pain in the area-starting immediately. You will not be disappointed. And next time someone bangs their elbow, keep that freezer door closed!

Yael Tusk, M.S.O.M. is a general practitioner of Chinese Medicine in Jerusalem. She has been treating both adults and children for over a decade. She is a medical researcher who takes pride in debunking pseudo-science and empowering people to take control of their health. Feel free to contact her at yaeltusk@gmail.com to schedule a phone consultation or to receive her free newsletter. Look out for her upcoming myth-busting book on health.

Rabbi Dr. Bernhard Rosenberg



WHERE WAS AMERICA?

Imagine for a moment that you are a Jew, living in Germany in 1939. The outward displays of anti-Semitism have made life extraordinarily uncomfortable, and since Hitler has already offered Jews the chance to vacate the country, you and your family are seriously thinking of leaving. To your delight, your parents announce that they will be relocating the family to the Great Land of Opportunity; America, where the streets are paved with gold, and everyone is welcome. You and your family sell all of your possessions, and purchase tickets for the long journey across the Atlantic to the Land of Liberty, Justice, and Equality for All.

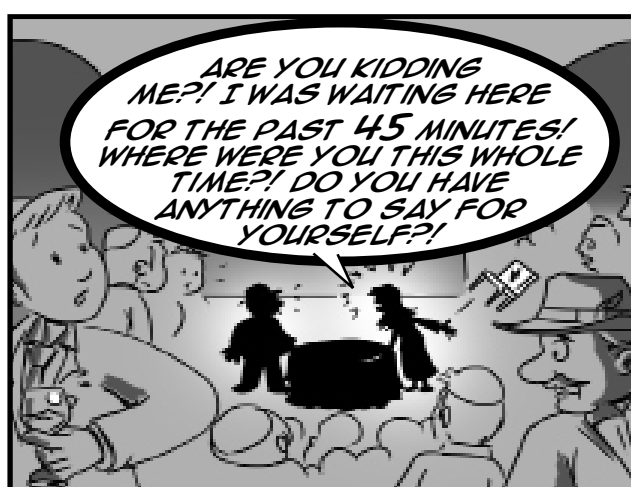
But what happens? After the long, arduous voyage, the boat is turned away - the American immigration officers report that the quotas have been filled. “What quotas?” you think. Surely America would not turn away the tired, hungry, and persecuted Jews that are knocking at its door! The United States Coastal Guard boats prevent your ship from reaching the mainland, and the

miserable would-be immigrants are rejected without even a glimpse at the wonderful land of America, but not without a glance at potential freedom. But the worst has not happened... it is yet to come. Your ship is forced to wander, looking for other ports... it may be destroyed en route by a wandering German U-boat, or forced make the hazardous journey back across the ocean to ports in Europe... you would be free for the moment, but only to be caught later by the Nazis and killed, or worse, to be put in a concentration camp.

Such is the story of countless Jews, all of whom flocked to ships that would ferry them across the great ocean to the Land of Endless Wealth, only to be turned away, to other over-sea ports, or sent back to Germany, or German-occupied countries, where they would be eventually captured. Germany allowed Jews to leave until 1941, and until then, some European countries accepted Jews, and hid them: Poland, France, Belgium, the Netherlands, and Denmark all served

CONT.ON 32

TANI



JNS.ORG: FULL NEWS COVERAGE

Roseanne Barr on BDS: listen to what Jews living in Israel have to say:

American actress and comedian Roseanne Barr, who gave remarks at the March 28 “Stop the Boycott” conference in Jerusalem, told JNS.org regarding the Boycott, Divestment and Sanctions (BDS) movement that “people should listen to what Jewish people say that live here, in Israel, rather than those people that live in Chicago and especially those that aren’t even Jewish.” “Jewish people need to be the ones to talk about [BDS]—not [Pink Floyd’s] Roger Waters or the pope. It’s a Jewish subject. The rest of the people should keep their mouths shut and listen for a change,” Barr said in a phone interview after the conference, which was organized by Yedioth Ahronoth and Ynet. In her talk at the conference, Barr said she sees pandemic anti-Semitism on Twitter. Since many social media users at first didn’t realize her Jewish roots—“perhaps because no one thought I was Jewish being from Utah”—she was privy to witnessing uncensored things non-Jews say about Jews, things they might not have said if they knew they were speaking to a Jew. “It was shocking when I realized that what I considered criticism of Israel became garden variety anti-Semitism,” Barr said. “BDS is right-wing and fascist....BDS [members] do not want peace, nor do they want peace negotiations.” Barr, whose Israel trip was hosted by the pro-Israel education organization StandWithUs, said she thinks many celebrities are afraid to speak up for Israel because they’re afraid of being maligned in the media, at conferences, on campuses, or even in synagogue. “I think people are afraid. Have you ever been shouted down by these BDS people?” she said. “People are afraid of being targeted....[They are] protecting their lives and their families.”

Islamic State reportedly planning attacks on Jewish children in Turkey:

The Islamic State terror group is reportedly in the advanced stages of plans to murder Jewish children

in Turkey. According to a report by the United Kingdom’s Sky News, citing intelligence sources, the plot includes attacking Jewish kindergartens, schools and youth centers, with most likely target being Istanbul’s synagogue in Beyoglu. Information on the attack was obtained from six Islamic State operatives who were arrested in the southern city of Gaziantep last week, the report said. “In light of these circumstances, extraordinary security measures are being taken above and beyond the high alert level already in place by the Turkish police, as well as vigilance within the Jewish community,” an intelligence source told Sky News. “Undercover and other covert counter-terror measures are being implemented around the clock. This is a more than credible threat. This is an active plot,” the source added. The latest plot by Islamic State comes following the terror attack in Istanbul on March 19 that left four people dead, including three Israeli tourists. The Israelis were allegedly followed from their hotel to a restaurant, where an Islamic State suicide bomber blew himself up on a street that is popular among tourists.

‘The time has come’ for official Israel-Indonesia relations, Netanyahu says:

Prime Minister Benjamin Netanyahu met on Monday in Jerusalem with a delegation of senior Indonesian journalists who visited Israel as guests of the Israeli Foreign Ministry. Israel and Indonesia, the world’s most populous Muslim nation, do not have formal diplomatic relations, but there are business ties between the countries and the governments reportedly maintain unofficial contacts.

Netanyahu told the visiting journalists, “The time has come for official relations between Indonesia and Israel. We have many opportunities to cooperate in the fields of water and technology. Israel has excellent relations with several countries in Asia, particularly China, Japan, India, and Vietnam. In addition, Israel is also deepening its relations with Africa, Latin America, and Russia....Relations with the

Arab world are also changing. Indeed, we are allies in the fight against radical Islam. Relations between Israel and Indonesia must also change. I have more than a few Indonesian friends on Facebook. The time has come to change our relations; the reasons that prevented this are no longer relevant and I hope that your visit will help with this.” The delegation’s meeting with Netanyahu came just two weeks after Israel prevented Indonesian Foreign Minister Retno Marsudi from visiting Ramallah to meet with Palestinian Authority officials because she did not also plan to visit Jerusalem to meet with Israeli government officials. After that incident, Israeli Deputy Foreign Minister Tzipi Hotovely said that Marsudi’s intention to skip over a stop in Jerusalem marked a violation of a secret understanding previously agreed between Israel and Indonesia. “Despite the fact that Indonesia does not have official diplomatic relations with Israel, we have much respect for the Indonesian people and their leaders,” Hotovely said at the time. “There are ongoing contacts between us and Indonesia on a range of issues and we are seeking

all the time to improve ties.”

Georgia becomes latest U.S. state to approve anti-BDS legislation:



The Georgia General Assembly became the latest state legislature to approve a bill that seeks to deter companies from taking part in the Boycott, Divestment and Sanctions (BDS) movement against Israel. The bill declares that Georgia state agencies “will not contract or invest with a company that unfairly singles out Israel for political purposes.” One of its co-sponsors, Republican State Sen. Judson Hill, called the legislation “a critical step forward in defending Georgia’s state economy and public policy” and said it is “taking a stand against the anti-Semitism and discrimination of the BDS movement.” The Georgia measure was supported

CONT.ON P31

DOVIE'S BREAKFAST WORD SEARCH

How to solve a search and Find Puzzle
The words can be located in the diagram by reading forward, backward, up, down and diagonally. All words will be found in a straight line with no letters being skipped. As you find each word, circle it in the diagram and cross it o the word list. Letters may be used more than once and words will often overlap. All the letters in the diagram may not be used.



- APPLE
- BAGEL
- BANANA
- BERRIES
- BUTTER
- CHEESE
- CINNAMON
- CREPES
- CRUMPET
- EGGS
- ENGLISH MUFFIN
- FRITTATA
- FRUIT
- HASH
- HONEY
- JAM
- JELLY
- JOHNNY CAKE
- JUICE
- LOX
- MARMALADE
- MELON
- MILK
- NUTS
- OATMEAL
- PEACH
- POP TART
- SMOOTHIE
- STEAK
- SUGAR
- SYRUP
- WAFFLE
- YOGURT

ANSWERS ON PAGE 36

JNS
CONT. FROM P30

by a number of pro-Israel groups, including The Israel Project. “The U.S.-Israel relationship is based on shared values, and opposing bigotry in all its forms is fundamental to the people of both nations,” said Jacob Milner, The Israel Project’s Midwest regional director and senior policy analyst. “As I have seen over the past several months working on this effort, Georgians don’t want their state supporting the anti-Semitic BDS efforts, and that’s why the legislature voted to prevent this insidious movement from gaining a foothold here.” Georgia Governor Nathan Deal is expected to sign the bill into law.

Gaps remain between U.S. and Israel in security aid talks:

Gaps remain between Israel and the U.S. in negotiations on



a new 10-year memorandum of understanding for security assistance. America is offering annual aid of \$3.4 billion, up from the current level of \$3.1 billion.

Israeli Prime Minister Benjamin Netanyahu, however, has asked U.S. President Barack Obama to raise the amount of annual aid to \$5 billion. The current memorandum of understanding is set to expire in 2017. In the past two years, special extra assistance—totaling around \$1.5 billion annually—has been provided by the U.S. to Israel for the development of ballistic missile defense systems. Earlier this month, Israeli Defense Minister Moshe Ya’alon visited Washington, DC, and met with U.S. Secretary of Defense Ashton Carter. Ya’alon requested that funds for missile defense development be included in annual aid for the coming decade, which would bring the amount of annual aid to around \$5 billion. The Americans, however, have not been willing to commit to providing missile defense development funds for the next

decade, preferring to keep those funds separate from the general security assistance package. Any U.S. agreement with a foreign nation involving budgetary support must be approved annually by the Senate Committee on Appropriations.

High-speed rail between Tel Aviv and Jerusalem on track to open in 2018:



The high-speed rail line that is currently being built between Tel Aviv and Jerusalem will open for service in 2018, Israel Railways CEO Boaz Tzafrir promised on Monday to a group of Knesset members who were touring the ongoing construction work. Travel time between Tel Aviv’s Haganah station and Jerusalem’s International Convention Center station will be half an hour. Service frequency will be four trains per hour in each direction. Trains will make an intermediary stop at Ben-Gurion International Airport. The maximum speed on the new line will be 99 miles per hour. Tzafrir said the total cost of the project will reach \$1.82 billion. The project requires the construction of six tunnels and eight bridges along the course of the line. It currently takes around an hour and 15 minutes to travel between Tel Aviv and Jerusalem by train on the old line built during the Ottoman era in the late 19th century.

Israel slams U.N. for measure on ‘blacklist’ of Judea and Samaria businesses:



Israel slammed the United Nations Human Rights Council (UNHRC) for its adoption of a measure that calls for the creation of a database of businesses “involved in activities” in Judea and Samaria. The 47-member U.N. forum adopted the measure

CONT.ON P39

SCHINDLER
CONT. FROM P21

So now you understand when emotional hunger occurs and that you must HALT and assess. Here are some tips to make it easier on you while you are pulling the reigns in and being conscious about NOT overeating. Put food/nosh AWAY. Don’t have a supermarket out on your counter or in front of you for your eyes to see and relish. Also, don’t be obligated to eat the leftovers or anything else in your house just to “finish” it. You are not a garbage and if you can’t put it away or throw it out, GIVE it away, or put it in the back fridge which is far to get to for the time being. Prepare healthy snacks which are nutritious and filling such as a big veggie crudité plate, or some low calorie berries or cantaloupe if you really must eat something. Pick up a phone and call a friend to talk about anything and everything, to help you through the tough craving patch, or take a walk/exercise/shop. Usually a distraction of about 20 minutes is all it takes for it to pass. Some of my clients would do some simple exercises like jumping jacks for a couple of minutes just to get a taste of that, “runners high”. For

a more long term solution, try and work out what is bothering you with a caring therapist. Another idea, is that you can write down in a special book your private thoughts and feelings and share or validate them with yourself. I know this may sound strange at first, but it is very liberating if you try it. You may be surprised to see what you write when you can just gush. Last but not least, be proud of yourself that you were aware and DID something positive toward your goal and not sabotage it. Don’t worry; you get better at fighting your compulsions, the more you DON’T give in to them. It does get easier with time. I know this is a lot to digest, so if you need a bit of chizuk at times, keep repeating the old adage, as you walk out of the kitchen, “A minute on the lips, a lifetime on the hips”. It’s still true.

Rachael E. Schindler, PhD. is a psychologist, founder of TheFiveTownsDiet.com gourmet meals delivery, noted lecturer and author, Resident nutrition guru at Life Gym, Lawrence NY, certified pediatric and adult nutrition counselor, certified personal trainer and celebrated group fitness instructor, and Pilates master for over 23 years, practicing in Cedarhurst, Lawrence and Manhattan. She specializes in fitness, nutrition, including thyroid, sugar and hormone issues for both children and adults. She can be reached to order, for an appointment, or for comments at Teichbergr@aol.com, or (917)690-5097.

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Saul M. Berger CFE, CPA, CFF

PROTECTING YOURSELF FROM FRAUD RIPPED FROM THE HEADLINES

When oh when will people stop becoming victims of fraud? It does at times seem that fighting fraud is a losing cause; the schemes are basically the same but with new twists. As the saying goes, “there’s more than one way to skin cat”. Add to that the known adage that “there’s a sucker born every minute”, and you have a recipe for fraud to be alive and well for many years to come. Last week, I took a look at the latest news in the fraud world, and felt frustrated that people continue to keep their guard down, and just believe what somebody tells them. Don’t they think that some statements seem too good to be true? Don’t they think of requesting proof to back up what they are being told (and sold)?

All I can try to do is bring you information that hopefully can help you avoid the potholes in a world full of fraud. Currently, the Federal Trade Commission (FTC) is seeking public comment on a proposal to conduct a survey later this year to determine the prevalence of consumer fraud in the United States. Three previous surveys of consumer fraud have been conducted in the past. This survey, as the previous ones, examine the extent of fraud and the degree to which certain groups of consumers are more or less likely to become victims. The purpose of the survey will be to assist the FTC in determining the best way to fight fraud.

In any case, here are some examples from last week’s fraudsters that have been caught:

- A Las Vegas man who claimed to have a “guaranteed system” of gambling and could promise investors profits was arrested this week on two counts of securities fraud. Last week, Mark Georgantas was arrested at the Hard Rock casino this week for allegedly defrauding one victim of more than \$300,000 and another in excess of \$50,000. The alleged fraud was committed between July 2013 and March 2014. Nevada Attorney General Adam Paul Laxalt stated that he is committed to ensuring that Nevadans are protected from unscrupulous investment schemes and he encouraged the public to be skeptical of

investment offers that claim to guarantee profits.

- A doctor in Georgia plead guilty last week to health care fraud after he reportedly filed \$1.1 million worth of claims for surgical monitoring he did not perform. Those claims were filed between January 2010 through July 2013 by Robert Windsor. He had a contract with a Maryland corporation to provide a medical service called intra-operative monitoring - in which a doctor monitors nerve and spinal cord activity during surgery.

Windsor’s contract said he would provide real-time monitoring via an online-platform and file a report at the end of each surgery. The corporation would bill patients and health care benefit programs, including private health insurance companies, in which Windsor was paid a fee for each surgery he monitored. Instead, Windsor assigned an unqualified assistant to provide the monitoring. The fraud was discovered through analysis of Medicare billing data and complaints to the Inspector General.

The FBI Special Agent in Charge stated- “The conduct of Dr. Windsor was not only criminal, it was reckless and irresponsible. While Dr. Winsor’s repeated and extensive practice of falsely billing for services that he himself did not render is at the heart of these federal charges, the potential risk and harm to those many patients who were not getting the required services should not be overlooked. This guilty plea will hold Dr. Windsor accountable for his greed based criminal conduct.”

- An investment adviser in Illinois plead guilty in federal court last week to charges that he defrauded investors of \$1.1 million. Philip E. Moriarty II agreed on Feb. 16 to plead guilty to one count of wire fraud for a scheme in which he told investors that he was investing their money in the

purchasing of shares in a number of different companies, while in essence, he was using the money for his own personal needs. In support of the investment agreements, Moriarty drew up fictitious documents that appeared to show that the “investments” were executed as agreed. To embellish on the fraud, he later told the investors that his investment company was bought by a larger financial services company and that their previous investments in his business would be converted to the larger company’s stock at a 25 percent return! Moriarty then leveraged money from one victim to get an additional

\$250,000 to further invest in the larger financial company, (which in reality never acquired Moriarty’s firm).

Prosecutors allege that Moriarty spent the money on himself, including a \$39,100 payment in 2011 to golf, hunting and fishing club, and \$23,000 paid to a boarding school in New Hampshire. Prosecutors recommended Moriarty serve between 41 and 51 months in federal prison, subject to review by a judge, who could decide on a different sentence.

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as hiding places, and some served as havens for refugee Jews during the Holocaust. Some hid until the war’s end, but many, many more were rooted out and killed by the Nazis. The few places that they would have been safe were overseas – especially in the United States of America, which alone could have saved more than half of those six million souls that perished by

the black hand of the Nazis.

Although the United States could have saved numerous lives, they did not. Unfortunately, this was because the nation was fiercely anti-Semitic, and forced their sentiments into national politics and foreign policy. America did not like foreigners, and especially did not like Jewish foreigners. The effects of this racism were not visible to Americans until

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ROSENBERG
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long after the war's end.

From 1933 to 1941, opponents of refugee immigration had built their case around the high unemployment of the Great Depression. Restrictionists stubbornly asserted that refugees that came to the United States usurped jobs that rightfully belonged to unemployed American workers. Their viewpoint was widely accepted, and the counterargument, that refugees were consumers as well as the workers, and thus provided as many jobs as they took, had little success. Economic pressure against immigration had been reinforced by strong feelings of nativism, or "100% Americanism." This intolerance, which had run very high in the aftermath of World War I, had combined with economic forces during the 1920's to install the quota system, the nation's first wide restriction of immigration. The quotas set specific limits on the number of people who could immigrate to the United States in any given year from any given foreign country. The annual total of all quotas was 154,000 persons, more than half of which was allocated to countries that had no need to send refugees. In the 1930's, anti-alien attitudes had played a major part in

keeping refugee immigration to low levels.

The United States lowered its quota barriers in 1938, but began raising them again in autumn of 1939. Two years later, immigration was even more tightly restricted than before in 1938. In fact, starting in July 1941, America's gates were nearly shut. The best chance to save the European Jews had passed.

In 1941, with the Holocaust well underway, the need for help became acute. By then, though, saving Jews was much more difficult. Determined rescue efforts would be needed to salvage even a segment of European Jewry, and the United States took no interest in rescue efforts until 1944, and even then the attempt was limited. America still refused to open its gates; immigration was withheld to about 10% of its already small quota limits. The last chance to help European Jews had come and gone.

In the years before Pearl Harbor, the United States had reacted to the European Jewish crisis with some concern, but had refused to permit any sizable immigration of refugees. This policy grew out of three aspects of American society in the 1930's: unemployment, nativistic restrictionism, and anti-Semitism,

and was shaped by Congress and the Roosevelt Administration. Even after Pearl Harbor, the war itself narrowed the possibilities for saving Jews, for America was more interested in winning the war than it was in saving the war's victims. In addition, the mass media's reluctance to draw attention to Holocaust developments undermined efforts to create significant public pressure for government rescue action. But the deeper causes for the lateness and weakness of America's attempts at rescue, and for its unwillingness to take in more than a tiny trickle of fleeing Jews, were essentially the same ones that had determined the nation's reaction to the refugee crisis before Pearl Harbor; a strong sense of American nativism, and an even stronger sense of anti-Semitism.

Wartime prosperity in America did not dissolve the economic argument against immigration, as one would expect. Fear was widespread that the depression would return at the war's end. Millions believed that the demobilization of the armed forces and return to a peacetime economy would cause an extended period of large-scale unemployment. Veteran's organizations were especially forceful on insisting on the protection of employment rights for returning soldiers. In their view, every foreigner allowed into the country meant job competition for the American citizenry. Throughout the war, the American Legion and the Veterans of Foreign Wars demanded a virtual ban on immigration. Siding with these groups were the Daughters of the American Revolution and the American Coalition of Patriotic Societies.

The anti-immigration forces wielded significant political power, and made it very difficult for American Jews to rouse any public compassion for their European brethren. Moreover, a number of congressmen were resolutely restrictionist, a reflection of their own views as well as attitudes that pervaded their home districts. Most of them were anti-alien with a passion that drifted into anti-Semitism.

It was not only the politicians that were anti-alien, but the citizenry as well. America's limited willingness to share the refugee burden showed clearly in national opinion polls. In 1938, while the Nazis were intensifying Jewish persecution, four separate polls indicated that 71 to 85 % of the American public was against the increasement of quotas to help refugees, and 67% wanted refugees out altogether. In a survey taken in 1939,

66% objected to a one-time exception to allow 10,000 refugee children to enter outside quota limits. Even in 1944, in the midst of the war, 78% said that it would be a bad idea to let immigrants into the country after the war. And in 1945, after the war, when all of the horrors of the Holocaust were widely known, only 5% said that the United States should let in more immigrants than they did before the war, and a shocking 14% said that they should send all the refugees back to where they came from!


While it is obvious that many who opposed refugee immigration felt no love for Jews, much restrictionist and anti-refugee sentiment was closely linked to anti-Semitism. The plain truth is that many Americans were prejudiced against Jews and were unlikely to support measures to help them. Before Pearl Harbor, anti-Semitism had shaped American policy, and afterwards it hardened them towards the victims of the Holocaust. American anti-Semitism, which had climbed to very high levels in the late 1930's, continued to rise in the first part of the 1940's. It reached its historic peak in 1944. By spring 1942, sociologist David Reisman was describing it as "slightly below boiling point," and three years later, public opinion expert Elmo Roper warned that "anti-Semitism has spread all over the nation and is particularly virulent in urban centers."

For every Jew America didn't allow into the country, another human being was killed. If there was less hate and fear in America, perhaps millions of Jews could have been saved.

FRIED
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couldn't because she applied hair oil and that was frustrating for her. Another problem is that you can't get the hair all the way at the roots like you can with a flat iron. While the hair on the bottom was nice and straight, upon looking closer, she realized she needed to go back in with her iron to touch up the look at the roots.

So while it was a nice idea in theory, it just didn't have enough perks over a typical flat iron. Needless to say, I turned my car around and went home. Ok maybe I went anyway because I finally found parking in that awful lot and didn't want to waste an opportunity to peruse the makeup aisle. Hey, at least I'm honest! Let me know what you think of the new straightener brush if you tried it, at info@jewishc.com.



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and allying with terrorist and rogue states like Iran, the U.S. has alienated Arab states such as Egypt and Saudi Arabia, which consider themselves abandoned and betrayed.

The wooing and groveling toward Iran has empowered the world's leading Islamic terrorist state, enabled it to become a threshold nuclear power and exacerbated the conflict between the Shiites and Sunnis, which has led to the emergence of new Islamic barbarian groups like ISIS. The Islamic fundamentalists have reintroduced the Dark Ages to the region in which mass murder, rape and beheadings of civilians have become rampant.

Obama's vacillating policies have resulted in the weakening of Arab states like Syria and Libya with consequent horrendous casualties and the displacement of millions. When controlled by the despotic Moammar Gadhafi, Libya had voluntarily abrogated its nuclear ambitions and undertaken to eschew terrorism. Obama's enthusiasm to "democratize" the country led to the overthrow of the dictatorship, the assassination of the American ambassador and the transformation of Libya into a major terrorist launching pad which

may ultimately necessitate military intervention.

The mayhem and terror in the region has created a severe refugee crisis which could accelerate the demise of the European Union and permanently alter the demographic base of Europe even leading to the erosion of European civilization.

The downgraded U.S. influence enabled President Vladimir Putin to reassert Russia as a major global power and achieve greater influence in the Middle East than the Soviets ever attained. Most Arab states today regard Russia as a more reliable ally than the U.S.

On top of all this, Obama's domestic political legacy has led to widespread alienation against the entire political establishment and the emergence of populist candidates, such as Bernie Sanders and Donald Trump, who are supported merely because they challenge the existing order. At the same time, it is extraordinary that according to surveys, the leading candidates of both the Republican and Democratic parties, Trump and Hillary Clinton, respectively, are detested by half of their own party constituencies.

The Obama policies have led to uniquely Jewish negative repercussions:

The hostility to the Israeli government by its principal ally has provided enormous impetus to its adversaries. The double standards employed by the administration and classification of Israel as morally equivalent to the terrorists and the failure to directly reprimand Palestinian leaders engaged in incitement to murder Jews and sanctification of the killers as national "martyrs" -- reflect morally outrageous behavior. At a time when almost half a million Syrians were butchered and 4 million displaced from their homes, the focus of U.S. ire was against Israeli construction of homes even in the Jewish neighborhoods of east Jerusalem. This blatant hostility by the Obama administration provided global encouragement to anti-Israeli forces and gave the green light to the Europeans to pressure Israel to make further unilateral concessions and recognize the indefensible 1949 armistice lines as the basis for permanent borders. In Europe, it is widely believed that Israelis behave like Nazis with genocidal intentions toward the Arabs and represent a greater threat to peace than rogue states like North Korea or Iran.

Only a few decades ago, many considered anti-Semites an extinct

species. Today, a coalition of Islamists, a substantial proportion of the Left, the radical Right, and dormant indigenous anti-Semites have coalesced into a witches' brew, making anti-Semitism into one of the greatest global political growth industries. Obama's anti-Israelism and diplomatic onslaughts over the past eight years have been a major contributing factor in creating the climate for this incredible upsurge of anti-Semitism.

The Obama administration has virtually succeeded in undermining the broad bipartisan support for Israel which both Democrats and Republicans had hitherto maintained. In the Democratic Party, there is now a substantial and growing leftist bloc which has adopted the anti-Israeli approach prevalent in most of the European leftist political parties. Obama's loathing of the Israeli leadership has strengthened and emboldened this bloc, whose influence will expand if the incoming president continues to pander to them.

Obama has directly impacted Jewish community attitudes toward Israel. Over the past decade, assimilation and intermarriage have made massive inroads and dramatically weakened the Jewish community.

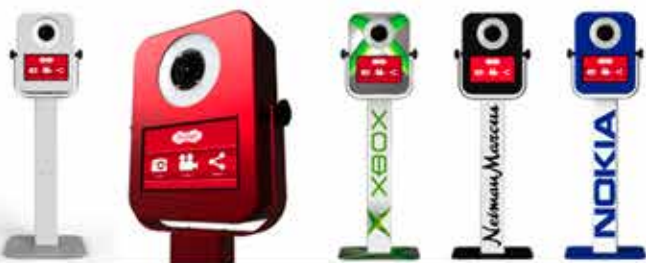
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fewer) rules are established, the teacher should post those rules in large, clear handwriting on a poster in the room.

- Follow directions the first

time given

- Keep body parts, objects and unkind words to yourself
- Raise your hand to answer or ask questions in class
- Raise one finger to use the

bathroom

- Be in the proper place at the proper time
- Use materials and equipment properly
- Always walk, rather than run, in the building

Wiggins explain how to create lesson plans that match the skills and knowledge essential to the unit. They include templates and units to help new teachers organize their material in a succinct and structured fashion.

Plan Ahead

Often, new teachers are not given a lot of advance notice about their curricula. The more notice teachers get; however, the more time they have to prepare lessons that are engaging and informative. The general rule of thumb for teachers is that they should plan one unit in advance (units can range from one week to two months). Therefore, the earlier teachers get their curricula, the more likely they will be to plan ahead. This can give teachers the necessary time to revise and adjust to student needs.

VETERAN TEACHERS AS MENTORS

With lesson planning and classroom management, veteran teachers who act (and are paid) as mentors for new teachers are the key piece of the puzzle. A recent article in The Washington

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LEIBLER

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Most Jews, other than the Orthodox, receive no Jewish education and the young generation are increasingly classifying themselves as “secular,” which implies nominal Jewish affiliation. On top of this, memories of the Holocaust and the heroic struggle for Jewish nationhood after a 2,000 year interregnum are fading. The centrality of Israel in Jewish life was downgraded and a growing number of Reform and Conservative rabbis now identify their Judaism with universal concepts beyond “nationalism,” such as liberalism and “tikkun olam” – repairing the world. These trends received an enormous boost from Obama, who, with the support of anti-Zionists (for example, George Soros and others), systematically promoted far-left-wing Jewish organizations like J Street, whose principal objective was to undermine AIPAC and the pro-Israeli Jewish establishment. As an African-American president, Obama mesmerized American Jews for whom liberalism and affiliation with the Democratic Party had become a critical element in their DNA, often surpassing their Jewish loyalties. Many, bombarded by an increasingly anti-Israeli press, joined the anti-Zionist chic, distancing themselves from Israel. This was especially notable on university campuses.

Regrettably, when Obama made outrageous remarks concerning Israeli policies, the traditionally robust Jewish leadership was intimidated and responded with a deafening silence. Beyond small Jewish groups like the Zionist Organization of America, the principal voices defending Israel were not Jews but Republicans and evangelical Christians. This impacted negatively on Jews throughout the entire Diaspora.

Yet, without disputing the disastrous impact of Obama’s policies on Israel and the Jewish people, we should not pander to gloom and doom but turn our focus to positive developments.

Despite the tensions, the bonds between Israel and America based on shared values and popular public support have never been greater. Notwithstanding Obama’s loathing of the present Israeli leadership, he has

felt obliged to strengthen rather than reduce American military aid, although that is now under threat as the latest security package is conditional on Israel forgoing the right to lobby Congress for additional aid in times of need. Yet there are grounds for hope that the newly elected president will seek to repair the relationship with Israel.

Israel has had extraordinary success in developing relations with powerful emerging countries such as India and China and re-engaging with the African nations.

The understandings achieved with the Russians, despite their involvement in Syria, are nothing short of amazing. Alongside his tactical intervention ensuring the survival of Assad in Syria, Putin has simultaneously developed an unprecedented positive relationship with Israel. His Bolshevik antecedents would turn in their graves if they were aware of the almost surreal scenario in which this former KGB officer expresses philo-Semitic sentiments and even praises former Soviet citizens now resident in Israel.

Although it is still premature, Israel’s relationship with Egypt, Saudi Arabia and the Gulf states, much of which is currently clandestine, has the potential of ultimately obliging the Palestinians to reach an accommodation with us.

Israel has never been as powerful as it is today. Without dismissing the Iranian threat, the Israel Defense Forces are today able to defeat the combined forces of all our adversaries.

Despite the fact that anti-Semitism, assimilation and intermarriage will continue to erode the vitality of Diaspora Jewish communities, increasing numbers of committed Jews will make aliya, either by choice or to enable their children to grow up in a society in which they wear their Jewishness as a badge of honor.

Despite the trials and tribulations of the Jewish people, we can rejoice in the knowledge that our future remains assured with Israel. Over the past half century, the Jewish state has made extraordinary progress, is self-sufficient and is proud of our achievements as the startup nation.

Isi Leibler may be contacted at ileibler@leibler.com

Establishing classroom rules is extremely important. What’s more important is consistently enforcing consequences for rule breaking. When children do not follow the rules, they should understand what the consequences are, and those consequences should be the same for everyone. These consequences, of course, should be meted out with kindness and confidence. This will help ensure that everyone learns in a classroom that is calm and controlled.

Lesson Planning

Understanding how lesson plans work is the first step to creating interesting and exciting lessons for students. Teacher training programs provide multiple models of lesson planning. Perhaps the most popular and “in vogue” lesson planning technique is Jay McTighe and Grant Wiggins Understanding by Design. In their fundamental book, McTighe and

THE FLOWER SHOP AND THE E-MAIL

ALAN MAGILL

Sensitivity to others is part of the spiritual DNA of the Jewish people. When Moshe is told by Hashem to “go and I shall dispatch you to Pharaoh and you take My people the Children of Israel out of Egypt,” Moshe balks for a number of reasons including that he felt uncomfortable getting such an honor over his older brother, Aaron. On the brink of being remembered in a positive way for posterity, Moshe’s concern was for his brother’s feelings. Hashem reassures Moshe by saying that Aaron is “coming out to meet you and when he sees you he will rejoice in his heart.”

And then there’s the story of the Shabbos meal when someone had awkwardly spilled wine on the table before Kiddush. The man of the house, a moment later, shook the table and everyone’s wine glass spilled a bit, and he said, “It’s a shaky table” to spare the spiller embarrassment.

In 1985, when I had recently moved to New York from Philadelphia and was living in Park Slope, Brooklyn, I frequented a flower shop on 7th Avenue and made friends with the owners, a husband and wife who were a lovely couple.

They proudly displayed pictures on the wall of their basketball star son who played for the University of North Carolina. One day, there was a crucial game in the college basketball tournament to see who would move on and get closer to playing for the championship. North Carolina was playing in

that game against Villanova, a Philadelphia area school who I rooted for with full gusto. North Carolina was strongly favored in the game which I did not get a chance to watch. On the way to a synagogue for a rehearsal for a play we were doing there as a fundraiser, I passed by that flower shop and decided to stop in to see who won the game. The parents there did not know about my Villanova allegiance. I knew with the few words they would utter I would find out if my beloved team had won or lost. But I geared myself to prepare for how I would react to the news.

Exceedingly nervous, as a sports fan could be, I approached the husband and wife and asked, “How did your son’s team do?” Crestfallen and with low energy, the husband said, “They lost.” At that moment I wanted to jump for joy and scream to the four corners of the earth. My less accomplished team from my hometown had pulled off an incredible upset. But such a reaction would only pour salt into this sweet couple’s wounds. So I summoned up my strength and shook my head in a despondent way and said, “Sorry to hear that.” Then I calmly walked out of the store and walked a few steps and then jumped for joy and screamed to the four corners of the earth! There’s a time and a place for everything, including rejoicing.

Around ten years ago there was a time and a place for me that was very discouraging. There was a major mistake I made that bothered me greatly. As director

of recreation at Ateret Avot Senior Home of Midwood Brooklyn, I was asked by my boss to print out an e-mail that had come in. But it wasn’t just any e-mail. It was sent to one of the guests who lived there, a woman in her 90s – from her only child – her son who was visiting Israel. I’ll call the woman Sara. When I was told to print it for her I was happy that she had gotten a communication from this beloved family member. I went on the Internet, found the e-mail and printed it out. Before giving it to her, I finished up some work I was doing. That completed I went to pick up the e-mail and then go look for Sara. But I couldn’t find the e-mail. I looked EVERYWHERE, turning over things I didn’t even know I had, but to no avail.

I calmed myself by remembering that I just needed to go back on the Internet, find the e-mail and print it again. Imagine the look on my face – talk about “crestfallen” – when I saw that somehow, some way, the e-mail had been deleted.

I frantically looked everywhere again but couldn’t find it. I knew I had to face Sara with the news so I went looking for her, and found her a few minutes later sitting outside. The second she laid eyes on me she said, with great joy, “Alan, my son sent me an e-mail from Israel! Someone’s going to print it out for me.” Feeling terrible, I told her, “I am that someone, and I am very sorry to tell you that I lost the e-mail.” I girded myself for her reaction. I wouldn’t have blamed her if she had yelled at me, or expressed great disappointment. Or just looked sad and turned away. She did none of that. Without missing a beat, she said, “Oh don’t worry about it, Alan. It’s nothing.

I’m going to see him soon anyway.” A wave of relief washed over me. I went back inside and to my office and decided to look again for that e-mail. Sara’s reaction had calmed me so thoroughly that I was able to blank my mind and try to picture what I was doing immediately after I had printed out that e-mail. And I saw it in my mind’s eye. I was working on schedules for the recreation program. I immediately reached for a put away “Schedule” file and when I opened it and saw that e-mail it is hard to express the joy I felt. I bounded out of the Home and told Sara, “I found the e-mail” and I handed it to her. She beamed and exclaimed, “Oh, thank you so much! You don’t know what that means to me. He’s been away for a while and I wanted to hear from him!” Remarkable. When she heard the extremely disappointing news that I had lost the e-mail, she immediately keyed in to the hurt expression on my face and DID NOT WANT TO HURT ME ANY MORE. What sensitivity. And that sensitivity may have played more than a small role in calming me down enough to find it. Being sensitive to another person’s feelings is win-win for everyone.

Alan Magill can be reached at pr2hope@aol.com. He is director of recreation at Scharf’s Ateret Avot Senior Home in Midwood, Brooklyn. As of this writing, there are still accommodations at Ateret for one month if anyone would want to spend Pesach there. You can call 718/998-5400 for more information. Mr. Magill offers customized writing, including picture/poems for a variety of occasions. He is a humorist who gives audience interaction programs such as “Still Laughing After 5776 Years.” He can provide one on one recreation for the elderly who live at home. He organizes shiurim for women, the next one scheduled for Shabbos, April 2, at 5:00 p.m., at Congregation Tomchei Torah, 1966 Ocean Avenue, between Avenues N and O, Midwood, Brooklyn, lower level Social Hall. Rebbetzin Esther Reisman will be the speaker on topics relating to Passover. Mr. Magill is a playwright and can customize a play for a specific theme.

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ANSWERS TO THIS WEEK'S PUZZLES!

Sudoku Puzzle Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

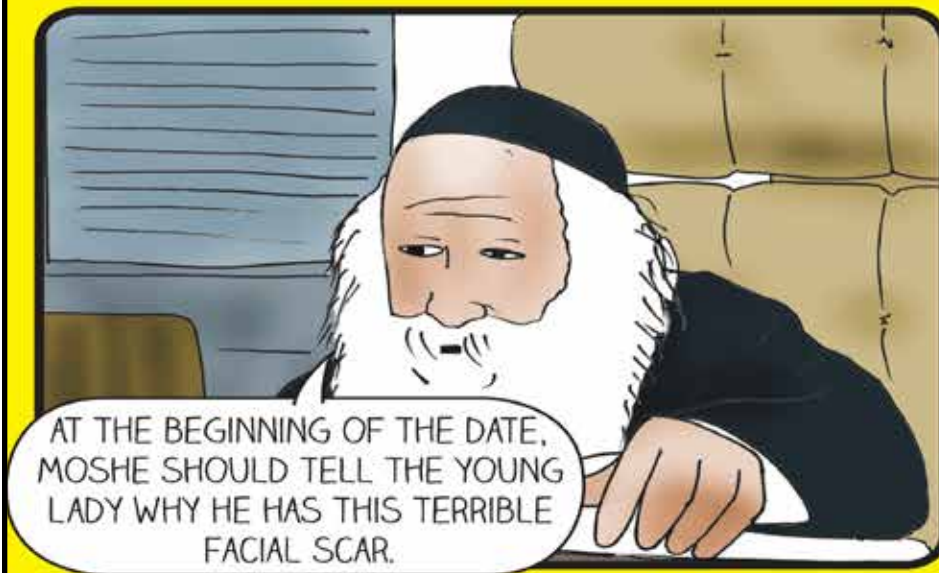
6	2	3	7	9	4	8	5	1
1	7	4	8	5	3	9	2	6
8	5	9	6	1	2	4	3	7
9	6	5	1	2	8	7	4	3
4	3	7	9	6	5	1	8	2
2	8	1	3	4	7	5	6	9
3	4	8	2	7	1	6	9	5
7	9	2	5	8	6	3	1	4
5	1	6	4	3	9	2	7	6

Word search grid with words: IWEANABANTT, COARESSOSUTAU, NKRTANLUTETHA, GCOATLSEETESHV, LEMOCHUMPETAS, IDHAYCRABKFK, DMJANNOSETANY, HETENRIMESGO, WHTDLSPIHIOED, UATAVPECOREDD, FBRHTPREJHNR, FHECERATORSP, IPOGADHWANT, NEOXALORTASS, TDYGGBRAMPESLU, HREKCHPOESLH, NEGFLGASSTLH, EONFLGCHRCMERI, NEELGCHNFAJ, SSSPEAFINUCES, TSEVEKNJWRI, GHSSEMOOTHLET

Torah Connection

Written By: Daniel Keren

Illustrated By: Tzai R. Pensky



OVER 400 FAMILIES WERE ABLE TO ENJOY THEIR PURIM MEAL WITH THE HELP OF EIZER L'SHABBOS



2016 NSHA PURIM DAY MEGILLAH READERS RECEIVE CERTIFICATES AFTER CHANTING MEGILLAH



After completing the chanting of the "GANTZE Megillah," on Purim Day, for their fellow Middle School students, faculty, and their families and friends, 19 Ashkenazic and Sephardic North Shore Hebrew Academy students proudly display their well-deserved Certificates attesting to their individual accomplishments. In back row, standing left, are NSHA Head of School, Rabbi Jeffrey Kobrin; Great Neck Estates resident Dr. Paul Brody (holding Megillah case), who has instructed 250 NSHA students over the past 15 years; and Rabbi Adam Acobas, NSHA Middle School Principal. Student Danny Kroll (front row, 3rd from left, "hangs" composite of modern day "Hamans," who have unsuccessfully tried to destroy the Jewish People.



JEC LEADS NJ ADVOCACY FOR INCREASED SCHOOL SECURITY

Left to right - Rabbi Avi Schnall, Director, Agudah Israel of America, NJ Office; Gordon Hass, ; Bernie Hall, member of the Board of Trustees, JEC; Rabbi Joseph Oratz, Principal, Bruriah; Assemblyman Jamel Holley; Rav Elazar Mayer Teitz, Dean, JEC; Steve Karp, Executive Director, JEC; Assemblyman Gary Schaer; Dr. George Corwell of the Catholic Conference; Assemblywoman Annette Quijano; Robert Hart, JEC Controller; Mary McElroy from the Catholic Conference; Rabbi Ami Neuman, RTMA Principal; Adina Abramov, Chief Marketing Officer, JEC; Rabbi Ariel Schochet, Chief of Staff, JEC and Andy Schultz, Director of Institutional Advancement, JEC.

PURIM WITH THE LISKA REBBE



Col. Sanders (aka Avraham Pultman) meets Donald Trump (aka Steven Frisch) at a Cedarhurst Purim Party



Purim at the Flatbush Minyan with Rabbi Fund



YOSSI ROSE IS THE BAAL KOREH

PURIM ON MOSHAV MATITYAHU WITH RABBI ZEV LEFF



PURIM IN MOSCOW

Beis Ahron Kehilla - with their Rav Rabbi Bentzion Melamed who is also Rosh Kollel Birchas Yitzchock. Beis Ahron Kehilla - with their Rav Rabbi Bentzion Melamed who is also Rosh Kollel Birchas Yitzchock.

HOFFMAN
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ers by refusing to take the steps he knows he should take, “because he’s afraid the education minister (MK Naftali Bennett) will be mad at him.”

Echoing remarks made earlier in the conference by Lars Faaborg-Andersen, head of the European Union delegation to Israel, that “the most effective antidote to the BDS movement is to solve the Israeli Palestinian conflict,” Livni said that when Israel will promote a truly Jewish and democratic state as well as the peace process, it will “create a wall” of protection against BDS.

Livni said she worries that the longer Israel takes to make such steps, the more “in” BDS will become. Equating the BDS movement to veganism, she said, “If it becomes a social and cultural trend, then it will become worse and worse. We have to break this vicious cycle.”

Bennett, who besides his education portfolio is also Israel’s Diaspora affairs minister and the leader of the Jewish Home political party, shot down Livni’s analysis in the first sentence of his remarks. Looking at the last decade, he cited multiple examples of instances when Israel pandered for peace and it worked against the Jewish state.

“In Gaza, we did what the world asked. We went out of there all the way to the ’67 lines....We should have received great applause—that was the purpose of the disengagement,” said Bennett. “We got no affection.”

Bennett called it delusional to believe that if Israel gave land to the Arabs, the world would love and accept the Jewish state.

“Maybe in the short-term, a few days or weeks. But in the long-term, it makes Israel a mockery,” he said. “The world appreciates a nation that protects itself.”

He argued that Israel belongs to the Jewish people—“the land is ours.” That premise, he said, is where any debate needs to start.

Bennett added that there is no solution to the Israeli-Palestinian conflict, so to win the BDS battle, Israel needs to shift the dialogue “to our strong points.”

“Is there anyone here who knows how to solve the conflict? Everyone has tried,” he said. “We are so busy with what we cannot solve. Let’s represent Israel as what

we are: a lighthouse, a steady island in the midst of the Arab storm.”

In her talk, which took place directly after that of the politicians, Barr—whose Israel trip was hosted by the Israel education organization StandWithUs—said she sees pandemic anti-Semitism on Twitter. Since many social media users at first didn’t realize her Jewish roots—“perhaps because no one thought I was Jewish being from Utah”—she was privy to hearing uncensored things non-Jews say about Jews, things they might not have said if they knew they were speaking to a Jew.

“It was shocking when I realized that what I considered criticism of Israel became garden variety anti-Semitism,” Barr said. “BDS is right-wing and fascist...BDS [members] do not want peace, nor do they want peace negotiations.”

Barr said she thinks many celebrities are afraid to speak up for Israel because they’re afraid of being maligned in the media, at conferences, on campuses, or even in synagogue.

“I think people are afraid. Have you ever been shouted down by these BDS people?” said Barr. “People are afraid of being targeted...[They are] protecting their lives and their families.”

Lazaroff said most politicians are grappling with what to do in a universe where they believe that BDS is about anti-Semitism and delegitimization of Israel, while everyone else thinks it’s about the Israeli-Palestinian conflict.

“If everyone believes the Israeli-Palestinian conflict is fueling BDS, then you need a solution about and beyond resolving the conflict,” said Lazaroff. “You cannot show that BDS is about delegitimization of Israel while the Palestinian-Israeli conflict is going on.”

The good news, according to Israeli Finance Minister Moshe Kahlon (Kulanu), is that BDS has not yet affected Israel’s economy. At the conference, he described Israel’s economy as strong, with a low unemployment rate. But he did not discount the potential power of the BDS movement.

“A threat is a threat,” said Kahlon, noting that the government has earmarked NIS 118 million (\$31 million) to be used to among other things to help compensate any businesses who report being hurt by BDS. “The finance minister has to react to any threat in earnest....The boycott has to be taken seriously.”
JNS.org

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with 32 nations voting in favor, none against, and 15 abstaining. The council asked that the list of businesses be updated annually, and that the council be informed of the “human rights and international law violations involved in the production of settlement goods.” Danny Danon, the Israeli ambassador to the U.N., called the database a “blacklist” and said the UNHRC is acting “obsessively” on the issue of Israel. Prime Minister Benjamin Netanyahu called the UNHRC an “anti-Israel circus,” echoing longstanding Israeli criticism of U.N. bias. Netanyahu added that the UNHRC “attacks the only democracy in the Middle East and ignores the gross violations of Iran, Syria, and North Korea....Israel calls on responsible governments not to honor the decisions of the council that discriminate against Israel.” The measure’s passage comes in the wake of the UNHRC’s decision to appoint Canadian legal expert Michael Lynk, who has expressed anti-Israel views in the past, as special rapporteur on human rights issues affecting the Palestinians

SCHONFELD
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Post pointed out that the main difference between teachers whose first year “makes” them or “breaks” them was the presence of mentors. With experienced teachers observing and being observed by first year teachers, giving advice, and lending a hand, teachers’ performances were rated as significantly higher. Parents, students, and teachers all felt that the year was an overwhelming success.

Here’s to a hope that with classroom management techniques, lesson planning, and mentoring the first year makes teachers, instead of breaking them.

An acclaimed educator and education consultant, Mrs. Rifka Schonfeld has served the Jewish community for close to thirty years. She founded and directs the widely acclaimed educational program, SOS, servicing all grade levels in secular as well as Hebrew studies. A kriah and reading specialist, she has given dynamic workshops and has set up reading labs in many schools. In addition, she offers evaluations G.E.D. preparation, social skills training and shidduch coaching, focusing on building self-esteem and self-awareness. She can be reached at 718-382-5437 or at rifkaschonfeld@gmail.com You can view the web at rifkaschonfeldsos.com. Register now for an Social Thinking workshop by Michelle Garcia Winner on November 16, 2016. Please call Mrs. Schonfeld at 718-382-5437 for more information.


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