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Organic CIRCLE
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citi
הדלקת נרות
1 Tevet א" תבט
Parashat Miketz

4:19 P.M. FIVE TOWNS
4:20 P.M. STATEN ISLAND
4:20 P.M. BROOKLYN
4:19 P.M. TEANECK, NJ
5:22 P.M. MIAMI BEACH, FLA.
4: 05 P.M. JERUSALEM



L-R: Rabbi Moshe Dagan, Director of the Chief Rabbinate; Tourism Minister, Yariv Levin; Harav Shmuel Rabinowitz, Rabbi of the Kotel; and Harav Lau, Chief Ashkenazic Rabbi of Israel, lighting the menorah at the Kotel

Kerry Slams Israel, Netanyahu Hits Back In Wake Of UN Vote Against Settlements

KAREN MCDONOUGH

U.S. Secretary of State John Kerry slammed the Israeli government over settlement building, warning that the two-state solution is "in jeopardy," in a lengthy speech Wednesday that

Israeli Prime Minister Benjamin Netanyahu swiftly called "almost as unbalanced" as the United Nations Security Council's recent anti-settlement resolution.

"If the choice is one state, Israel

can either be Jewish or Democratic, it cannot be both, and it won't ever really be at peace," Kerry said in his speech, which lasted an hour and a half and detailed the outgoing Obama

CONT. ON P11

Hanukkah & Jerusalem as Israel's Capital MAY THE MACCABEES' FIRE OF IDEALISM GUIDE US TO CREATE A UNITED JERUSALEM RECOGNIZED BY ALL PEOPLE AS ISRAEL'S CAPITAL.

RABBI BENJAMIN BLECH

Hopefully this time it will be different.

If only politicians took to heart the real meaning of the Hanukkah miracle we might finally witness a long-delayed promise be fulfilled. After all, how long can a nation remain the only one in the world denied the right to choose its own capital city and how long can a people be deprived a historic right of 3000-year duration?

CONT. ON 4

Moving the U.S. Embassy To Jerusalem: 'World War III' Or A Simple Reality Check?

ALEX TRAIMAN

The incoming Donald Trump administration's stated intention to move America's Israeli embassy from Tel Aviv to Jerusalem has been met with Palestinian opposition so vehement that one commentator describes the reaction as "making it look as if World War III will erupt." But experts explain that such Palestinian threats are common, and that the proposed embassy move isn't the massive policy change that it's being made out to be.

CONT. ON P5

The UN's Version of the Hanukkah Story HANUKKAH REAFFIRMS THAT FOR THOUSANDS OF YEARS ISRAEL - ESPECIALLY THE PARTS REFERENCED BY IN LAST WEEK'S UN RESOLUTION - HAS BEEN IN- TERTWINED WITH JEWISH DESTINY.

RABBI YITZCHOK TENDL

Friday's UN resolution "...calls upon all States, bearing in mind paragraph 1 of this resolution, to distinguish, in their relevant dealings, between the territory of the State of Israel and the territories occupied since 1967"

CONT. ON P10

New Study Reveals Harmful Effects of Dim Light Exposure During Sleep

DR. JOSEPH MERCOLA

Inside the suprachiasmatic nucleus (SCN) of your brain, which is part of your hypothalamus, resides your master biological clock. Based on signals of light and darkness, your SCN tells your pineal gland when it's time to secrete melatonin, and when to turn it off.



CONT. ON P6

Jack Newman, MBA
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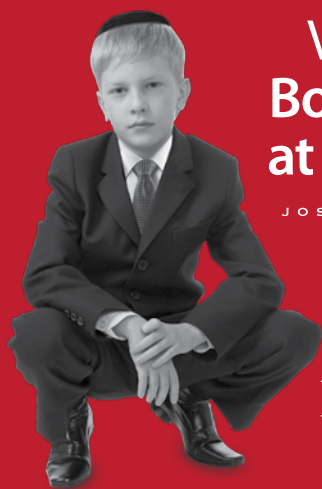
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BLECH CONT. FROM P1

The year 1996 officially marked the “Tri-millennium of Jerusalem, the city of King David.” To acknowledge this milestone the Congress of the United States passed the Jerusalem Embassy Relocation Act mandating the moving of the American Embassy in Israel from Tel Aviv to its declared capital of Jerusalem. The law was adopted in the Senate by a vote of 93 to 5 and the House of Representatives by 374 to 37.

A timetable for its implementation was set: the move of the embassy was take place no later than May 31, 1999.

And yet we still wait. The city to which those most devoted to it for thousands of years of exile and dispersion have returned, the city for which Jews mourned for millennia when they could no longer make the biblically commanded three times a year pilgrimages to it and today rejoice in its rebuilding, the city which has never ceased to be considered by Jews as the holiest in the world –

that remains the only city in the world refused the status of capital given to it by its country.

In spite of the law, successive American presidents have taken a presidential prerogative to sign a waiver excluding them from the requirement to act on the Congressional directive. Presidents Clinton, Bush and Obama each claimed the time was not right, the moment not appropriate to antagonize the Arab world by a move recognizing the ancient connection between Jerusalem and the Jewish people.

Every one of the American presidents who purposefully ignored the Embassy Relocation Act did so in spite of having made the move of the United States embassy to Jerusalem a significant and uncompromising commitment in their campaigns for the presidency.

It is more than ironic than in the United States there are 18 cities named after Jerusalem and 32 Salems – Salem being the shortened form of Jerusa-

lem – but America still thinks our national security would be threatened by recognizing the original Jerusalem in the land of Israel.

The claim of national security as the reason behind Presidential unwillingness to honor a congressional mandate has its roots in a mistaken approach to Middle East problems which continues to plague our supposed experts. We dare not stir up Arab anger goes the theory – as if the very existence of Israel rather than the recognition of Jerusalem as its capital was not the real issue. Rather than using truth as our template for decision-making, we only fear “the hatred of the Arab street, the response of the Arab mobs.”

The story of Hanukkah is a story of courage, the courage of the few in the face of the many. The Maccabees, Mattathias and his five sons, succeeded in leading the Jewish people to a miraculous victory because they knew that fighting for the sanctity of Jerusalem was a divine mission – a mis-

sion they could not ignore nor about which they dare not fear an unsuccessful outcome.

Hanukkah tells us that a spiritual light burns far longer than imaginable or possible by physical laws of nature. The oil which realistically should have burnt less than a day in that story continued to emit its holy glow for eight days until it could be replenished.

That very light, the fire of idealism and of optimism of the Maccabees and the priests who rededicated the temple of old, continues to the present to guide us to the creation of a united Jerusalem finally recognized by all the peoples on earth as the capital, not only of Israel but of all the nations who will someday come to worship in the place biblically designated as the city of peace.

The new President of the United States also firmly promised that at long last he will have the courage to abide by the Congressional ruling with regard to Jerusalem. Let us pray that he will keep his word.

TRAIMAN
CONT. FROM P1

Moving the embassy to Jerusalem would mark both a shift in long-standing U.S. policy and recognition of Israel's full sovereignty in its contested capital. President-elect Trump has also drawn impassioned reactions to his appointment of a pro-settlement ambassador to Israel, his close friend and adviser David Friedman, a bankruptcy attorney.

Friedman, who speaks Hebrew fluently, recently served as president of the American Friends of Beit El, helping to raise millions of dollars for the large Beit El settlement in Samaria—including a \$10,000 donation in 2003 from Donald Trump.

Upon being named ambassador, Friedman said he intended to “strengthen the bond between our two countries and advance the cause of peace within the region,” adding that he looked forward “to doing this from the U.S. embassy in Israel’s eternal capital, Jerusalem.”

Calls for the embassy move have been heralded within Israel by Prime Minister Benjamin Netanyahu and others, including Jerusalem Mayor Nir Barkat.

“The United States of America has embassies in all of the world’s capitals with the exception of Israel,” Barkat said. “That’s absurd, and moving the embassy to the capital

of the Jewish people, to Jerusalem, is a straightforward, standard thing to do.”

Yet the move has been panned by the Palestinian Authority, which has insisted—along with many sympathetic members of the international community—that Israeli sovereignty over Jerusalem is an issue that should be reserved for final-status negotiations to resolve the Israeli-Palestinian conflict. Longtime Palestinian negotiator Saeb Erekat recently warned that moving the embassy could effectively “destroy the peace process,” and threatened that the move would send the region into a “path of chaos, lawlessness and extremism.”

Erekat also stated that “the issues for negotiations” within the peace process are “Jerusalem, borders, settlements, the regime, security,” adding that “no one should preempt or prejudge, because this will be a destruction of the peace process as a whole.”

Recognizing Israel’s capital Typically, any country’s foreign embassies are located in the capital city of a country. Despite the fact that Israel set up its capital in Jerusalem with the founding of its modern state in 1948, many nations, including the U.S., have established their embassies in Tel Aviv as part of a refusal to recognize Israel’s annexation of eastern sections of Jerusalem and the unification of

the city following the Jewish state’s victory in the 1967 Six-Day War. Jordan controlled eastern Jerusalem from 1948-1967.

Israel has been pressing nations for decades to move their embassies to Jerusalem. In 1995, Congress passed the Jerusalem Embassy Act, calling for the U.S. embassy to be officially moved by 1999. But the measure included a provision in which the president could postpone the move every six months by executive order “to protect the national security interests of the United States.” Since the act’s passage, Presidents Bill Clinton, George W. Bush and Barack Obama have each continuously exercised this provision, with Obama signing the most recent six-month waiver in November.

If Trump wishes to move the embassy, all he would need to do is not sign the upcoming waiver, according to U.S. law. As such, Trump and Friedman’s resolve to move the embassy in the face of Palestinian threats may represent a litmus test for an incoming administration that has been openly challenging the current nature of U.S. diplomacy toward Israel.

Palestinians protect status quo Israeli-Arab journalist Khaled

Abu Toameh, a well-known reporter on Palestinian affairs, said that Palestinian Authority officials are “making it look as if World War III will erupt if the embassy is moved.”

“They want the status quo to continue,” Abu Toameh told JNS.org. “They are opposed to any real changes on the ground. And they are now trying to rally the entire Arab world behind them.”

According to Lenny Ben David—the former deputy chief of mission at the Israeli Embassy in Washington, D.C., and a former director of the American Israel Public Affairs Committee’s Israel Office—the Palestinians want to keep Jerusalem within “the realm of territorial dispute.”

Moving the embassy, he said, “is something that the Israelis have wanted for years, and is something that the Palestinians have prevented for decades.”

“Much of Palestinian opposition to moving the embassy is the myth that this is a monumental policy change,” Ben David, currently the director of communications for the Jerusalem Center for Public Affairs think tank, told JNS.org. “The myth is that moving the embassy will cut off any possibility for American rep-

CONT.ON P13



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Dr. Joseph Mercola

New Study Reveals Harmful Effects of Dim Light Exposure During Sleep

CONT. FROM P1

Your melatonin level inversely rises and falls with light and darkness, and both your physical and mental health is intricately tied to this rhythm of light and dark.

When it's dark, your melatonin levels increase, which is why you may feel tired when the sun starts to set. Conversely, when you're exposed to bright artificial lighting at night, including blue light emitted from TVs and electronic screens, you may have trouble falling asleep due to suppressed melatonin levels.

Many sleep problems can be resolved by making sure you avoid blue light exposure after sunset and sleep in total darkness.

Interestingly, being exposed to very dim light during sleep — even if it does not noticeably seem to impair your sleep — may also affect your brain function and cognition during the day.

Minute Amounts of Light During Sleep Can Affect Cognition

I've been a long-time advocate of sleeping in TOTAL darkness, and an interesting study published in Scientific Reports highlights the importance of this recommendation — not just for solid sleep, but also for cognitive health.

In this study, 20 healthy men slept in a laboratory shrouded in complete darkness for two nights in a row. On the third night, they were exposed to a dim light of either 5 or 10 lux while sleeping.

To get an idea of how dim a light intensity of 5 or 10 lux is, 1 lux is equal to the brightness of a surface illuminated by one candle, placed 1 meter (3.28 feet) away from the surface. Twilight is just below 11 lux, whereas an object

illuminated by the light of the full moon is about one-tenth of a lux.

After the second and third nights, the participants performed working memory tests (so-called n-back tests) while undergoing functional magnetic resonance imaging (fMRI). The goal was to evaluate the effects of dim light exposure during sleep on functional brain activation during a working memory task the next day.

When sleeping under 10 lux light conditions, there was decreased activation in the right inferior frontal gyrus, an area of your brain involved in response inhibition, attentional control and the detection of relevant cues when performing a task.

Exposure to 5-lux light had no statistically significant effect on the participants' brain activity. In other words, past a certain point of very dim light, nighttime light exposure can have a direct influence on your brain function, specifically your cognition and working memory.

Nighttime Light — A Hazardous 'Pollutant'

According to the authors of

this study:

"Nighttime light is now considered to be one of the fastest growing pollutants, and the invasion of artificial light into previously unlit areas is threatening the soundness of human health and sleep.

Nighttime artificial lighting in cities is divided into three types: sky glow, trespass and glow. Light trespass refers to unwanted direct lighting of an area, and it occurs when unwanted light spills over into another property or dwelling and causes sleep interference, negative influence on one's well-being ...

Several studies have also shown that light pollution and shift work are tentative risk factors for cardiovascular disease, breast cancer, ovarian cancer, gastrointestinal disease and metabolic syndrome ..."

Fortunately, the detrimental effects of nighttime light pollution are starting to gain recognition, and some countries have even adopted regulations to reduce nighttime light in residential areas.

Guidelines issued by the **CONT.ON P7**

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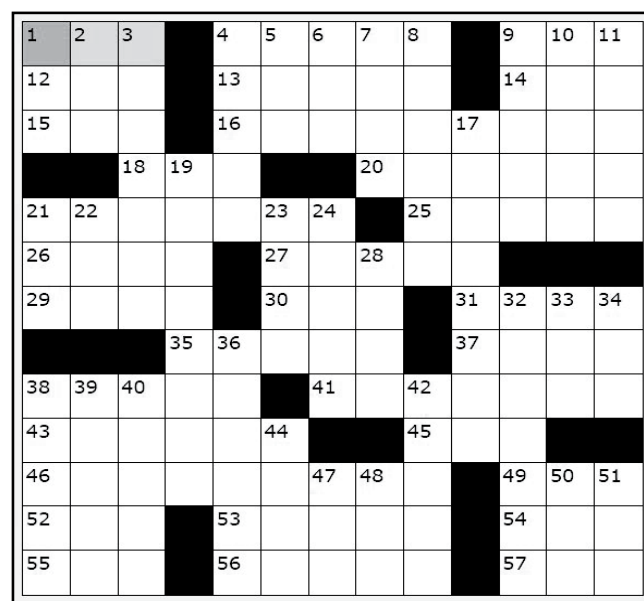
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Moshe's

CROSSWORD

By
Yochai Ben
Yitzchak Dov



Across

- 1) Computer key
- 4) Verse makers
- 9) Gallery contents
- 12) Visit
- 13) Chef's smock
- 14) Third letter
- 15) That fellow
- 16) Respected leader
- 18) Butter portion
- 20) Choose
- 21) Most profound
- 25) Takes it easy
- 26) Wyatt _____
- 27) Poke fun at
- 29) Celebrity
- 30) Wayside hotel
- 31) Whittle down
- 35) Slugger Hank _____
- 37) Frosts
- 38) Slowpoke
- 41) Set aside

Down

- 43) Flings
- 45) Before, in verse
- 46) Determine for sure
- 49) Pub order
- 52) Zodiac sign
- 53) Narrates
- 54) Harden
- 55) Superlative suffix
- 56) grin
- 57) Slippery fish
- 1) Cigar residue
- 2) Maui garland
- 3) Type of paint
- 4) Glue
- 5) Select
- 6) Memorable period
- 7) Toddlers
- 8) Scoffs
- 9) Peaks
- 10) Respond (to)

- 11) Portable shelters
- 17) More tired
- 19) Assess
- 21) _____ Plains
- 22) Consumes
- 23) Bustle
- 24) Singing voice
- 28) Actress _____ Bancroft
- 32) Land area
- 33) Race an engine
- 34) WNW's opposite
- 36) Warns
- 38) Not fresh
- 39) Snouts
- 40) Formal necktie
- 42) Taste or smell
- 44) Flower support
- 47) Famous boxer
- 48) Not well
- 50) Dixie general
- 51) House addition

ANSWER TO THIS WEEK'S CROSSWORD ON PAGE 25

MERCOLA
CONT. FROM P6

Commission Internationale de l'Eclairage (CIE), Illuminating Engineering Society of North America (IESNA) and Institution of Lighting Engineers (ILE), have an upper brightness limit for light trespass of 2, 3 and 5 lux in residential areas respectively.

Chronic Exposure to Light During Sleep May Cause Pronounced Effects on Cognition

The study in question was done to investigate whether these limits are sufficient to reduce sleep and cognitive problems associated with nighttime light pollution.

While limits of 5 lux or less appear sufficient, they discovered that exposure to 10 lux may produce adverse brain effects even if there are no subjective, outward symptoms of impairment. As noted by the authors:

"This study is meaningful because it is the first to scientifically identify the effect of the dim light at night on human brain function and cognition. It is noteworthy that the brain activation was altered after only a single night of light exposure.

This suggests that the chronic exposure to the light at night for many nights might have caused more pronounced effects on the brain and cognition ... The interesting finding in the 10 lux group ... was the discrepancy between the n-back task and fMRI results.

The decrease of the brain activation in fMRI in the frontal lobe without significant finding in the n-back task of 10 lux group suggests that the absence of evidence of subjective or objective cognitive dysfunction does not necessarily mean that the brain is functioning normally.

This indicates that certain exposure to dim light might influence brain function for cognition even if there is no significant impairment in subjective symptoms (or even in an objective neurocognitive function test)."

Lack of Symptoms Does Not Mean You're Unaffected

In other words, what they discovered is that while you might not notice a problem, your brain is still not working normally or optimally. The reason for this is not entirely clear. One possibility is that the decrease in brain activity is related to a reduction in deep

sleep, most likely brought on by disrupted melatonin secretion.

Another possibility is that light exposure at night somehow directly induces cognitive dysfunction (opposed to indirectly, via sleep disturbance). One mouse study found that aberrant light exposure caused learning impairments and mood disturbances by directly affecting melanopsin-expressing neurons.

These melanopsin-expressing neurons, also known as photosensitive retinal ganglion cells, found in the retina of the eye, are not involved in vision. Instead, they play a role in circadian rhythm synchronization and the suppression or release of melatonin.

These retinal cells are also linked to the hypothalamus and the limbic regions, including the amygdala. Other researchers have suggested dim light at night could have a direct influence on brain function via some process related to these photosensitive retinal ganglion cells.

Even 5 Lux Could Potentially Contribute to Depressed Mood

In one study, hamsters exposed to 5 lux at night for four weeks altered their neuronal structure, which in turn caused the hamsters to exhibit symptoms of depression. Another animal study also found that nighttime exposure to 5 lux — this time for three weeks in a row — produced both depression-like symptoms and impaired cognition.

Neurons in the hippocampus also shrunk in length, an effect primarily attributed to a decrease in brain-derived neurotrophic factor (BDNF).

BDNF is a remarkable rejuvenator in several respects. Not only does it preserve existing brain cells, it also activates brain stem cells to convert into new neurons, effectively making your brain grow larger.

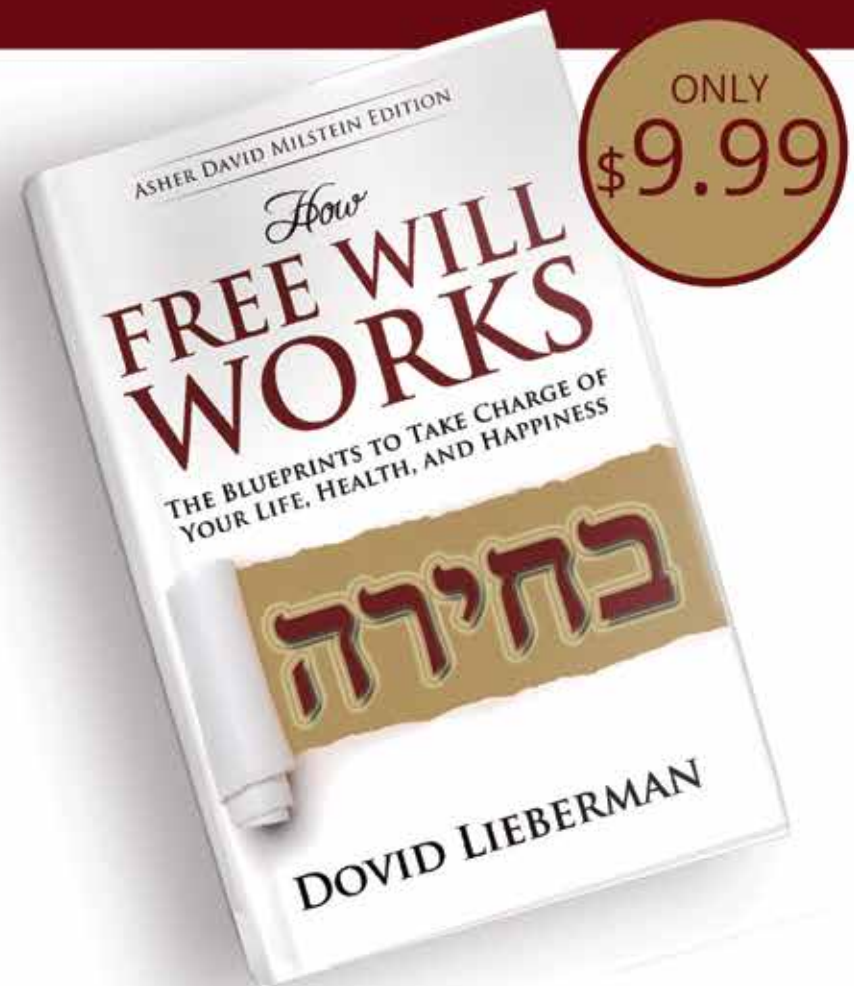
The study in question basically showed that nighttime light exposure of just 5 lux effectively inhibited this important brain rejuvenator, causing neuronal shrinkage in the hippocampus, a brain region involved in both long-term memory storage and the regulation of emotions.

In light of such evidence (no pun intended), it would certainly be prudent to evaluate your night-

CONT.ON P13

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Roy Neuberger

THE CULTURE OF SELF-WORSHIP

The “wicked Greek kingdom” in the time of the Maccabees was so dangerous that we commemorate our liberation thousands of years later. What was the problem? How exactly did the Greeks attempt “to make Your people Israel forget Your Torah and compel them to stray from the statutes of Your Will?”

The father of Greece was Yavan, the fourth son of Yefes, the son of Noach. “Yefes” means “beauty” in loшон hakodesh, and the legacy of Yavan was the worship of human beauty. The Greeks worshipped themselves! In the words of Eliahu Kitov zt”l, “all idolatry is abominable, but when man himself becomes a deity and all of his faculties are utilized to serve himself, this is the most despicable form of idolatry.” (Book of Our Heritage)

The Greeks attempted to introduce the culture of self-worship into Am Yisroel. But subservience to the L-rd of the Universe and self-worship are incompatible by definition. The Greeks could not abide the Truth, namely that this world has a Master and that human accomplishments are gifts from Above. As we say daily, “Master of all worlds, not in the merit of our righteousness do we cast our supplications before You, but in the merit of Your abundant mercy. What are we? ... What is our strength? ... are not all the heroes like nothing before you ... the wise as if devoid of wisdom and the perceptive as if void of intelligence?”

This is anathema (a Greek word!) to the Greek philosophy, which looks upon man as if he were the cause of all his own strength and brilliance. One has to be in love with oneself to believe this, and the Greeks were in love with themselves. Torah punctured their fantasy. They had to fight Torah if they were to maintain the illusion of their own greatness.

Greek culture is embedded in the culture of Rome, which supplanted Greece as the major Western power over the past two thousand years. The conquerors absorbed the values of the conquered. Edom today is also in-

fatuated with itself. If it weren't, then it would not have been able to impose its will upon the world to the extent it did. We are surrounded by a culture that believes its own lies, whether it be the lie of evolution or the fantasy that the industrial revolution would usher in a new paradise on earth.

The idea that “the people” have the intelligence to govern themselves is also a product of self-worship. The Torah idea of government is based upon laws which originate in Shomayim, not on earth. “Separation of religion and state” is totally antagonistic to the Torah. Hashem's law extends to “arba kanfos ha aretz ... the four corners of the world.”

There is a reason that the Torah envisions a monarchy. There is a reason that we are waiting desperately for our king, the anointed son of Dovid ha Melech. A king on earth is a reflection of the existence of the King of Kings, and a righteous king who ensures the rule of Torah in the world is the ideal governor of mankind.

Today's world reflects the world of Chanukah, the quintessential Yom Tov of Golus, the only holiday which begins during the period of the waning moon during the darkest period of the year. We live today surrounded by a culture which worships itself, and this produces a threat which is reaching terrible proportions. Multitudes of falsely-confident people are asserting themselves. Each group has its own view and this means that increasingly chaotic and aggressive confrontation are inevitable. The clash of violent groups is becoming prevalent throughout the world. Governments themselves are headed by people who encourage this chaos.

Furthermore, Am Yisroel has produced its own modern-day Hellenists, who plunge headlong after their own ideas, regardless of the guidelines of Torah and the Gadolim whose rulings are the only means by which Am Yisroel stays on the proper derech.

Between our enemies without and our enemies within, we are now in a period of worldwide darkness resembling the situa-

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tion at the time of the original Chanukah, and we need the zeal and courage of a contemporary Yehuda Hamaccabee to reassert the purity of Torah and dispel the darkness brought about by people who worship themselves and try to obscure the light of G-d with their arrogance.

If this were simply a fairy tale it would be one thing, but the threat is real and dangerous, just as it was in the days of Yehuda Macabee. Our very lives are at stake because an orderly society cannot survive the darkness brought on by the challenge to Torah.

It would seem that we are rapidly reaching the point of danger. The hordes who believe only in themselves are assuming power, but they do not realize that there is a limit to Hashem's tolerance when His world tips over too far into the realm in which evil predominates. He does not allow rebellion to dominate completely. At a certain point, He draws the line. Every Shabbos we say, “When the wicked bloom like grass and all the doers of iniquity blossom, it is to destroy them until eternity...” (Tehillim 92)

Hashem's patience will not last forever; defilement has a limit.

As we read on Shabbos Chanukah, “Not through armies and not through might, but through My spirit, says Hashem, Master of Legions.” (Haftaras Chanukah, Zechariah 4:6) The enemies of Torah are numerous and powerful, but they are doomed to fall. “Rabos machashavos ... many thoughts are in the mind of man, but only the will of Hashem prevails.” (Mishlei 19:21) May the menorah from the Bais Hamikdosh soon illuminate the entire world!

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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:

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ROY AND HIS WIFE LEAH SPEAK PUBLICLY ON TOPICS RELATED TO HIS BOOKS AND ARTICLES.

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"THE SHMUZ"



Rabbi Ben Tzion Shafier THE BAIS HAMIKDASH – POWER SOURCE OF SPIRITUALITY

The Bach commenting on Tur Shulchan Aruch explains that the decrees of the Yivanim against the Jewish people occurred because the Jewish people became "lax in their service."

Earlier in history, the Bais HaMikdash had been the center of life, the pride of every Jew. Going up to Yerushalayim three times a year was looked at with excitement and great anticipation, and the effect of the service was appreciated by all. However, at the time of the Chanukah events, that appreciation was long gone. While the Kohanim still brought the Korbonos, the service in the Bais HaMikdash had lost its luster and glory.

The Bach seems to be saying that all that was to befall the Jewish people was because we no

longer approached the Avodah with the appropriate sense of purpose, and therefore it was taken from us. This, however, becomes difficult to understand when we take into perspective what was actually happening in those days.

The state of the union

At the time of Chanukah, there was much wrong with the spiritual state of the Jewish people. Ignorance had become profound, and entire generations were no longer brought up in the ways of Torah. The Greek/Syrian philosophy had taken hold, and many, many Jews considered themselves more Greek than the Greeks. In their homes they spoke the language of Yavan. They schooled their children in the ways of Yavan, and all that they aspired for was acceptance in Greek society.

According to the Megillas Chasmonaim, the Jews of Yerushalayim asked Antiochus to rename their city Antioch in his honor. They even sent a contingency asking him to erect a gymnasium in Yerushalayim. A gymnasium was not merely a hall for the practice of Greek sports; it was a center of idol worship. It represented a house of Greek culture for the specific function of propagating the Greek ideology and all that it stood for. Initially, Antiochus refused. Finally the Jews of Yerushalayim gathered together 360 talents of silver – a king's ransom – to bribe Antiochus to erect such a building. He agreed, and the Megillas Chasmonaim opens up with the statement: "They erected a gymnasium in Yerushalayim."

The Ramban on Chumash says, "If not for the Chasmonaim, Torah would have been forgotten from the Jewish people." If so, why did the Bach say that the reason for the decrees was the Jews being lax in the Avodah? There seem to be many other things going wrong.

Spiritual fuel source
The answer seems to be that

in spiritual manners, there is no stagnation. A person is either going up or going down. The concept of remaining static doesn't exist. If a person has the spiritual fuel that he requires, he ascends level after level. If not, he declines. That is the reality. That is the way Hashem created the world. The Bais HaMikdash was the nuclear reactor that fueled the spiritual needs of the world.

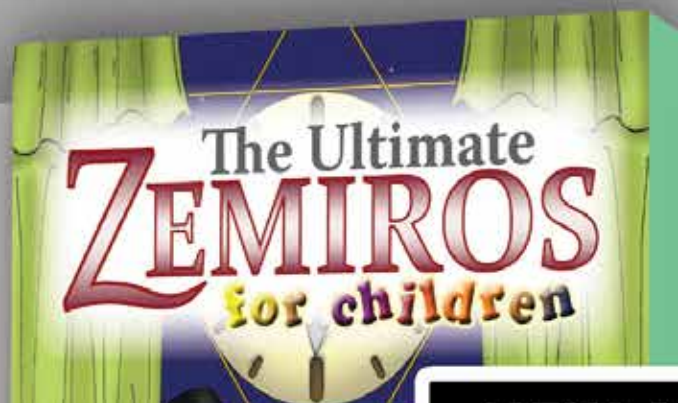
The nation as a whole took a downturn because the source of all Ruchnius was no longer potent. It had lost its luster in the people's eyes, and so it was no longer providing the life-giving nourishment that HASHEM created it to give. The Jewish people are one

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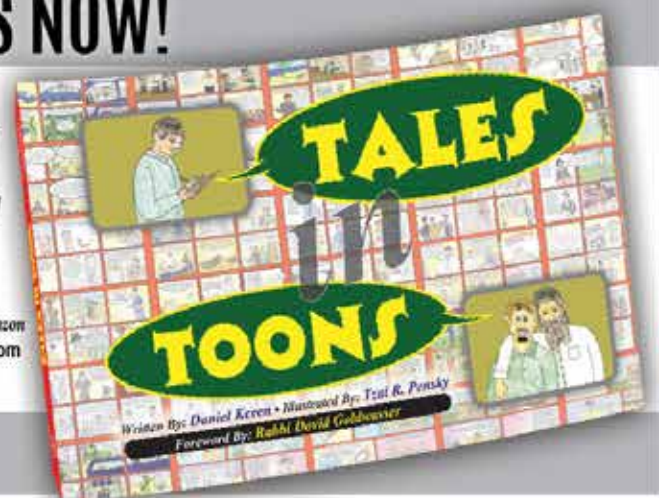
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TENDL CONT. FROM P1

In the spirit of that distinction, here is the redacted summary of the battles of the Hanukkah story according to the UN.

In 167 BCE, after launching the revolt in ancient Modi'in Occupied Palestinian Territory against Antiochus IV, the 5 sons of Matiyahu set up base camp in the Hills of Beit El Occupied Palestinian Territory.

That same year, Judah Maccabee and his small band of men face off in their first battle against Apollonius in Ma'aleh Levona Occupied Palestinian Territory.

The next major battle, in 166 BCE, is against Seron, who lost to the Maccabees in the hills of Beit Choron Occupied Palestinian Territory.

A few months later, with a massive Syrian-Greek army headed by Lysias coming his way, Judah and his men gather in Mitzpah Occupied Palestinian Territory, in preparation for an epic battle in Emek Ayalon.

In 164 BCE, a huge battle

takes place in Beit Tzur Occupied Palestinian Territory, ultimately resulting in giving the Maccabees access to Jerusalem Occupied Palestinian Territory.

They then make their way to Jerusalem Occupied Palestinian Territory, and rededicate the Temple that stood in Occupied Palestinian Territory.

In 162 BCE, the next major battle takes place in Beit Zechariah Occupied Palestinian Territory, where Judah's brother Elazar was killed while attacking a war elephant.

In 161 BCE, Judah defeats a vast army lead by Nicanor in Adasa/Givon Valley Occupied Palestinian Territory.

In 160 BCE, Judah Maccabee is tragically killed during a desperate battle in Elasa/Mt. Bal Hatzor Occupied Palestinian Territory.

Eventually a Jewish State is consolidated 20 years later by the last surviving brother, Simon.

Ironically, Antiochus VII demands that Simon return to

CONT.ON P11

Rabbi Naphtali Hoff

Chanuka... Al Pi Darko

Chinuch refers to realizing the inherent capability...for whichever task, or the capability of a house or an object to fulfill its function... When it is used to refer to the education of children, then the meaning is to raise and develop the child's nature and capabilities. (Rabbi Kalonymous Kalman Shapira of Piaseczno, Chovas Hatalmidim, Warsaw, 1932, pp. 1)

Chanuka means consecration. During the eight days of Chanuka we commemorate the miraculous rededication of the Bais Hamikdash by the Chashmonaim in 165 BCE, following three years of contamination at the hands of the powerful Seleucid Greeks.

Chanuka, however, can also be understood as education, consecrating a child for the holy ambition of a Jewish "chinuch". In this I refer not solely to the transfer of information and ideas, but rather the inculcation of a way of life, a standard of principles and life-shaping ideals that will guide a child to remain on the proper path well into their adult lives. "Chanoch l'naar al pi darko, gam ki yazkin lo yasur mimenu" – Train the youth according to his way, so that even when he ages he will not deviate from it. (Mishlei 22:6)

Chinuch is a topic that deserves special attention during Chanuka, a time when the very essence of Jewish education was threatened by a materialistic, Hellenistic cultural "darkness" that outlawed the study of Torah and the observance of mitzvos at the pain of death.

"The earth was astonishingly empty, and darkness was on the face of the deep, and the spirit of Hashem was hovering over the face of the water". (Bereishis 1:2) Rabbi Shimon ben Lakish applied this verse to the foreign powers. 'Now the earth was empty' symbolizes Babylonia... 'Astonishingly' refers to Persia / Media... 'Darkness' symbolizes Greece. (Bereishis Rabbah 2:4)

Our generation is blessed

with a wide-ranging Torah educational system that serves an extensive array of Jewish children. Yet, this success has not been without its challenges. Children often find themselves forced into a system that, for a variety of reasons, does not meet their individual needs. They spend year after year in an endless rut of frustration. Many become disillusioned and turn away as a result. What can be done, by both mechanchim and parents, to stem this growing tide of disconnect?

Fortunately, contained within Shlomo HaMelech's mandate of "chanoch l'naar" are strategies with which to address and hopefully improve the situation: Educate according to their abilities and inclinations – As we know, every child possesses a different blend of learning styles, abilities and interests. (See Malbim, *ibid.*) It is necessary for educators to guide their students according to the path that their abilities and inclinations dictate (Ralbag, *ibid.*). This requires us to consider differentiated forms of instruction to incorporate all learners and accentuate a wide array of student strengths. It also means that we must be willing to be flexible with our curricular demands, emphasizing more of the affective components of Jewish education, so as to ensure a long-standing sense of connection. To again quote the Piaseczno Rebbe, "We must raise and educate the person with the aim of drawing out (Hashem's spirit), revealing it, making it flower, so that he becomes a faithful Jew. The person's connection to Tradition will thus be borne of free will." Parents can help facilitate this process by advocating for their children and their specific learning needs. Our goal must be to capture the child's essence as much as his intellect. And according to their temperament – We must be willing to work with all of our children and be exceedingly patient with them, even when they are very challenging. So many of our best and brightest children have been turned off because of their inability to fit in neatly within the

CONT.ON P11

TENDL
CONT. FROM P10

him the “illegally occupied” cities of Jaffa, Gezer and the coastal towns, which had previously been controlled by the Syrian-Greeks.

Simon defiantly responds (Maccabees 1 Chapter 15): “We have not taken strange lands, nor are we ruling over foreign territory. We have returned to our ancestral inheritance, from which we had been unjustly expelled by our enemies. And now that we have been blessed with the opportunity, we will hold onto our ancestral land.”

Antiochus VII then attacks, and is repelled by Simon’s army, paving the way for generations of Hasmonean rule.

Hanukkah celebrates a time

in history when God delivered “many in to the hands of the few, the impure into the hands of the pure, the wicked into the hands of the righteous” (Al Hanisim Prayer). It marks a victory against tyranny and religious persecution.

It also reaffirms a stubborn historical truth which stands firm regardless of one’s opinion on the best way to solve the seemingly intractable modern-day conflict: for thousands of years the Land of Israel – especially the parts referenced by in last week’s UN resolution – has been profoundly intertwined with Jewish destiny. No amount of Security Council resolutions can ever change that big, beautiful, historical, and inescapable fact. Happy Hanukkah!

HOFF
CONT. FROM P10

established religious, educational and social systems that we have created, sensing their teacher’s or parent’s frustrations and displeasure.

Educate the entire child – We all have a core list of basic needs, from physiological to physical to emotional, all of which, if not properly met, will hamper our ability to achieve maximal intellectual results. Every child needs to feel like he belongs and is properly cared for as a person, not just as a student. Otherwise, he will seek to satisfy those needs elsewhere, often in environments that are damaging to his physical, emotional, and spiritual well-being.

Educate with the future in mind (based on Rabbi Samson Raphael Hirsch, Collected Writings, Vol. VII, pp. 411ff.) – We must ensure that our children are not overwhelmed by life’s challenges and

experiences. As our students leave the insular walls of the yeshiva, they will invariably be faced with difficult tests, ones never before experienced by past generations. We simply cannot shelter our children from all of these temptations. Rather, we must instill within them a love for yiddishkeit that is of such a magnitude they will possess the necessary fortitude to resist and ultimately reject these divergent forces. Allow them to ask the difficult questions; children must see that the Torah can and does respond to all matters. It must be our mission to ensure that each of our children is receiving a Torah chinuch, both in yeshiva and at home, that is “al pi darko”. In so doing, we will hopefully see them develop a deep, long lasting sense of connection to all that we hold so dear – gam ki yazkin lo yasur mimenu.

Rabbi Naphtali Hoff, PsyD, is President of Impactful Coaching and Consulting. He can be reached at 212.470.6129 or at nhoff@impactfulcoaching.com.

COVER STORY
CONT. FROM P1

ma administration’s vision for Middle East peace.

With less than a month left in President Barack Obama’s term, Kerry defended Obama’s decision to abstain from the vote on U.N. Security Council Resolution 2334, allowing the measure to pass and breaking from the longstanding U.S. policy of vetoing one-sided U.N. resolutions targeting Israel. The secretary of state laid out the case to continue to push for a two-state solution to the Israeli-Palestinian conflict, while questioning Netanyahu’s commitment to Palestinian statehood and calling the Israeli leader’s current government “the most right-wing in Israel’s history.”

The reaction from Jerusalem was immediate and searing. At a press conference, Netanyahu expressed “deep disappointment” in how Kerry blamed Israeli policy for the conflict and merely “paid lip service” to the unrelenting terrorism waged against the Jewish state since it declared independence in 1948.

“Israelis do not need to be lectured about the importance of peace by foreign leaders,” Netanyahu said. “No one wants peace more than the people of Israel.”

The prime minister said he looks forward to working with the incoming Donald Trump administration to “mitigate” the fallout from the U.N. resolution and to “repeal” it. He predicted that stemming from next month’s international peace conference in Paris, France or Sweden could bring another devastating U.N. resolution against Israel, emphatically saying that the U.S. should not enable more harmful resolutions against the Jewish state and calling on Obama to “stop this

game, the charade.”

“This conflict has always been about Israel’s right to exist....It’s a shame Secretary Kerry doesn’t see this simple truth,” Netanyahu said.

President-elect Trump took to social media before Kerry’s speech, tweeting, “We cannot continue to let Israel be treated with such total disdain and disrespect.” He added, “Israel used to have a great friend in the U.S., but...not anymore. The beginning of the end was the horrible Iran deal, and now this (U.N.)! Stay strong Israel, Jan. 20th is fast approaching!”

Netanyahu responded by tweeting, “President-elect Trump, thank you for your warm friendship and your clear-cut support for Israel!”

On Dec. 23, the U.N. Security Council voted 14-0 to pass the resolution, which demanded that Israel “immediately and completely cease all settlement activities in the ‘occupied’ Palestinian territory, including east Jerusalem,” adding that the establishment of Israeli settlements has “no legal validity and constitutes a flagrant violation under international law.” The measure states that the Western Wall is located in “occupied Palestinian land,” and encourages boycotts and sanctions against Israel.

The resolution was first introduced by Egypt, which backed down after Trump intervened, before New Zealand, Senegal, Malaysia and Venezuela pushed for the eventual vote. Netanyahu said Wednesday that he has “absolutely incontestable evidence” that the Obama administration colluded against Israel prior to the U.N. vote, a claim supported by leaked documents released in the Egyptian daily newspaper Al-

CONT.ON P39

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Dovid Lieberman PH.D.

CHAPTER 16

Life in Context

In the previous installment we learned of the power of perspective and noted that perspective gives context, and context allows for us to more easily extract and attach significance to life's challenges.

King David writes, "Had I not been preoccupied with Your Torah, I would have perished in my suffering" (Psalms 119:92). Despite a life full of trials and tribulations, his Psalms exude joy and gratitude because when one lives

a meaningful life, pain and pleasure coexist. It is essential to understand that pain does not make a person unhappy—suffering does, and suffering is, as we said, a consequence of an egocentric lifestyle. Meaning fills our lives with

pleasure and douses the flames of suffering. Struggles and setbacks are a part of life, but without perspective, they become our lives.

Psychologist Boris Cyrulnik, who is a Holocaust survivor and world-recognized expert in the study of emotional resilience, explains that we have to give meaning to tragedy as soon as possible in order not to remain stuck. Otherwise, he writes, "we bring ourselves back to life by inflicting pain on ourselves . . . repeating the same story." Perspective gives us the natural ability to frame a trauma in a meaningful context before it becomes fused with our identity and becomes part of a self-sustaining story that defines us.

HAPPINESS IS IN OUR HANDS

Findings confirm that those who place a high priority on money and fame are significantly less happy and emotionally solvent than are those who strive to bring

meaning into their lives by pursuing healthy relationships, developing their potential, and becoming involved in social causes. Hashem sets forth the choice:

See, I present before you today a blessing and a curse. The blessing: that you hearken to the commandments of Hashem, your Hashem, that I command you today. And the curse: If you do not hearken to the commandments of Hashem your Hashem.

Rabbi Moshe Feinstein explains

that for those who keep the Torah, life is a blessing, because they enjoy all of the blessings Hashem gives them. But those who ignore their purpose in this world can never fully appreciate the good in their lives. Life becomes a curse because as much good fortune as they receive, they are never fulfilled; they cannot

enjoy what they have, and they always want more.

Our Sages define happiness as the ability to find pleasure in what we have and not pain in what we don't. "Who is wealthy? He who is happy with what he has." The Talmud affirms, "Who sets his eyes on what is not his, loses also what is his."

Without perspective, all of the good in our lives remains out of focus. We are left in a state of restless desire, goaded on by a sense of entitlement, with an inescapable finale: disappointment and despair. By comparison, a healthy perspective advances an attitude of appreciation and gratitude, which itself changes the quality of our lives.

The Rabbis say that before a person is born, Hashem decrees whether that person will be clever or foolish, strong or weak, healthy or diseased, rich or poor. The only thing that is not preordained is whether the person will be a tzaddik ("righteous person") or

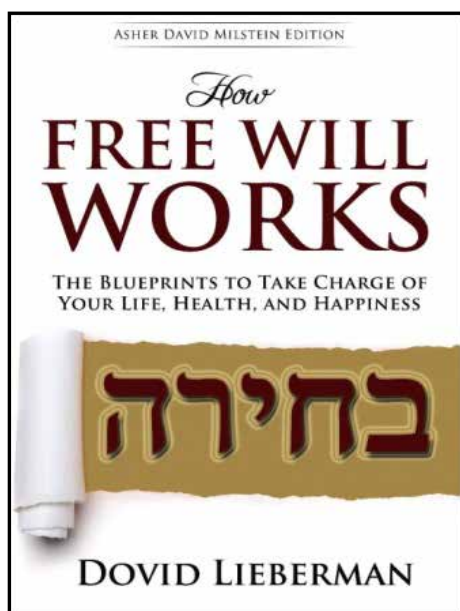
a rasha ("wicked person"). That depends on free will—how we choose to live our lives.

Findings show what our Sages taught long ago: circumstances do not relate to life satisfaction, but subjective feelings do—and subjective feelings are a direct reflection of our choices, not conditions. The following is research out of Harvard University:

Only 10 percent of our long-term happiness is predicted by the external world; 90 percent of our long-term happiness is dependent on how our brain processes the external world. . . . The external world does not predict your happiness, which is a freeing scientific realization about how much con-

trol you actually have over your happiness.

In the upcoming chapters, we will discuss Hashem's providence and the means to rise above a heavenly decree. Should we fail, however, in our sincerest efforts to alter life's difficult terrain, we must know that more important than the road we travel is who we become along the way. The yetzer hara too easily tricks us into accepting that what happens to us is the yardstick of significance. Yet it is not the circumstances we face, but how we face our circumstances that determines the true nature of the experience, and this is something we always have complete providence over.



Rabbi Moshe Goldberger

Action Tidbits

There are six opinions in Brochos 47b in defining one who is ignorant:

- 1- R. Eliezer – one who does not say the Shma,
- 2- R. Yehoshua – does not put on Tefilin,
- 3- Ben Azai – does not wear Tzitzis,
- 4- R. Noson – does not have a Mezuzah on his doorposts,
- 5- R. Noson bar Yosef – does not have his children study Torah,
- 6- Others – does not study Talmud.

SUDOKU

PUZZLE

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

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ANSWER TO THIS WEEK'S SUDOKU ON PAGE 36

TRAIMAN
CONT. FROM P5

resentation to the Palestinians.”
“Reality check”

At the same time, Ben David explained that moving the embassy represents “a reality check.”

“Call it waking up and just seeing what’s on the ground,” Ben David added. “Israel is in west Jerusalem. The Israeli government is in west Jerusalem. So at the very least, America should set up its embassy in west Jerusalem.”

If the U.S. moves the embassy, Ben David cautioned that the event does not need to be blown out of proportion, and that it “should be done gradually, bureaucratically.” The U.S. already runs a consulate in Jerusalem—a large modern facility built to handle many of the functions of an embassy—and as such, the embassy move could take place quickly and relatively quietly. “You can just change the name on the door” from consulate to embassy, Ben David noted.

The move could begin, he said, with American cables to the new ambassador being sent to Jerusalem, Israel, rather than to Tel Aviv. “Yet, if I were writing American

or Israeli policy, I would not make this a major event with pomp and circumstance,” Ben David said.

Abu Toameh, a senior distinguished fellow for the Gatestone Institute think tank, said that “Palestinians on the street will not be affected by any decision to move the embassy, and they are not complaining. Why should Palestinians be concerned if the embassy moves to Jerusalem? It is only Palestinian officials that are making this an issue.”

Falling for Palestinian threats
“For years, Palestinians have run to the international community with threats in order to get what they want,” Abu Toameh said. “Palestinians are used to the international community complying with all of their demands.”

In the past, he said, Palestinians have vowed “that if Jews started going up on the Temple Mount, that World War III would erupt. And it didn’t. This is just another threat.”

“The question is whether the Trump administration will succumb to the threat,” Abu Toameh said.

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MERCOLA
CONT. FROM P7

time light exposure if you “feel blue” or struggle with any kind of depression. Even a seemingly insignificant amount of light could be interfering with your melatonin and/or BDNF production, causing a mood imbalance.

Even the display on your alarm clock could be causing you trouble without you realizing it. I used to recommend covering up digital alarm clocks but know from personal experience how inconvenient that can be, especially if you have blackout drapes and sleep in pitch blackness like I do. I finally discovered a perfect solution — an alarm clock for blind people. It has a very large button that is easy to find, and when you tap it, it audibly tells you the time.

Light-Sensing Pigment in Your Eyes Help Direct Waking/Sleeping Cycles

The wavelength of light also matters to your health, not just the brightness itself. The wavelength gives light its color. Red and orange light have longer wavelengths while green and blue are shorter. The influence of

varying wavelengths of light on brain function was demonstrated in a 2014 Belgian study, which showed that orange light serves as a powerful “wake-up call” for your entire body.

Again, the influence of light wavelengths has to do with the photosensitive retinal ganglion cells in your eye, which produce a light-sensing pigment called melanopsin. This pigment plays an important role in directing your waking and sleeping cycles. As reported by New Scientist:

“To find out how melanopsin wakes up the brain, Gilles Vandewalle at the University of Liege, Belgium, and his team gave 16 people a 10-minute blast of blue or orange light while they performed a memory test in an fMRI scanner. They were then blindfolded for 70 minutes, before being retested under a green light.

People initially exposed to orange light had greater brain activity in several regions related to alertness and cognition when they were retested, compared with those pre-exposed to blue light. Vandewalle thinks that melano-

CONT.ON 20



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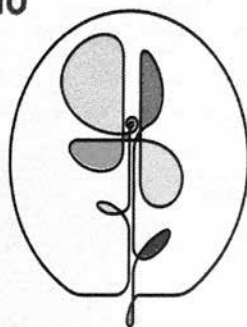
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REVIEWS | Daniel Keren

The Power of a Quarter

If you live in certain neighborhoods in Brooklyn and probably Monsey and perhaps Lakewood; the odds are very good that every day when in shul or when walking on the street to a store or your place of work, you will be approached by many people collecting tzedakah (charity) either for themselves or for a mosdos (yeshiva, kiruv group, etc.).

I have noticed that all too often, most people simply ignore these appeals. Perhaps one of the reasons why is that how can we know if the person asking is truly a legitimate oni (poor person) or someone collecting for a worthy cause. All you need is to hear one story of a bad apple and you can become a hardened cynic.

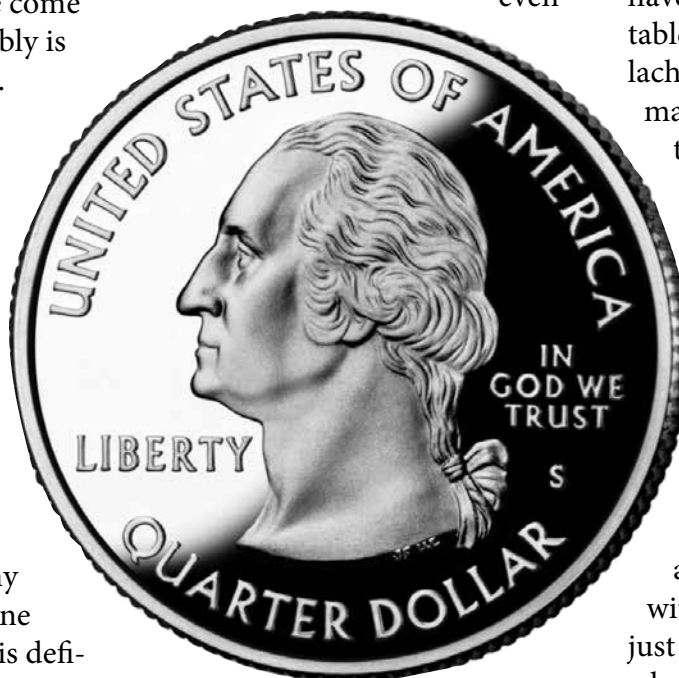
Many people think that if you don't give a dollar bill, the oni or meshullach is going to be offended, say mean words to

you and maybe even throw the quarter back in your face (G-d forbid) or the back of your head. Now if you daven (pray) in a shul where not too many people come to solicit tzedakah, it probably is appropriate to give a dollar.

The following essay is really meant for people who feel overwhelmed by the wave of people coming to ask for help during the course of davening, usually during Shachris, the morning service or a simcha like a wedding. Again, if G-d has blessed you with a bountiful parnassa (livelihood), my suggestion of giving everyone who asks you for a quarter is definitely not meant for you. Maybe if you are really successful, you should consider even more than a dollar depending on who is col-

lecting and what they are collecting for. I would never ever give a Rosh Yeshiva a quarter.

I find in my case that in the course of a week, six days when davening in shul or walking on the commercial streets, I can easily be approached by perhaps up to 50 people asking for assistance. Now if you have a take-home pay of say \$600 to maybe even



\$1,000

a week, obviously give a dollar to every one of those soliciting for tzedakah can wipe out your 10% maisah or come close to 50% of your maisah [not allowing you to give as much as you want to certain causes that you truly believe are important.] Obviously again if you are doing exceptionally well financially and have no problems paying your bills, you might want to discuss with your rav or posek whether or not you should be giving chomesh (20% of your net salary.)

But what about the possibility that the person asking for tzedakah is a fraud? I once heard Rabbi Yisroel Reisman at an asifah for a choleh in his shul say, "Just give the person a quarter." So what did you lose? Just a quarter! If you are in a bagel shop and want a donut, does it bother you that in your corner grocery store you can buy that same daughter for a quarter less? And perhaps that person wasn't a faker. But remember to give that quarter with a smile and a good spirit.

Each week I give the bank teller a \$10 bill and ask for a roll of quarters (40). Sometimes I find that by Wednesday, I am running out of quarters, so when in shul where I normally put money

into the pushka before davening, I redeem another eight or 12 quarters to last me until my regular appointment Thursday night at the bank for a new roll of quarters.

Now if I am going to a chasanah (wedding) in Boro Park or some other location where a lot of people will come to collect, I get a second roll of quarters. I have noticed when sitting at the table, that when the first meshullach comes and asks for tzedakah, many people (not the whole table) cheerfully give a dollar.

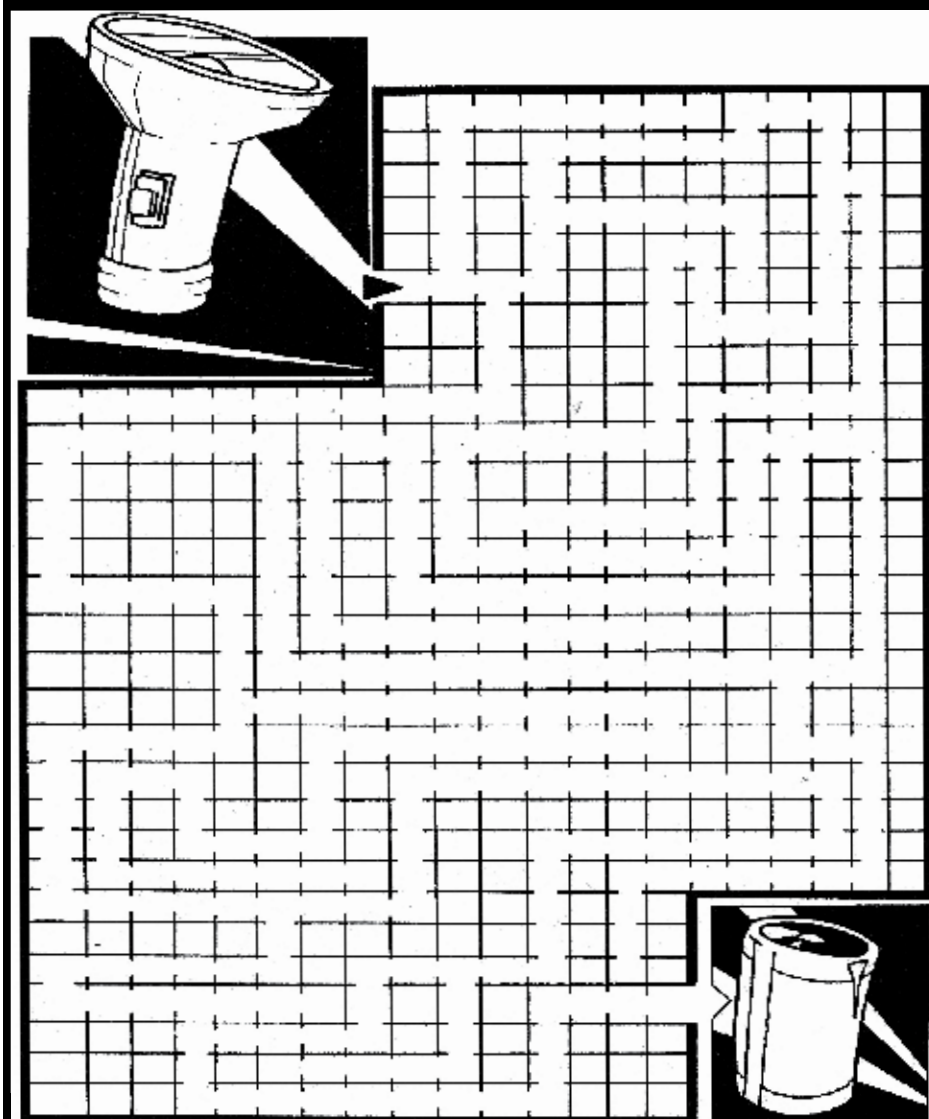
Five minutes later when the second and third meshullach approaches the table, these same tablemates are not giving so cheerfully. And by the fourth and thereon, they either shake their heads or pretend that they are in such an important conversation with their neighbor that they just can't hear what this stranger who is so rude as to be interrupting their conversation is saying.

Me, I have most of the quarters on the table so I don't have to waste the meshullach's time by taking my wallet out of my back pocket. And even when the fourth or fifth or sixth or seven, etc. individual comes collecting, I am able to cheerfully hand over a quarter and wish him hatzlacha (success.)

I remember one time at a wedding being approached by a man collecting to help pay the tuition for his son in a special needs yeshiva. By this time everyone at the table had maxed out of their dollar donations and were shaking their heads or pretending not to hear. I gave him a quarter, wished him hatzlacha and sheepishly apologized for not being able to give him a larger donation.

He surprised me by saying quite cheerfully "Quarters are wonderful!" Pointing to all the tables in the men's section, he declared "If everyone here would just give a quarter, I wouldn't have to spend so much time going from hall to hall and could spend more time with my family." Remember every quarter has the word – "IN G-d WE TRUST."

MAZE



ANSWERS ON PAGE 36

STANDING YOUR GROUND

Alan Magill

Life can throw you for a loop. Obstacles can appear in your path that can not only slow your progress, they can make you forget what you are trying to achieve. In certain situations where your views are outnumbered it might just seem so easy to give in or give up. But as the miracle of Chanukah attests to, "the many" can be delivered "into the hands of the few."

Yes, faith in Hashem is a major factor in this remarkable turn-about from the persecuted being those in control of their own destiny. But to move toward the destiny that is desired, an individual must take ACTION on his or her own accord. And often in the darkest of nights, it takes great a brave action to let the world and yourself know just where you stand on an issue.

Case in point – Over two decades ago I was walking in Queens on Xmas, December 25, and saw an 8 year old boy, a Yeshiva student, walking down the street carrying his school books. While most of the city students had off that day, for this boy it was a regular day in class. And who did I see walking toward him? A rambunctious group of 8 year olds who did have off that day. It would have been understandable for the "few" (in this case, one) to cower in front of the "many." Especially when these boys starting taunting the one student. Said one, "Ha, ha. You had to go to school today!" There were a wide range of responses the boy could have given, but I never anticipated the words that he said. With a sense of certainty, he replied, "Ha, ha.

You didn't learn anything today!"

The taunters probably didn't know what hit them. Their attack had been stifled by the sheer power of the boy's conviction.

Some years ago, while working in a senior venue, I noticed a lady who I'll call Sara who seemed to be having a struggle of conscience. She valued her independence and living in home sweet home, but a fall had made that impractical, at least for the short term. Living at the Senior Home she kept on eye on an anticipated departure date and one eye on making new friends and taking part in a variety of social activities. But when she was making slow progress in her physical therapy I noticed a sadness begin to seep into her as it became apparent that she would have to stay in the Home longer than anticipated.

This sadness could have become a slippery slope to depression or angry or other unpleasant behaviors. But I saw in this woman from the day she moved into the Home a natural dignity, and a regal bearing that made her stand out. And also, a sincere connection with Hashem. She sat next to two ladies who, at times, spoke a lot of Lashon Hora, evil speech against others. I wondered how this would affect Sara, and I hoped that she would hold her ground through the difficult time and retain the best of the person she was.

Certainly, there's a certain release that comes from speaking with others about what you don't like about another person. However, the Torah forbids this kind of speech. And also, while you're

speaking bad of others you're not doing anything positive for yourself. And the amazing thing I noticed about Sara is that even in the toughest of times, when she was sitting with her friends and they were speaking badly about someone, I never heard that woman say one word in that conversation. It's not that she rebuked them, this normally talkative person just buttoned her lip. "Good for her," I thought. Sara knows how difficult it is to make the progress she sought and she wasn't going to join others in an activity that would stifle her. In short, she had a heart of gold and she wasn't going to exchange it for lesser metals.

A number of years ago when I worked in a nursing home I saw many different kinds of cognitive deficits including Alzheimers and dementia. To me, it was another kind of the "many" dominating the "few" as the disoriented parts of the person completely dominated whatever little lucidity a number of people had. Which reminds me of a wonderful story where the "few" prevailed over the "many." As a recreation therapist on one of the Home's floors I

saw a number of different family dynamics that were fraught with conflict. One of the saddest, and, at times, undoubtedly necessary, is when a family member brought a loved one to the Home who had dementia and told them they were only coming for a doctor's appointment. Actually, they would be staying there.

One woman who had this happen to her I'll call Myrna. I was told of her situation soon after she was admitted and wanted to make her feel as comfortable as possible in her new living quarters. But I had to find her first. And find her I did, wandering the halls, with two other people who were wandering with her. I tried to engage her in a conversation and invite her to my sing-along which was starting in a few minutes, but she had her own ideas and steered the conversation in a disoriented way. Her concluding words before I had to leave were, "Mister, you're a real nice guy. I want you to come to my house for spaghetti dinner this Sunday night." There was no reality in her offer, but it came from a warm place in her heart, so I thanked her and moved

CONT.ON P19



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TRUE HEALTH | Yael Tusk

The Truth About Health: The book that will give you the knowledge to make educated medical decisions

I don't like reading boring books. And I would certainly take no pleasure in boring you. I once read a book about calcium(!) that was so dull, that it put me to sleep in one minute flat, which worked out great, because it saved me from a bad case of jet-lag. I would not recommend that book to my worst enemy.

I am also not a health nut. Ice cream is and has always been my favorite food. I'm just a truth-seeker, and I don't like being duped. For the last 15 years, nearly every person I have encountered, has asked me the exact same question: "How did you get into the field of Chinese medicine?" Which may translate: Why would you venture so far off the beaten path? No accountants or actuaries are asked this question.

There's another question people ask me. It usually follows directly

after the one above: "Do you believe in Chinese Medicine?" I will answer both of these questions for you now, because these questions are the reason I started writing what ultimately became this book.

The reason I chose to study Chinese Medicine was because I have long sensed that modern medicine was fumbling in the dark in too many areas. There were simply too many unanswered questions, too many contradictions. This lit a fire under me to find the truth about what really causes disease, and what cures it.

It was my interest in truth that led me to study Chinese Medicine. The fact that Chinese Medicine offers a fairly ascetic and regimented approach to health was not the main attraction for me. It was more of a minor and hopefully avoidable inconven-

CONT.ON P25

Obama's Ultimate Betrayal of the Jews

Joseph Frager, MD

Over 70% of American Jews voted for President Obama in 2008 and again in 2012. President Obama on Friday, Dec. 23rd betrayed not only the State of Israel but Jewish Americans. I had been warning that President Obama would pull a "fast one" and use the United Nations to stab Israel in the back for months. It was all well-rehearsed and planned in conjunction with the PLO.

Morton Klein, the head of the ZOA had outlined all the telltale signs that President Obama was going to do the dastardly deed in full page ads in major newspapers. I helped organize many diverse events to make sure to wake up our sleeping brethren. I was often met with consternation and disbelief. "He (the current President) would never do such a thing" they would say. The election of Donald Trump was a mandate against Obama's poor and shameful treatment of Israel. It was also a strong statement against precisely what President Obama did at the UN this past week.

As a matter of fact President Elect Trump and President Obama on Nov. 10th discussed the handling of Israel in the months leading up to the inauguration. President Elect Trump got assurances from the President that he would not do what he ended up doing. President Elect Trump was heroic in his efforts to stop the United Nations from even raising the resolution. It is not yet clear how New Zealand conveniently slipped in the resolution the day after Mr. Trump had convinced Egypt to withdraw it. New Zealand will now face the wrath of President Elect Trump and Israel.

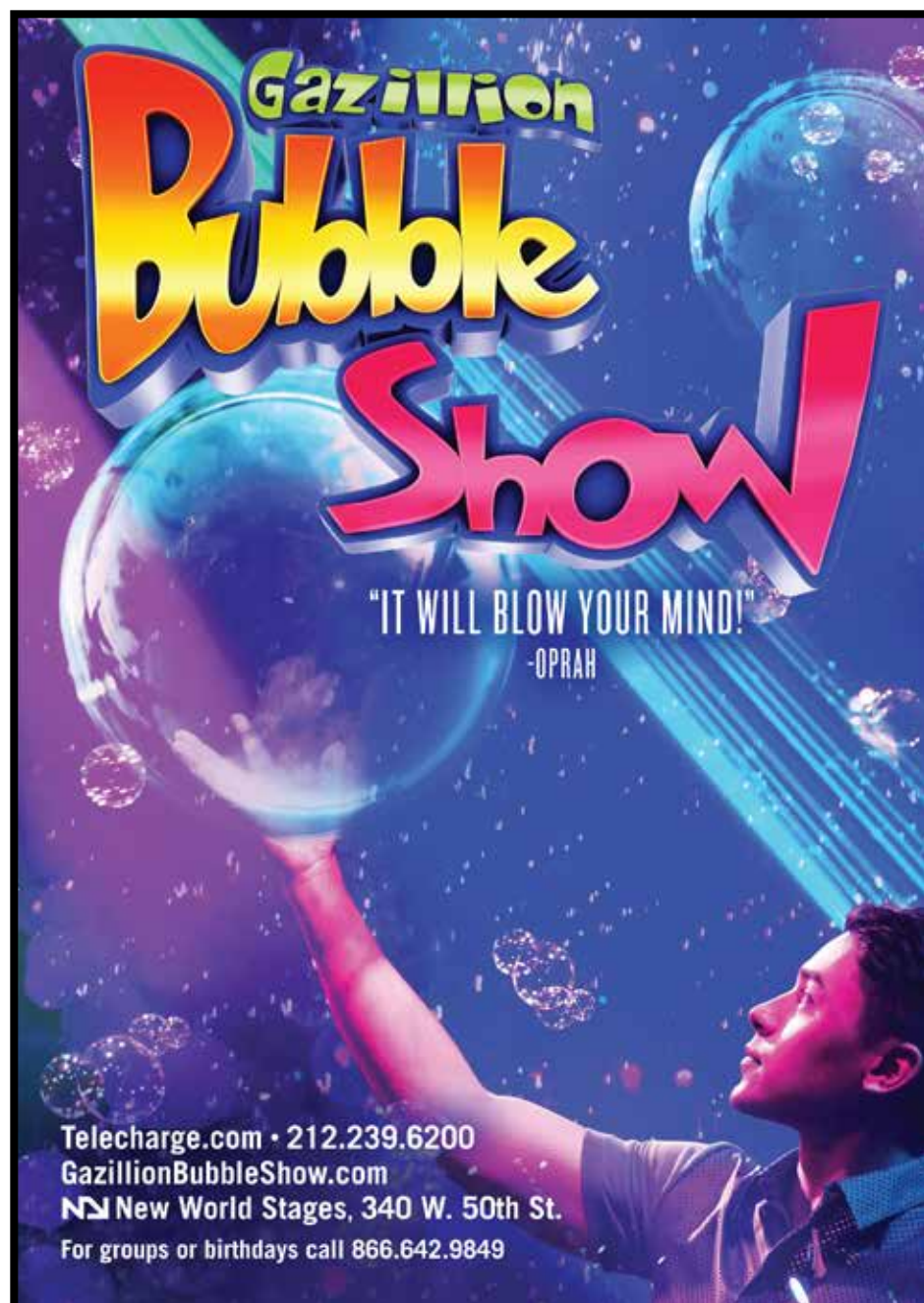
President Obama did what no other President dared to do especially in a lame duck period. It is unheard of and deplorable. By abstaining from Resolution 2334 which in part, "Reaffirms that the establishment by Israel of settlements in the Palestinian territory occupied since 1967, including East Jerusalem, has no legal validity and constitutes a flagrant violation under interna-

tional law and a major obstacle to the achievement of the two state solution and a just, lasting and comprehensive peace",

President Obama created a nightmare for Israel. For 50 years resolutions of this kind emanating from the Security Council have been vetoed by both Democrats and Republicans. Unfortunately, Resolution 2334 destroys any prospects for peace. Previous Presidents have all realized this. This resolution gives added fuel to and encourages the BDS movement. It also allows the International Criminal Court at the Hague now to go after any Israeli it wants to. This may well be the worst part of the resolution on a practical level. President Elect Trump will have his work cut out for him. President Obama just made it harder.

The United Nations have been out of control for a very long time. They would rather spend their time making resolutions against Israel than saving 500,000 Syrians. America must demonstrate leadership and defund the United Nations once and for all. The President Elect must allow Israel to build again in Judea and Samaria and all of Jerusalem. Israel for its part must finally annex Judea and Samaria. This would be an appropriate response to this painful unilateral move. This would be an answer to President Obama's dark of the night ambush of Israel. Although America has never ratified the Rome Statute which established the International Criminal Court in 2002, it must either find ways of doing away with it or prevent Israelis from facing prosecution for war crimes simply by living in Judea and Samaria. Currently Americans are immune from prosecution.

The Jews the world over should realize how fortunate they are to have president Elect Trump in the waiting. We will once again have a friend in the White House. President Obama in his waning days in office showed his true colors and they are not pretty.



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SHMUZ
CONT. FROM P9

unit, inextricably tied together in fate and spiritual level. The core of our spiritual energy in those days was the Bais HaMikdash. The Avodah was the lifeline and fuel source for the nation. Since it was no longer practiced properly, it couldn't maintain the spiritual needs of our people. The reason the Jews of Yerushalayim became enamored with Greek culture was because the furnace providing the level of spiritual power was no longer functioning at capacity. The Avodah no longer accomplished its desired effect, and the Jewish Nation itself was in grave danger.

The only cure was for the Jewish people to reach a new understanding of the primacy of the Avodah and to rededicate themselves to the service in the Bais HaMikdash. When led by the Chasmonaim, Kohanim who did the Avodah and who were willing to sacrifice their lives for it, the nation was rededicating themselves to the centrality of the Avodah. Then the Bais HaMikdash could be reestablished and pump out the spiritual nourishment needed to keep the Klal Yisrael whole.

Kiruv - The mitzvah of our generation

This concept is especially relevant in our times when as much as 90% of our nation is made up of non-practicing Jews. While the numbers may seem daunting, nevertheless, we live in amazing times. There is a powerful receptivity amongst our people - religious and not yet religious - for growth. People hunger for truth and meaning in their lives, and the Torah is only pure source that fills that need. Clearly, the mitzvah of our generation is Kiruv. And as such, it is an obligation upon each of us to do all that we can to help our brothers who were brought up bereft of their heritage. From that aspect, the work is clear. We must go out and do whatever is in our power to help - whether teaching classes or inviting non-religious co-workers to our homes, whether joining Partners in Torah or contributing to Kiruv programs. The work is endless, but the potential is stellar.

At the same time, we can't lose sight of the reality that these attempts succeed only because of the spiritual state of our nation. We

no longer have a Bais HaMikdash. Now, our Yeshivas and Kollels are the nuclear furnaces that provide the spiritual fuel for the world. If our own Torah study is on a high level, and we are pumping out the vital spiritual fuel needed, then with HASHEM's help, all of these efforts will succeed. However, if we allow the spiritual reactors of our people to decline, then all of the best efforts in the world will not meet with success. The underlying energy source of it all will be lacking.

For more on this topic please listen to Shmuz #155 Chanukah - Flexi-dox Judaism

Rabbi Shafier is the founder of the Shmuz.com - The Shmuz is an engaging, motivating shiur that deals with real life issues.

All of the Shmuzin are available free of charge at www.theShmuz.com or on the Shmuz App for iPhone or Android.

MAGILL
CONT. FROM P15

on to my program in the day room.

And in that day room, after about 40 minutes of singing, the people in there were in a upbeat mood so I thought I'd conclude with something that would lift their spirits even higher. I put on the record of Frank Sinatra singing "I've got You Under my Skin" and I sang along with great gusto with many of the room joining in with me. As we reached the crescendo of the song and happiness prevailed, I dialed up my voice even louder and everyone was singing and clapping and when we hit that last, wonderful note there was a spontaneous loud ovation in the room. And then I saw her, for the first time in the room - Myr-

na! With a look of total enthusiasm and joy on her face, she pointed at me from the back of the room and bellowed out, "You're definitely coming to my house!!!" I was touched that this woman with dementia could remember a short conversation we had over 45 minutes ago. Her innate goodness had pushed aside the many strains of confusion and brought her to a clear, wonderful moment.

I can be reached at pr2hope@aol.com I am Director of Recreation at Ateret Avot Senior Home of Midwood. I do customized picture/poems at reasonable rates. I also offer "The Hip Bone's Connected to the Funny Bone" humor program which includes jokes, stories, skits, improvisations and information on the health benefits of laughter.

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MERCOLA
CONT. FROM P13

psin is acting as a kind of switch, sending different signals to the brain depending on its state.

Orange light, which has the longer wavelength, is known to make the pigment more light-sensitive, but blue light has the opposite effect. Green light lies somewhere in the middle. The findings suggest that pre-exposure to orange light pushes the balance towards the more light-sensitive form of melanopsin, enhancing the response in the brain."

This kind of information becomes particularly important if you work the night shift. By carefully selecting the type of artificial light you expose yourself to at different times, you can ameliorate at least some of the adverse effects associated with shift work. For more details, please see my previous article, "How to Counteract the Ill Effects of Working the Night Shift."

How to Make Digital Screens Healthier

In addition to reducing the light in your sleeping environment it is also helpful to eliminate

blue light from artificial sources like watching TV at night. You can do this by picking up a \$9 pair of UVEX blue blockers on Amazon. It is far more convenient, though, to use blue light blocking software on your computer monitor after sunset.

Many use f.lux to do this, but I have a great surprise for you as I have found a FAR better alternative that was created by Daniel Georgiev, a 22-year-old Bulgarian programmer that Ben Greenfield introduced to me.

He is one of the rare people that already knew most of the information in this article. He was using f.lux but was very frustrated with the controls. He attempted to contact the f.lux programmers but they never got back to him. So, he created a massively superior alternative called Iris. It is free, but you'll want to pay the \$2 and reward Daniel with the donation. You can purchase the \$2 Iris software here.

Iris is better because it has three levels of blue blocking below f.lux: dim incandescent, candle and ember. I have been using

ember after sunset and measured the spectrum and it blocked nearly all light below 550 nanometers (nm), which is spectacular, as you can see in the image below when I measured it on my monitor in the ember setting.

When I measured the f.lux at its lowest setting of incandescent it showed loads of blue light coming through, all the way down to as you can clearly see in the images below.

So, if you are serious about protecting your vision you will abandon f.lux software and switch to Iris. I have been using it for about three months now, and even though I have very good vision at the age of 62 and don't require reading glasses, my visual acuity seems to have dramatically increased. I believe this is because I am not exposing my retina to the damaging effects of blue light after sunset.

Nighttime LED Light Pollution May Be Particularly Harmful

As detailed in my interview with Dr. Alexander Wunsch, a world class expert on photobiology, lighting is an important

CONT.ON P21

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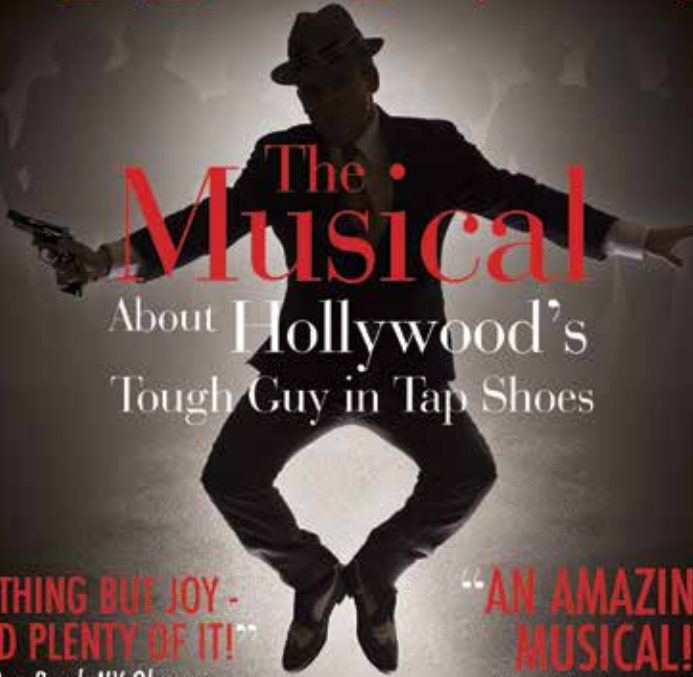
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MERCOLA
CONT. FROM P20

health consideration. Natural sunlight simply cannot be beat, but unless you spend a majority of your time outside, you'll need to give some serious consideration to the kind of artificial lighting you use at home and at work.

Light-emitting diodes (LEDs) have now become a standard indoor light source, thanks to their energy efficiency. However, the price society will have to pay in terms of health could end up being enormous. If you missed this interview, I strongly recommend taking the time to listen to it, and read through the accompanying article, "How LED Lighting May Compromise Your Health." It's a really crucial issue.

In summary, light-emitting diode (LED) lighting may promote age-related macular degeneration (AMD), the leading cause of blindness, and exacerbate health problems rooted in mitochondrial dysfunction, including obesity, diabetes, heart disease and cancer. For this reason, LEDs are best avoided.

One rare exception is if you

work the night shift. In this case, to help establish a new circadian rhythm you'll want a small amount (just 15 to 30 minutes' worth) of blue light exposure first thing upon waking (which if you work nights will typically be in the evening, when it's dark out), along with incandescent light for the longer wavelengths, which include near-infrared. I describe all of this in more detail in the shift work article hyperlinked above. For all others, LED lighting is simply not a good idea.

Environmental Near-Infrared Light Exposure Is Important for Health

As explained by Wunsch, the vast majority of the energy your body needs to maintain systemic equilibrium actually comes from environmental infrared light exposure. The near-infrared range of light found not only in natural sunlight but also in incandescent light bulbs and halogens benefit your health in a number of important ways, including priming the cells in your retina for repair and regeneration.

LEDs emit primarily blue light, which reduces melatonin

production in both your pineal gland and in your retina. In your retina, melatonin helps with regeneration, which is why LEDs are so harmful to your vision. Blue light also creates reactive oxygen species (ROS) that, when generated in excess, cause damage. So, when using LEDs, you end up with increased damage and decreased repair and regeneration throughout your body, not just in your eyes.

LED light exposure that is not balanced with full sunlight loaded with the red parts of the spectrum is always damaging to your biology, but even more so at night. Hence lighting your living room, kitchen and dining room — any room where you spend most of your evening — is best done using good old-fashioned incandescent light bulbs, halogens and candles.

Save the energy-saving LEDs for your garage, closets and hallways where exposure is minimal. More detailed information on how to identify the healthiest light bulbs can be found in "How LED Lighting May Compromise Your Health."

To Optimize Your Sleep and

Protect Your Brain Health, Sleep in Total Darkness

When your circadian rhythm is disrupted, your body produces less melatonin, which means it has less ability to fight cancer, and less protection against free radicals that may accelerate aging and disease. So if you're having even slight trouble sleeping, I suggest you review my 33 Secrets to a Good Night's Sleep for more guidance on how to improve your sleep-wake cycle.

Even if you think you're sleeping OK, but know you have light pollution entering your room at night, consider taking steps to block it, since being asymptomatic does not mean your brain is unaffected and functioning normally. Also consider cleaning up the lighting sources in your home and office to avoid unnecessary harm.

As mentioned, AMD is a very real and serious side effect of being chronically exposed to LED lighting, especially if you're also getting very little natural sunlight exposure.

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

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VEGAN VANILLA BEAN DOUGHNUTS

JAMIE GELLER

We've made this recipe completely vegan, down to the sugar. Of course, if you're not vegan, these doughnuts are still perfectly delicious and you can make them with regular granulated sugar if you don't have evaporated cane sugar on hand.

INGREDIENTS

Doughnuts
2 cups soy milk
1 vanilla bean, cut lengthwise and seeds scraped
½ cup extra virgin olive oil
2 ½ teaspoons active dry yeast
½ cup evaporated cane sugar (vegan sugar)
4 - 5 cups all-purpose flour
2 teaspoons kosher salt
½ teaspoon baking soda
½ teaspoon baking powder
3 cups extra virgin olive oil
Vegan Vanilla Glaze
1 ½ cups confectioners' sugar
3 tablespoons soy milk
1 teaspoon vanilla extract



PREPARATION

Doughnuts:

1. Add soy milk, scraped vanilla bean, and evoo to a large pot over low heat. Warm until the mixture reaches 95°F when measured with a candy thermometer. Remove pot from heat.

2. Sprinkle yeast over milk mixture, then sprinkle sugar on top of yeast. Set aside for 5 minutes, until yeast activates and the mixture looks foamy.

3. Transfer yeast mixture to the bowl of a mixer or large mixing bowl. Add flour and knead together for 90 seconds to form a smooth dough. Cover and allow dough to rest for 1 hour, until the

dough doubles in size.

4. Lightly flour a baking sheet and set aside.

5. Transfer risen dough to a floured work surface, and knead in salt, baking soda, and baking powder.

6. With a rolling pin, roll out

FREEKEH PILAF

JAMIE GELLER

Freekeh is an ancient grain with a ton of nutritional benefits. It is wheat that is harvested while young and green and the result is a chewy, nutty grain that I am really starting to love.

INGREDIENTS

1 cup freekeh
2 cups water or chicken stock
2 tablespoons of best quality extra virgin olive oil
1 tablespoon fresh lemon juice
Kosher salt
Freshly ground black pepper
¼ cup chopped flat leaf parsley
½ teaspoon fresh thyme leaves



¼ cup raisins
2 teaspoons honey

PREPARATION

1. Simmer freekeh and water until the level of the water is even with the level of freekeh, about 20 minutes. Turn off the heat, cover the pan, and allow steam

to finish the cooking process.

2. Season the freekeh with evoo, lemon juice, salt, and pepper.

3. Add the herbs, raisins, and honey and adjust seasoning as needed.

dough to ½-inch thick. Cut with a 3-inch biscuit or cookie cutter and transfer the circles of dough onto prepared baking sheet. Re-roll any scraps to use up all the dough.

7. Cover baking sheet with a clean kitchen towel and let doughnuts rise for 30 minutes.

8. In a heavy gauge pot fitted with a deep fry thermometer, pour in 3 cups of evoo and place over medium heat. Once oil reaches 350°F,

fry doughnuts a few at a time for 2 ½ to 3 minutes on each side, or until medium brown. Transfer doughnuts to a rack to cool.

9. Glaze warm doughnuts with Vegan Vanilla Glaze.

Vegan Vanilla Glaze:

1. In a small bowl, whisk sugar, soy milk, and vanilla until smooth.

2. Drizzle glaze or dip the top of each doughnut into the glaze. Serve immediately.

HEALTH | Dr. Rachael Schindler

Gorgeous Garlic

Did you know that garlic is from the same family as onions, leeks and scallions? Namely, it's an allium vegetable. Also known by its Latin name *Allium sativum*, garlic is one of the most widely used bulbs across all cultures and countries. From Italy to India, garlic is in everything! Aside from being a super -flavorful food addition, garlic has many health benefits, some of them we will explore in more detail in this article.

According to the Indian Journal of Pharmaceutical Sciences, garlic is used in folk medicine throughout the world. You all know garlic is good for you, but how, specifically, do you ask? One class of organosulfur compounds called thiosulfonates, is found in freshly chopped garlic and may be responsible for most of its health

benefits, which include both antibacterial and antifungal properties. Allicin, ajoene, and garlic oil are three other beneficial compounds. Allicin-rich extract inhibits the growth of *Staphylococcus aureus*, *Escherichia coli* and *Bacillus subtilis*. Garlic oil specifically inhibits the growth of *Mycobacterium tuberculosis*, the bacterium that causes tuberculosis. Both allicin-rich extract and garlic oil inhibit methicillin-resistant *Staphylococcus aureus* (MRSA). To make matters better, garlic provides strong antioxidant action to protect cell membranes against free-radical formation. Some studies show, that even in low doses garlic stimulates the immune system response by increasing the activity of natural "killer cells" to ward off pathogens. As an antibacterial stimulator, gar-

lic kills intestinal parasites, worms as well as gram-negative bacteria such as *E. coli*, *Proteus vulgaris*, *Salmonella enteritidis*, *Klebsiella pneumonia* and many others! Garlic even acts as food for the helpful gut bacteria we've all been hearing about! Now that's some list!

What I find really interesting is when compared to antibiotics such as penicillin, tetracycline, erythromycin and others commonly prescribed, garlic proved to be just as effective. What do you mean, you ask? Well, one medium sized garlic clove delivers the bacterial equivalent of about 100,000 units of penicillin (typical penicillin dosages range from 600,000 units to 900,000 units). Therefore, a dose of 6-9 garlic cloves has roughly the same effect as a shot of penicillin!!

Wow you say! Wait, there is more! In the Norwegian Mother and Child Cohort Study (MoBa) of 90,996 mothers and 109,027 children, researchers investigated foods with naturally occurring antimicrobial components and high prebiotic

content. The results were amazing! They showed that garlic consumption above the median intake of 5.84 gms/day with reduced risk of spontaneous pre-term delivery. Furthermore, the investigators observed a dose-response association: The more garlic a pregnant woman consumed, the lower the risk for spontaneous pre-term delivery! If pre-term delivery is a concern, you now know what to do!

I bet you have also heard of garlic's ability to lower the risk of certain types of cancer. Studies have shown that a few garlic cloves a day may decrease your risk of cancers of the esophagus, large bowel, larynx, oral cavity, ovary, colorectal renal cell cancers! Some studies have also discovered a link between garlic intake and reduced risk of colorectal adenoma, a precursor to colon cancer. A 2009 study in Public Health Nutrition observed that a moderate consumption of garlic weekly, improves endometrial cancer risk

CONT.ON P36

COFFEE HALVAH

SHOSHANAH OHRINER

The key to this halvah is cooking the sugar to the right temperature and not overbeating it. It sounds difficult but really it isn't hard. Half an hour and some cooling time are all that stands between you and delicious homemade halvah.

INGREDIENTS

1 tablespoon whole coffee beans
1 pound granulated sugar
pinch salt
4 ounces (1/2 cup) cold water
1 pound pure sesame tehini (make

Place the water, sugar, and salt in a medium sauce pan and bring to a boil, stirring occasionally to make sure the sugar is all dissolving. Once the mixture comes to a boil do not stir it again. Place a candy thermometer in the sugar mixture and cook to 248 Fahrenheit. While it is cooking use a pastry brush dipped in water to periodically brush down the sides of the pan to wash down any sugar crystals. While the sugar syrup is cooking place the tehini in a small sauce pan and heat to 120 Fahrenheit.

(If you do not have a second thermometer just heat it until it is quite warm to the touch but not hot.) Stir frequently to prevent it from burning. Transfer the warm tehini to the bowl of a stand mixer fit with a mixing paddle. Add the



sure there is no added salt)
1 tablespoon good quality instant coffee (such as Elite) dissolved in 2 teaspoons water

PREPARATION

Line a loaf pan or other mold with plastic wrap leaving a generous overhang on each side. Sprinkle the bottom evenly with the whole coffee beans. Set aside.

dissolved instant coffee. Once the sugar has come to temperature, immediately pour it into the mixing bowl. Turn it on the lowest setting and mix just until the mixture starts to look a bit grainy and loses some of its shine. This should take no more than a minute. Be careful not to overbeat the mixture or it will set in the bowl yielding a crumbly mess

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rather than a creamy finished candy. Working quickly, transfer the mixture to the prepared mold. Smooth down the top with a spatula and fold the plastic wrap over

the top. Let cool at room temperature until set, approximately one hour. Store, well wrapped in plastic, in an airtight container in the refrigerator.

Rabbi Eliyahu Kirsh

From Chazal and the Ahavas Sholom of Kossov

Mikeitz- Kindness for Further Shame

In Bereishis 43:18 we are told that the brothers became specially afraid when they were brought to the house of Yosef. They knew that many people besides themselves, many came to Mitzrayim to buy food. But none were ever brought to Yosef's house. They were truly worried that being brought to Yosef's house was a prelude to imprisonment or perhaps worse, chas veshalom. They assumed that the charge would be for stealing back the money they had used to pay for the grain that had bought the last time they had been there.

The Ahavas Sholom of

Kossov explains that this whole experience was actually brought about to increase the shame of the brothers. He quotes the Baal Shem Tov's explanation of the verse in Tehillim 94:1 which reads Hashem is a G-d of revenge. The Baal Shem Tov brings the following parable. A simple villager insults the king by throwing a stone at the king's picture. This is a show of disrespect and therefore, a capital crime. Word gets to the king of the villager's display of contempt. However, instead of punishing the villager the king decides to befriend him instead. As time goes on, the king gives this villager a more and more elevated status. As the villager gets

closer to the king, though, he becomes more and more ashamed of what he did. While on the outside the king's friendship may not seem like a punishment, in reality it made the villager more and more embarrassed about what he did. The shame and awkwardness turn out to be a worse punishment than death. For in the case of death the pain would only be for a short time. This situation of being in the inner circle of the king is continual and never ending and actually a greater punishment. This was actually the king's intention all along. Similarly, Yosef wanted his brothers to feel the shame of what they had done by selling him as a slave. The embarrassment of being brought to the palace and being given stately, royal treatment would be their greatest price to pay.

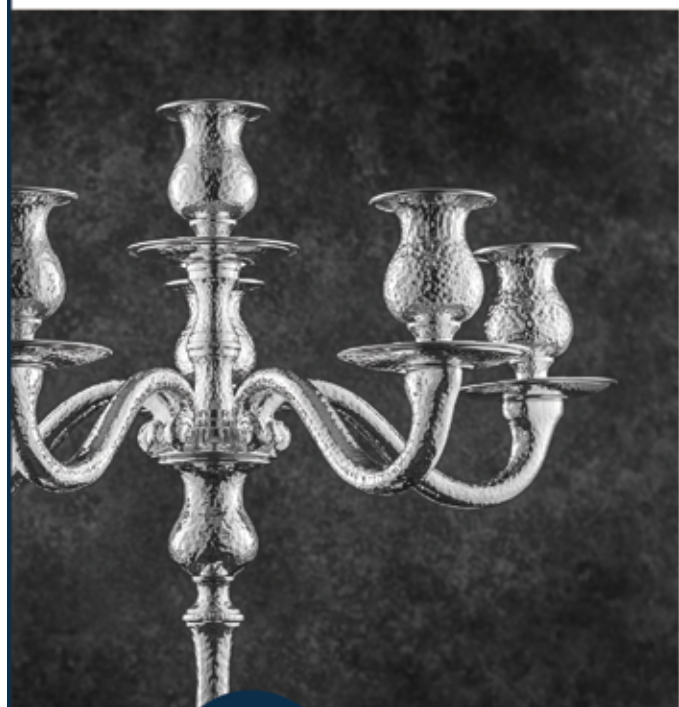
The Ahavas Sholom then states that Hashem often works in a similar fashion. Very often, Hash-

em will show kindness to a sinner as a punishment. The very display of Hashem's kindness is to embarrass the sinner realizing his offense and this can be the greatest penalty.

Mikeitz- Yosef, the Unknown Tzaddik

In Bereishis 42:8 we are told that when Yosef's brothers came down to Mitzrayim. He recognized them but they did not recognize him. Rashi, explains, based on Chazal, that the reason Yosef recognized his brothers was that was that when he last saw them they were already grown men with beards. Yosef, however was only seventeen and did not yet have a beard. So the last image the brothers had of Yosef was an image without a beard. Perhaps it could be added that seeing Yosef in a position of authority, let alone viceroy or Prime Minister

CONT.ON P25



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TUSK
CONT. FROM P16

ience. (Like I said, I really love ice cream.) I studied this ancient system because I suspected that it might hold some secret truths that Westerners would benefit from knowing about.

"Do you believe in Chinese Medicine?" A lot of people have faith in modern medicine. Alternative medicine does not generally elicit such mass devotion. However, faith has no place in the world of medicine, though modern medicine would have us believe otherwise. So to answer the question, I do not believe in Chinese medicine, nor any other medical system. I know that Chinese medicine works well and that it's safe.

There is rarely a need to take a leap of faith with regards to one's health, when we have access to evidence and experience. When it comes to health, an educated decision will always serve us better than a decision based on faith. Chinese medicine is eons ahead of modern medicine, in experience and in depth of understanding health, and will always remain so, considering that they got a 2000 year head start. 2000 years of experience is certainly enough to make faith unnecessary.

ience is certainly enough to make faith unnecessary.

"The Truth About Health" is not about Chinese Medicine. The research in this book covers a wide variety of health topics and is non-denominational. (See below for a list of topics covered.) I have spent over a decade researching many questions about health, healthcare, and disease. My columns were featured in various publications over the years, including The English Update, Arutz Sheva, Hamodia, Mishpacha Magazine, Tachlis Magazine, and more. The amount of information I was able to share on a given subject depended a lot on the publisher.

When my uncut material was published, the new ideas I presented often elicited strong public reactions. Some people saw their long standing suspicions finally backed up with evidence. Some people loved my revolutionary exposes, others were disconcerted when I challenged the status-quo; but no one will ever accuse me of being boring. One day my magazine editor told me, "Yael, you know you have enough material for a book. Why don't you write one?"

Since boring books about health usually collect dust in the bookcase, I have made every effort to write a book that is easy to read, useful, and entertaining. The book is also full of new and groundbreaking information. We are lucky to have found an open-

minded, top-notch publisher that believes in my book. Not just anyone would publish a book that defies the medical establishment's take on reality.

Continued next week...

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KIRSH
CONT. FROM P23

of Mitzrayim was something they never would have expected. After all, he was sold as a slave and in all likelihood, would have remained a slave. In ancient societies there was rarely, if ever, the notion of 'social climbing.'

The Ahavas Sholom of Kossov gives a deeper explanation of this phenomenon. The Ahavas Sholom explains that each Jew who merits seeing the Schechina, divine presence is called the face of the Schechina. At that time, one's whole being and sense, psychological and emotional, become nullified and are one with Hashem. Every Jew is potentially capable of this. When this nullification accomplished then the tzaddik is able to reach the persons spiritual reserves. Incidentally, this is the ideal way

to recite the Krias Shema. Krias Shema is about accepting Hashem's kingship and true acceptance is without nullification and no sense of self. This is also why Yaakov Avinu recited krias Shema when he was about to see Yosef for the first time in twenty-two years; He had to show his deference to Hashem even in such a situation as his, seeing a son for the first time in so many years thing he had been deceased. Ultimately on has to quash all emotions to Hashem's kingship. In this situation, the Ahavas Sholom explains, the brothers sensed that Yosef was a tzaddik though they did not know who he was. This is the meaning of the Torah's statement that they did not recognize him. However, Yosef recognized his brothers meaning that he restored their spiritual resources and helped them to tap into them as is the role of the tzaddik.

CROSSWORD ANSWER

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Notice of formation of 791 PATTERSON AVE LLC. Arts of Org. filed with Sec. of State of NY on 11/15/2016. Off. Loc.: Richmond Co. SSNY designated as agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 791 Patterson Ave., Staten Island, NY 10306. Purpose: any lawful act or activity.

Notice of formation of Playtime Korner, LLC Art. Of Org. filed with Sec. of State of NY 10/3/2016. Office Location: Richmond Co. SSNY designated agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 1982 Clove Road, Staten Island, NY 10304. Purpose: Any lawful act or activity

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The Sentimental Side

Elizabeth Weintraub, L.M.S.W.

Chanuka Laughter and Unity

Thinking about Chanukah, if you have ever been a "Saturday Night Live" fan, you are probably familiar with the famous "Chanukah Song" where comedian Adam Sandler attempts (in a Saturday night live style- humorous way) to help young Jewish children at Christmas time who may be feeling left out when their friends decorate trees and wait for Santa. He addresses this issue by joyfully playing his guitar and singing out a long list of famous people who happen to be Jewish, in order to illustrate that one should not feel alone in their "Jewishness" during the very pronounced holiday season.

Making its debut in 1994, (with updated versions that followed) for many Jewish listeners, (including those in my family) the song was amusing, often evoking much laughter. It also was surprising at

times, when he listed popular celebrities with Jewish roots. (Some of whom we may not have known were Jewish) Between versus, silly faces and ridiculous rhymes, I wonder if, in a way, Sandler was sharing a sense of pride about so many Jewish performers and other accomplished individuals on his list who have made substantial contributions to American culture.

Researching the distinguished roster, some of the people listed in the Chanukah song included "Dear Abby", Calvin Klein, Harry Houdini, even Dr. Jonas Salk (developer of the Polio vaccine) and many more who could arguably be considered deeply woven into the very fabric of America.

Interestingly, not long before the "Chanukah Song" came out in 1994, I remember reading Alan

Dershowitz's book "Chutzpah" from 1992. The beginning of the book has always remained in my memory, where he expressed a great deal of concern that Jewish Americans were too uneasy, feeling a collective sense of gratitude for being tolerated by American society, as opposed to feeling truly at home, without fear, or even a thought of wearing out a welcome. Is it possible that the "Chanukah Song" served as a reminder to help counteract such an emotion in the American Jewish Community?

In 1993, within a remarkably short window of time between when the "Chutzpah" book came out, and the first performance of the "Chanukah Song", there was in fact, a lesser known, but beautiful Chanukah event that took place. Because my father's business travels often took us across many of the western United States, we once found ourselves in

Billings, Montana, and learned of a recent incident that took place in that very town, where a young boy had a drawing of a Chanukah menorah in his window, which then was broken by vandals in an apparent hate crime, throwing a brick through the glass. In response, the local newspaper published a full page picture of a menorah, and thousands of Billings residents placed the menorahs in their windows. The story was nothing short of inspiring, and is something I always remember each time we celebrate Chanukah.

Elizabeth Weintraub, LMSW, is a Social Worker with extensive background in practice areas counseling survivors of violence, trauma and abuse. She is also the NY/NJ Regional Director of "CE You!", innovative Continuing Education seminars for Social Workers and other mental health professionals. Comments, suggestions and questions are always warmly welcomed via email: Elizabeth@ceyou.org. For more information, or to register for a seminar in the New York /New Jersey, Baltimore or Washington D.C. area, please visit WWW.CEYou.org or call 443-278-3907.

The Shadchanus Corner

YAFFA SCHONBACH

First Impressions

I am a firm believer that First Impressions are very important on the Shidduch scene. You do not get a second chance to make a First Impression. And usually if your first impression is not positive, you do not get a second chance at that Shidduch at all. There are those who are very good about always going on at least two dates before they will say absolutely not for me. But more often than not, if you get a negative first impression of a person, it takes a lot of effort to put that aside and move forward on the date. I won't go so far as to say that it never happens, but it just makes the going harder for you. So why don't we take stock of what the things are that you can think about before you meet someone so that you can better assure that you will make that good First Impression.

First and foremost, is always the appearance aspect. Grooming and neatness are of the utmost importance. Appropriate dress for the occasion is a factor as well. No need to overdress for a date at Starbucks. (Not overdressing does not mean looking messy. Nor does it necessarily mean a t-shirt!)

You may want to dress up a bit more if you are going to a nice restaurant for dinner. Depending on the place, the acceptable attire can vary. You can never go wrong with an understated but classy and put together look. For a guy that may mean a decent suit or a nice sport jacket. It may even just be a nice shirt or sweater and a good pair of slacks. For the girl it may be just be a fine sweater and skirt or a simple black dress with a nice piece of jewelry (does not have to be real these days- costume jewelry is very in vogue and comes in a myriad of looks). You want to look "with it" and classy, but not high maintenance. High maintenance is a negative today even in the wealthiest of circles. I think that the recent recession put many people on the alert to get their priorities straight and that may not be a bad thing. So you want to make the right impression on that count as well.

Whatever you are wearing, be sure that you look neat, clean and well groomed. If you are a guy picking up a girl by car, be sure your car is clean and neat as well.

CONT.ON 29

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FAIGIE HIRSCH

Nutritionist, C.N.C.

Reclaiming Your Health After 8 Days Of Chanukah Indulgence

Post Chanukah, we all on a spiritual high, after conquering the Greeks our enemies who sought to destroy us, we celebrated for 8 nights which can leave us feeling a bit not so healthy and kind of run down. As yidden we are obligated to watch our physical health as much as our spiritual health, for it is our body that houses our Ne-shama, our connection to Hashem. Winter is also an extremely difficult time to stay healthy as we are also braving the cold gloomy weather outside which tends to lead us to stay in doors and turn to comfort foods which by nature are usually sugar laced and carb and fat laden. How do we get back to that healthy place where we had energy and a true zest for life...? and to top things off, Pesach is just around the corner and after that comes the summer, where we cannot hide our bodies under layers of clothing and winter coats.

Truth be told Chanukah is

famous for being one of the most carb and fat laden holiday of the year, along with the pounds gained over the winter months, it's enough to make you feel overwhelmed and make you want to run and hide. Instead of burying our heads in the sand let's try and get ourselves on the road to a healthier, happier and slender you.

In order to get back on track you need to make a decision to forgive the past and embrace the future. Your only option is to move forward, so why not just do it with a positive attitude.

Make healthy choices that make you happy, because being unhappy isn't a option you have, being unhappy is unhealthy so its not

These tips should help you resume your healthy habits ASAP—because weight loss is way more about the decisions you make

over time than it is about one bad choice or moment of weakness binge.

Have a low carb Breakfast

Even if you wake up feeling full and sluggish from all the pesach left overs you ate the night before, force yourself to start the day with a high protein- low carb breakfast. Not only does it reset your body by getting your metabolism going, but it also helps you set the tone mentally for a regular eating day.

Drink water, drink to life!

Water is so important especially on the day after you indulge. Why? It helps you feel full, so you won't be as tempted to carry your overeating day into the next day, it also helps rid your body of all the bad food and garbage in your body. Drink your water, here is the equation to figuring out how much water you need to drink: Divide your bodyweight in ½ take that sum and divide that by 8 to figure out how many 8oz cups of water you need to drink.

Have a Filling Salad for Lunch

The water in the veggies will help hydrate you and take away that tired mid-day slump feeling.

Include some fresh fish or

turkey in your salad and make it a protein packed salad . keeping you healthy , hydrated and satisfied.

Eat 2 -3 snacks daily

It's important to keep your metabolism going so you don't suddenly crash and begin another overeating session. A handful of nuts, a low calorie ice pop or a piece of fruit should do the trick.

Home Cooked vs Take out

Go for clean foods, like a piece of broiled fish with roasted veggies and a whole grain like quinoa or brown rice. They'll give you the nutrients you need without all the processed gunk, which would only perpetuate your bloat.

Work Up a Sweat

when you feel like you're carrying too much weight, finding the time and the mental energy to hit the gym can seem majorly daunting. But really try to do something that will bring on a sweat, such as walking or jogging, you'll feel so. Much. Better.

Most of all, forgive yourself and move on to a healthier you, let yesterday stay in the past and just find your way to a happier and healthier tomorrow

SCHONBACH CONT. FROM P28

If you make arrangements to meet the girl, try your hardest to pick her up rather than arrange to meet her somewhere. I cannot stress how that gives you a huge plus in the credit column. I know that it is not always possible, but for Dates #1 and #2 you should put in that extra effort to try to pick her up. The same with dropping her off after the date. Drive her home, even if it is far from where you live and be polite (this applies to both sides) whether you enjoyed

yourself or not. Walk her to the door. Don't just drop her off! All of these factors go into making your first impression.

If parents are around, engage them in conversation and be polite and respectful. No need to talk too much, but just enough to show that you are social and a mentsch. Their input may be significant to the young lady and as to whether you will be going out with her again and you want to do everything that you can to insure that if one side is interested, the

other side will agree.

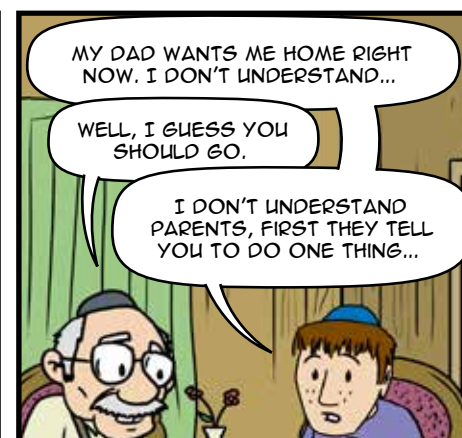
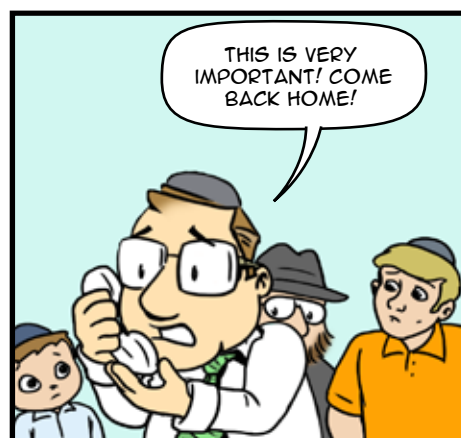
Have a plan for the date. Know what options are available in the area you are meeting her and try to figure out if any of them will work for you or if you would rather travel somewhere else, albeit further, to have an enjoyable evening or perhaps a more private one. In small communities, where people all know each other, you may not want to frequent the local possibilities. You may be better off going a town or two over or even into the city. But, think about it

before the date and then present it to the girl. You will see how impressed she will be.

I will say this very loud and clear- "You can only do yourself a favor by making a good First Impression". Whether this is the person you will ultimately marry or not you never know where this can lead you so think about these factors in advance.

Yaffa Schonbach is a professional matchmaker whose niche in the market is Orthodox Professionals. Her business is called "On the Mark". For an appointment please call 917-685-9869.

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JNS.ORG: FULL NEWS COVERAGE

Israel's US envoy says there is evidence that Obama drove UN vote:

Anger in Israel over the United Nations Security Council's anti-settlement resolution grew stronger after Israeli Ambassador to the U.S. Ron Dermer claimed Monday that the Obama administration pushed through the resolution's passage at a capacity beyond abstaining from the vote. "We have evidence for that," Dermer said in a CNN interview, referring to the Obama administration's role in driving Resolution 2334. "We will present that evidence to the new administration in the appropriate channels, and then they can decide whether they want to release it to the public." Dermer went on to say that President Barack Obama "gave the Palestinians exactly what they wanted: He gave them the ammunition for a political, diplomatic and legal war against Israel, by not vetoing [the resolution]." While U.S.-Israel disagreement over Israeli settlements is not a new development, Dermer stressed that Obama brought "the disagreement between our two governments...to the Security Council, something that has not happened in 36 years, since the days of [President] Jimmy Carter."

Ukraine summons Israeli envoy after its prime minister is disinvited from Israel:

Following the cancellation of a meeting between Ukrainian Prime Minister Volodymyr Groysman and Israeli Prime Minister Benjamin Netanyahu, Ukraine summoned Israeli Ambassador to Kiev Eli Belotserkovsky in an effort to clarify the situation. Netanyahu disinvited Groysman from a planned visit to Israel due to Ukraine's vote in favor of the U.N. Security Council resolution against Israeli settlements. An unnamed top diplomatic official in Ukraine said, "We were surprised by the emotional response of officials and politicians in Israel. Ukraine understands Israel's position, but this is about Ukraine's stance regarding the Middle East, and the reprimand discussion [with Belotserkovsky] led from that to a conversation about

strengthening ties and lowering the flames." The Ukrainian Foreign Ministry said in a statement that Belotserkovsky "spoke with his colleagues about the free trade agreement between the countries, about the deal to bring foreign workers to Israel and further eased [restrictions] in the field of aviation." "They also spoke about future visits at higher levels. In other words, the cancellation of Prime Minister Groysman's visit is temporary, and it's possible that such a visit will take place at a later stage in the coming year," the ministry said.

Proposed Israeli legislation would outlaw activities of anti-IDF groups in schools:

Israeli Education Minister Naftali Bennett has introduced legislation that would ban anti-Israel Defense Forces (IDF) organizations from giving presentations to Israeli high school students, Israel Hayom reported. Bennett decided to turn to legislative means after he learned that some schools have been ignoring a ministerial directive prohibiting them from inviting representatives of such organizations—including Breaking the Silence, an advocacy group dedicated to exposing alleged wrongdoings by the Israeli military—to speak to classes. Since the ministerial directive only refers to organizations that undermine the state's legitimacy, some school principals have claimed that it does not apply to Breaking the Silence speakers. The ministry has taken disciplinary action against such principals. Under the provisions of the bill, Israel's education minister will have the authority to ban certain individuals or organizations from an educational facility if the minister believes they undermine the educational goals of that institution or engage in an

effort to besmirch IDF soldiers. "Organizations that tarnish Israeli soldiers abroad will have no place in our schools," Bennett said Monday.

First haredi female judge in the US sworn into office:

The first haredi female judge in U.S. history, Rachel Freier, was sworn into office during a recent ceremony in New York. Freier, an attorney and mother of six, was elected to the New York State Civil Court, defeating two opponents in the Sept. 13 primary election. The swearing-in ceremony was held at Brooklyn Borough Hall Dec. 22 and attended by her parents, husband, children, grandchildren and uncle, former Judge David Schmidt, who inducted her into the court. Freier started the all-female volunteer ambulance corps Ezrat Nashim, where she is a volunteer emergency medical technician (EMT).

Israel foils Hamas plot to carry out suicide bombings in major cities:

Israel recently thwarted a Hamas plot to carry out a series of suicide bombings in major Israeli cit-

ies and shooting attacks across Judea and Samaria, the Shin Bet security agency announced Thursday. A joint Shin Bet, Israel Defense Forces and police operation uncovered a Nablus-based Hamas network of 20 operatives who were planning the attacks. Many of those arrested had served prison sentences in Israel for security offenses. All the suspects have implicated themselves in the plot, the Shin Bet said. The network had set up an explosives lab where bombs and suicide vests were being manufactured. The group also purchased assault rifles and recruited four suicide bombers who were intending to target crowded areas in Jerusalem and Haifa as well as several major bus stations in central Israel. "The investigation uncovered an organized Hamas network that, had it not been thwarted, would have caused widespread death and destruction," the Shin Bet said in a statement.

Israeli High Court postpones Amona outpost eviction by 45 days;

Israel's High Court of Justice

CONT.ON P31

DOVIE'S COLORFUL 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 off 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.

W E A R E L D I K E C S
H A C O R A L M E G I L
E I N D I G O O R R N S
W M U R C E G E G E T A
W K A F K E E I O U R H
U H F E E N D A I N D T
E U I T R R I N V H S E
B S C T E C U P O U O E
L L O V E O E R R L V O
F B U R G U N D Y U B O
U W I S T E R I A R E M
L S O R H A L M R J I C
E N I R T I C H G A G T
M A L A C H I T E R E A
O U C T E R F R O A M T
N L L H O S E W L W H O
A B I B A P C O B A L T
T Z L V E H R L E A R R
O U U A E R U L A U Q A
E N R R C D R E B U S J
O L R H E K X Y N O N L
C Y A N W O R B O C K E

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AZURE
BEIGE
BLACK
BLOND
BLUE
BLUSH
BROWN
BUFF
BURGUNDY
CERISE
CHERRY
CITRINE
COBALT
CORAL
CREAM
CYAN
ECRU
FAUN
GOLD
GRAY
GREEN

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JADE
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MULBERRY
OLIVE
ONYX
PEARL
PINK
PUCE
ROSE
RUBY
RUST
TAN
TEAL
VERDIGRIS
WHITE
WISTERIA
YELLOW

ANSWERS ON PAGE 36

JNS
CONT. FROM P30

agreed Thursday to postpone the evacuation of the Amona outpost in Samaria one last time, giving residents a grace period of 45 days until Feb. 8, 2017. The ruling came after a dramatic day during which the court rejected residents' petition to make the eviction, originally set for Dec. 25, contingent upon a compromise being reached on the outpost's relocation. Eventually, the residents agreed to leave Amona quietly and without preconditions. "Outposts" such as Amona are settlements that did not receive appropriate administrative authorizations and

are therefore illegal, according to Israeli law. Explaining its decision to grant the state's motion and postpone the eviction, the court said, "There is now a commitment to leave peacefully, without clashes or opposition.... This commitment is unconditional, and therefore we are going so far as to accede to the request."

In time for Hanukkah, Israel reveals artifact bearing name of Hasmonean leaders:

Just in time for this year's celebration of Hanukkah (Dec. 24 - Jan. 1), the Israel Antiquities Authority (IAA) announced archaeolo-

gists' discovery of a 2,100-year-old stone bowl bearing the Hebrew inscription "Hyrcanus," which was the name of two of the leaders of the Hanukkah story's Jewish Hasmonean dynasty. A fragment of the bowl was unearthed in 2015 during an archaeological excavation at Jerusalem's City of David landmark, but the finding was not revealed until Thursday. Researchers said the bowl was fashioned from chalk—a type of limestone—and is "one of the earliest examples of chalk vessels to appear in Jerusalem." "These stone vessels were extensively used by Jews because they were considered vessels that cannot

become ritually unclean," the IAA's Dr. Doron Ben-Ami and Bar-Ilan University's Prof. Esther Eshel said in a statement. The name Hyrcanus, explained the researchers, was "fairly common in the Hasmonean period." "We know of two personages from this period who had this name: John Hyrcanus, who was the grandson of Matityahu the Hasmonean and ruled Judea from 135–104 BCE, and John Hyrcanus II, who was the son of Alexander Jannaeus and Salome Alexandra; however, it is not possible to determine if the bowl belonged specifically to either of them," said Ben-Ami and Eshel.



Rabbi Dr. Bernhard Rosenberg

WHAT IS A MIRACLE

What is a Miracle? Most of us associate a miracle with a supernatural event – a suspension of the natural order. The parting of the sea is a quintessential example of such a miracle. Imagine if the Atlantic or Pacific Ocean would suddenly split into two, leaving a path in the middle for humans to walk through. Or imagine the sun stopping in the heavens for several hours. These are magical paranormal events that defy the laws of nature and are impossible to scientifically explain. Such miracles require a measure of faith, being that we don't see them very often, if at all. But is this the true definition of a miracle? A New Definition The Baal Shem Tov says that the difference between a miracle and a natural event is only in frequency. "A miracle is a novel event, a new thing that happens for the first time in nature. But after it repeats itself, this too becomes nature." In other words, "miracle" and "nature" are not objectively different; they are distinguished simply by our attitude. We see something new and novel as a miracle. But if it happens consistently – despite its miraculous personality – we call it "nature." Our fickle personalities then find this "natural" occurrence as common and monotonous and we go off seeking a novelty, a new thing, anything that seems different and will turn us on. Truth be told, we don't really understand the "laws" of nature. Yes, nature operates according to a design that we have come to accept as normal. But while this makes life more predictable therefore, comfort-

able, it doesn't necessarily make it any more understandable. When we know, for instance, that the sun will rise tomorrow morning, we feel a sense of order and control; but we still have no idea as to why nature was created this way. Just because we label something "natural" doesn't mean that we understand it any better than we understand a "miracle." The difference between a miracle and an act of nature is only in frequency. Imagine that the sun were to rise only once in our lifetime. Everyone would rush to see it, proclaiming it the most miraculous event they had ever witnessed. But since we experience a sunrise every day, we see it as just another ordinary part of our lives. We dismiss it as a "natural" unexceptional event, though in truth it is simply a miracle repeating itself again and again. This is an inherent human trait – we become so accustomed to

something that, no matter how extraordinary it may be, we take it for granted. We constantly need a new rush of excitement to arouse our interest. Is there a greater miracle than life itself? Take the human breath: A person living to 80 will take over 700 million breaths in a lifetime! Is it not a miracle, that we are able to exhale and inhale a hundred of millions of times throughout life without fail?! When we visit someone struggling, G-d forbid, to breathe, we suddenly realize the miracle involved. But in our own lives, since we breathe again and again, it loses for us the miraculous touch. Due to its regularity we dis-

miss it – if we think about it at all – as... "nature." Is life itself a miracle? What are the odds of 75 trillion cells in the human body working hand in hand, and allowing us our health?! No wonder King David remind us at the end of Psalms: Every soul praises G-d. On every breath we take we should be praising G-d. Miracles, then, are all around us. They are lost on us because we see them happening so "regularly" and "consistently," but that doesn't make them less of a miracle. Miracles abound every-

where. We just have to pause and appreciate them. A miracle then is actually seeing the extraordinary in the ordinary and the supernatural in the natural. Recognizing that no matter how many times a miracle repeats itself, the miracle does not weaken (even if our interest does).~ As we light the Chanukah, let us close our eyes, take a moment to meditate on the candles and open our eyes to see all the extraordinary and the ordinary MIRACLES in our Life. Chag Sameach.

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What is Behind the Limud HaTorah and Limud Halacha Renaissance in Klal Yisrael?

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Rabbonim have a unique perspective and often, as a result of their exposure to Yidden from all walks of life both in their kehillos and beyond, are able to notice changing trends in the community before many others.

Two prominent Rabbonim, HaRav Yitzchok Zalman Gips, shlita, Rav of Beis Medrash Birchas Avrohom of Boro Park and Rosh Yeshiva of Yeshiva Nahardaah and HaRav Shlomo Cynamon, shlita, Rav of Kehal Bnei Torah and Rosh Kollel Dirshu of Flatbush, commented on the recent tremendous increase in both in-depth limud haTorah with accountability as well as limud halacha. "A Person cannot be a Yid without Limud HaTorah!"

"Yes, over the past few years, there has been a tremendous increase in limud haTorah in our communities," Rav Gips comments, "but it is also important to note that we have always been the Am haTorah. It is insufficient to dress like a Yid or to eat Jewish foods.

Without limud haTorah a person cannot be a Yid! The Yidden and Torah are one.

"Historically what has transpired is that after a war, the survivors were so focused on rebuilding Yiddishkeit and their own personal lives that they often worked

den have Friday, Shabbos, Sunday and other times during the week to learn. Additionally, virtually all of today's baalei batim are yeshiva graduates with very solid backgrounds in learning while nearly everyone has children and grandchildren learning full time



A Dirshu shiur in Boro Park addressed by HaRav Yitzchok Zalman Gips

three jobs just to make ends meet! Unfortunately, many of them were left with little time for learning. Today, baruch Hashem we have more discretionary time - Yid-

in kollel. They are so surrounded by Torah, they are supporting Torah and they are now saying, "Why shouldn't I learn Torah as well?" They therefore join learning programs and become talmidei chachomim in their own right." Rav Gips points out that another factor is the tremendous increase in kavod haTorah that we see in our times. When we see the large, impressive siyumim such as the Daf HaYomi Siyum and the Dirshu Siyumim it increases the chashivus of Torah. People realize how choshuv Torah is. In our time we see that lomdei Torah are gaining a tremendous amount of credit and recognition from both men and women for their Torah accomplishments. This spurs them to achieve even greater milestones in learning.

How a 1-Hour Shiur Whet the Appetite...

Rav Shlomo Cynamon, Rav of Kehal Bnei Torah and Kollel Dirshu of Flatbush, points out that, "In our generation we have an erudite, yeshiva-educated public. Even those who are not zocheh to spend their days ensconced in the koslei beis hamedrash understand the concept of limud haTorah. As time goes on, mature individuals do not suffice with perfunctory sederim just to 'be yotzeh'. They want to maximize their time spent learning and have found new ways to learn with lomdus and account-

ability. This is contributing to the Torah revolution of sorts that we are witnessing."

Rav Cynamon clarifies with something that he observes every day.

"I am zocheh to lead the Dirshu Kollel in Flatbush. We get together every morning and learn from 6:30 until 7:30. We learn with a schedule and offer tests. For many of the lomdim however, that one hour of learning just whet their appetite for more. They recognized how broad Torah is, how vast and how geshmak and they wanted more. A large group therefore asked me to create another seder after davening that evolved into a two-hour seder from 8:30 until 10:30 am where we learn the same limud as before davening but with more depth and greater breadth. I can't tell you what this learning has done for them. They have experienced the essence of geshmak in learning. When one has a maggid shiur who is able to give over the tzurah of the sugya there is no end to how far one can go! My experience is that we are living in a generation with an unprecedented cheshek for learning. They don't necessarily just want to attend a shiur. They want to learn in a chaburah, they want to toil in learning, they want the give and take of in-depth learning that transforms the seder from an obligation into the highlight of their day!"

Rav Gips adds that, "Another very significant factor, at least in the Chassidic community, is the fact that virtually every kehillah now has their own Gemara learning program, wherein the entire kehillah picks a masechta and learns it with a schedule, offering tests and a stipend for excellent results. In this case, Dirshu blazed the trail and all of the varied communities saw it as the ultimate successful model to emulate."

The Focus on Halacha

Another pivotal development highlighted by the Rabbonim is the marked increase in both learning halacha and practical halachic knowledge. Rav Gips comments, "We currently live in a society where people want to know, 'What is the bottom line?' People are ehrlich, they take their mitzvah observance seriously and have therefore become very focused on learning halacha and knowing halacha. Another fascinating insight by Rav Gips is that perhaps the fact that many of the gedolei

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Alyssa Eliza Elbogen

The Difference of Dairy

One of the most striking quotes I'll never forget from my Ayurvedic holistic health teacher, Dr. Naina Marballi, was as follows: 'Dairy, when coming from a good, healthy & wholesome source can be the greatest medicine. Dairy, when coming from other places can prove to be the greatest poison.'

She essentially created two categories; one strict, idealistic setting that felt nearly impossible to reach and - all the rest.

Now because it is so difficult to find healthy, happy dairy products, many people are swearing off dairy products as a very unhealthy food which should be avoided at all costs. Some are ethically opposed to the treatment of the animals in the dairy industry. Some are avoiding the physical impacts on themselves or their family members, for example: people with osteoporosis or migraines. Some have been deemed "lactose-intolerant". Some environmental-minded even see the dairy industry as draining our resources and contributing to world poverty.

Thankfully, today we do have easy access to the highest quality milk - available in both cow and goat varieties. They are available at Organic Circle. I endorse and support two Cholv Yisroel farm-to-table Milks; Bethel Creamery and Wayside Acres. These companies use the lowest possible pasteurization; basically cooking the milk for a half an hour, as opposed to flashing the milk with an incredibly high temperature. This low pasteurization maintains the natural health benefits of the milk without destroying their living enzymes. They are both additionally non-homogenized - again, maintaining their natural form & maximum health benefits. The shelf-life is shorter on non-homogenized products, but that's a good thing for the consumer; it means we're buying fresher products!

It is heart-breaking indeed to discuss the conventional milking farms and their ways. If you have ever loved an animal, you can relate. It is inhumane. Despicable, even. It yearns for a revolution. It can bring us to nausea and/or tears. But we need to be educated as to this topic. Our actions & purchasing power make a differ-

ence. The businesses we support are those that will grow & prosper. We need to understand why it is so important to support the organic dairy farms.

Did you know? Right now, the vegan movement in Israel is booming. Israel is known as the most vegan country in the world. Approximately 10% of the country is currently vegetarian, 5% vegan. That means 1 in 20 people consume zero meat, chicken, fish, dairy or egg products. Astonishing, right? This strong boom happened over the course of an approximately 5 year period due to heavy exposure of how unethically those industries operate along with research showing detrimental effects of [conventional] dairy on our health.

So let's explore together: what are the main issues around conventional milk?

Harsh machine milking can yield pus, pain, infections, udder destruction & usage of toxic germicide teat dips. In contrast, at Wayside Acres farm, monthly inspections by technicians insure that the machines are pumping at the correct pressure and that the goats (and all their parts) are in pristine health.

At conventional farms, the above issues lead to usage of Hormones & Antibiotics. Antibiotics are suspected of leading to the formation of antibiotic-resistant strains of bacteria which pass through the milk. Hormones such as estrogen are suspected of being responsible for earlier onset of puberty in girls. The hormones are given to the cows so that they produce significantly more milk. However they also live significantly shorter lives than the organically grown animals.

Homogenization & Ultra-pasteurization reduces the health benefits & nutritional value, as discussed above

Inhumane treatment & living conditions of conventional as opposed to animals who are sincerely cared for and given ample room to roam when they are not inside being milked.

Feed of non-organic cheap grains, carcass & waste remains as opposed to organically-nourished animals who are fed grass and some high quality grain dur-

ing milking to aid their milking process.

Since cows stop milking much sooner, conventional dairy farmers are constantly buying new animals, as the demand for milk is high. But in multi-generations models, such as at Wayside Acres, no outside animals are brought in. The group of animals grow organically, allowing for naturally husbanded animals as they grow into a set environment.

It should be noted that these issues magnify to higher degrees depending on the concentration of the chosen dairy product i.e.

concentrated cheeses. To recap: 'Dairy, when coming from a good, healthy & wholesome source can be the greatest medicine. Dairy, when coming from other places can prove to be the greatest poison.'

Alyssa Eliza Elbogen is a certified Holistic Health Practitioner specializing in Ayurveda, Herbal Medicine, Aromatherapy, Music Therapy & Fasting Detoxes. She holds a B.A. from U. Haifa in Jewish Thought & English. Alyssa began her career in Israel organizing & teaching at detox retreats while taking on patients devoted to personal transformation. She now works at Organic Circle in Brooklyn, organizing events & providing counsel to customers.

DIRSHU CONT. FROM P32

hador of the previous generation were world renowned poskim and baalei halacha also contributed to this phenomenon. The gedolei hador have a hashpaah on the whole generation and the fact that the great gaonim, Rav Yosef Sholom Elyashiv, zt"l, Rav Shmuel Vosner, zt"l, and Rav Ovadia Yosef, zt"l, were all great poskim may have had a hashpaah. "Dikduk In Halacha Is Not Born In A Vacuum"

Rav Shlomo Cynamon explains

that "dikduk in halacha is not born in a vacuum. The fact that the entire generation has become more connected to bnei Torah, to learning Torah with iyun creates a keener perspective when it comes to halacha and yiras shomayim as well. Today, people don't want to learn halacha by rote. They want to understand its depth. It is amazing to see how the members of the shiur respond to an introduction to a difficult se'if presented by the Mishnah Berurah. When the Mishnah Berurah brilliantly

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Rifka Schonfeld
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DIRSHU
CONT. FROM 33

explains the reason behind the halacha, the halacha comes alive!" From V'im Tomar to V'yesh Lomar!

Rav Cynamon concludes his remarks with a telling anecdote that perhaps encompasses the depth of the Torah and halacha revolution that we have witnessed over the past two decades. He related, "Rav Yisroel Salanter once overheard a person quickly reviewing one Tosafos after another. The person was saying, 'V'im tomar' and then immediately 'v'yesh lomar' indicating that he was quickly review-

ing the questions and answers posed by Tosafos. Rav Yisroel commented, "If you don't stop to think between the 'im tomar' and the 'yesh lomar' where will you get your yiras shomayim?" What Rav Yisroel was saying is that yes, you may be able to rattle off a question and perfunctory answer, but if you don't stop to think how will you realize the importance of what you are learning? How will you truly respect what you are learning and therefore have the requisite yiras shomayim?"

Our generation is one that is stopping between the 'im tomar' and the 'yesh lomar'!



HaRav Shlomo Cynamon addressing the recent Dirshu Siyum on Seder Nashim

STRATEGIES | Rifka Schonfeld

Director of S.O.S. (Strategies For Optimum Success)

Too Young To Fail? Creating Self-Reliant Children

"Can you please turn on the shower for me, Mommy?" Six-year-old Binyamin asked politely. Mimi paused. She was standing right next to him in the bathroom because her younger son had just finished his bath. She could easily turn on the shower, but then Binyamin would need her to turn it on every night. As a mature six-year-old, Binyamin was capable of taking a shower all by himself (including shampooing his hair and getting into his train pajamas).

"You asked so nicely, Binyamin, but no, I am not going to turn on the shower for you. I know you can do it yourself."

Binyamin started to whine a little and Mimi knew she could end the discussion by lifting her arm and turning on the shower, but she also knew that with that act she would be forcing herself to turn it on the next night and the night after.

"Binyamin, I know you want me to turn it on, but you can do it!" Mimi said, and walked to the kitchen to allow Binyamin to figure it out on his own.

The above situation seems silly, but in reality, Mimi is teaching Binyamin a life skill. He is learning to do things on his own. One of the basic tenets that Jewish tradition sets up is to create self-reliant children – after all – fathers are required to teach their children how to swim. This skill can be seen both literally and metaphorically – as parents we are responsible for giving our children the skills they need to survive in this world. Often, in order to instill those skills, it means we have to take a step back and allow our children to try things on their own, even if they fail. The reality is that occasionally children need to experience disappointment and failure in order to

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What's in Your Lotion?

Dr. Hadassah Chaya Davies Pardo

Happy Chanukah & A Year in Review

Dear Amazing Readers,

As our Chanukah candles burn brightly and snowflakes settle, we are reminded that our big blue marble has taken another turn around its axis. I am humbled as I take stock of the inquisitive questions you've asked about your lotion this year! Let's review some of the creamier queries lobbed my way in 2016!

In the Beginning

I began writing What's in Your Lotion around Pesach. The earliest concept introduced was the motto of my lotion lab, "If you can't eat it, don't put it on your skin." Hope Solid Lotion, a small skin care company dedicated to bringing beauty to those who have difficulty finding care products for their sensitive skin was introduced. We discussed why water-based lotion (hydrous) MUST contain preservatives, and why solid lotion (anhydrous) does not. We also looked at the health of your wonderful wrapper—and if you have a skin

condition that is red, weepy, and lasts more than a week or two, the importance of seeing a qualified medical provider. Soon the questions started pouring in!

Clever Queries

My first question was posed by Louie from Flatbush. Louie asked about keeping our skin in top condition when traveling, and we discussed why solid lotion is ideal for your travel lotioning needs. Later in the season Susie from Michigan questioned about deodorant, and we discussed the differences between antiperspirant (blocks sweat) and deodorant (blocks odors) and how to decide which was best for you. We rounded out the summer months discussing sunscreen—why it is important, and why DIY sunscreen may not be the healthiest choice in the long run. The common ingredient in my answers? Know what you are putting on your beautiful birthday suit! Read the ingredients before you buy, and if you can't eat it (except in the case of sunscreen), don't try!

As the summer faded and we made our way to the Holy Days, I received a fantastic question from Gabe of Brooklyn, who pondered how polar weather impacts the dermal layer of our

body blanket. Along with pumpkin spice lattes, cold weather demands thicker skin care products—think body butters and balms. Cracked fingertips and 'cold weather itch' can play havoc on our skin, and we learned how to avoid these winter woes with edible delights such as cocoa, hemp, or mango seed butter. Keeping well hydrated was also a common theme in any extreme temperature.

My most thought-provoking question of the secular year came from Yael of Shreveport, LA, who asked about GMOs and what they were doing in her lotion. We reviewed the essence of genetic modification, and how the process has been going on a lot longer than we may realize (farmers saving seeds from the best crop or breeding the best animals are two examples that have been happening since Avraham Aveinu!)! We examined how the GMOs of modern times might warrant closer examination—they are produced in a laboratory on a cellular level and we just don't have enough information about the long term effects. In closing out her query,

we reviewed the "orange butterfly" symbol, chosen by the Non-GMO Project, founded to inform consumers about non-GMO choices. I am still researching and answering private queries about the impact of GMOs on our skin and overall health and wellbeing, a testament to the voracity of Yael's provocative probe!

A Constructive Close

As we close out the secular year, I want to thank all of you who asked questions about skin care, chemistry, emulsifiers, and the long list goes on! Taking care of your delicate dermal drape is a lifelong pursuit, and what you put on your body is as important as what you put into it. Remember, if you can't eat it, don't put it on your skin! Thank you for reading my humble column! I look forward to answering your creamy questions in 2017!

Hadassah Chaya Davies Pardo, Ph.D. is Chief Lotionist and owner of Hope Solid Lotion. She has 35 years' experience in cosmetology and skin care. Email your questions to: hopesolidlotion@gmail.com. Hope Solid Lotion can be found at hopesolidlotion.com and at Organic Circle in Brooklyn. Copyright 2016. All Rights Reserved.

SCHONFELD CONT. FROM P34

understand how to overcome it in the future. Dr. Wendy Mogel, in her book, *The Blessing of a Skinned Knee: Using Jewish Teaching to Raise Self-Reliant Children*, writes about the importance of balance in Jewish parenting: Parents' urge to overprotect their children is based on fear - fear of strangers, the street. Fear of the child's not being invited to the right parties or accepted by the right schools... Real protection means teaching children to manage risks on their own, not shielding them from every hazard... Children need an opportunity to learn about the "wave-pattern" of emotions. If parents rush in to rescue them from distress, children don't get an opportunity to learn that they can suffer and recover on their own.

Here, Mogel asserts that children need to fail in order to understand that they can survive failure and recover. Mogel has multiple suggestions that might help us turn down the worry and help create self-reliant children.

The Twenty-Minute Rule

One of the best ways to help your children gain confidence and become self-reliant is to be confident yourself. That means - curb your own worrying. If you are experiencing a perfectly beautiful family moment, and you find yourself worrying about something that might potentially happen in the future, you are worrying too much. You might, in turn, be creating anxiety for your children.

Therefore, set a rule for yourself: you are only allowed to worry for twenty minutes a day. It sounds funny, but

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SCHONFELD
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it is a good tool to use when you feel your anxiety for your children building up. Set aside a fixed period of time that you are allowed to worry about your children. Then, when it is not that time, you are forced to push those unnecessary, unwanted thoughts from your mind. After all, worrying is not going to change anything. It will only make you and your children fear risks and change.

Recognizing Real Concerns

There are some very real concerns that parents need to watch out and help guide their children through. That said, there are many issues that we blow out of proportion that sim-

ply end up stunting our children's independence and self-reliance. You do need to teach your children to be wary of strangers and to practice safe methods when walking home from school, but if everyone else in your neighborhood lets their children of a certain age walk home from school, don't continue picking yours up because you feel that it might be "too dangerous," "too cold" or "too long of a walk." By sheltering your child, you are setting him up for dependence in the future.

Teach Problem Solving

Most parents dislike when there are difficult students in their children's classes. They tell their children, "Next year, we are going to make

sure you aren't in class with Noam. He's so wild and distracting. I am going to request that from the teacher." In reality, Mogel argues, perhaps keeping your child with that difficult classmate (as long as he is not dangerous or destructive) is beneficial. When your child is confronted with distractions or frustrating behavior, he will be forced to figure out how to resolve the conflict. He will need to focus regardless of the distracting behavior or learn how to handle people who are problematic. After all, when your child grows up, you will not be able to call his boss to resolve an issue with his difficult colleague. Leaving him in the class will challenge your child to courageously solve his own problems.

is to raise children who will leave us. You have succeeded as a parent if you raise a child who is self-reliant and independent enough to live on his own. Your job is to give your child the skills to function as fully autonomous person. If you don't give your child a chance to fail, he will not have a chance to learn how to succeed.

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.

FLATBUSH BASKETBALL LEAGUE
WEEK #4 RECAP**The Pizza Nosh Division:**

Oh Baby eats up Meal Mart of Avenue M 26-21 Mordechai Lebovits leads The Baby squad with 10 and Yossi Harar adds six in a close game. Yitzi Pozak and A.B. Moserri led Meal Mart. The win was the first for Yoelies Oh Baby team.

Visual Image 34 Advanced Copy 28 In a back and forth game filled with excitement from the tip off. Chaim D. Leibowitz led all scorers with a break out game for him and 15 points. Mutty Iszak dropped in 18 of his teams total but just fell short.

The Jewish Connection Division:

ITP crushes Plaza Auto Leasing With ITP acquiring Yanky Weber and Yosef Kapetas in a mid-season trade made all the difference here. The duo combined for 45 points to lead ITP in this one.

In the evenings, finally an OT Classic.

Batampte Pickles outlasted China Glatt 37-33 The halftime score of 18-15 Batampte it came down to Nosson Schwatz's 3- fou! shots in the OT to pull out the win. Yitzi Devor led all scorers with 16.

Encourage Separation

It's hard for most parents to acknowledge that our role as parents

SCHINDLER
CONT. FROM P22

and gastric (stomach) cancer. In addition, garlic may decrease the risk of cardiovascular disease. Hypercholesterolemia (high blood cholesterol levels) is associated with increased heart disease. A 2001 investigation discovered lower levels of cholesterol and triglycerides in mice that were fed garlic. Another 2009 study published in the European Journal of Clinical Nutrition found that the intake of only one portion of garlic per week decreased the risk of myocardial infarction.

So what does this mean practically to you? Good news only. Let me tell you. A 2013 meta-analysis of 39 studies found that garlic preparations lowered total cholesterol by an average of 17.6 mg per deciliter when garlic preparations were used for longer than two months. It also raised HDL levels (good cholesterol) without any effect on triglyceride levels. The good news for garlic powder users is that in powder form, the garlic seemed to lower LDL (bad cholesterol) levels. Not to mention that studies have shown that garlic decreased the

weight of white adipose (fat) tissue by lowering the level of messenger RNA. What does Messenger RNA do, you ask? Well, MRNa is associated with differentiation of fat cells. Garlic downregulates genes involved in the production of fat. It also increases the expression of uncoupling proteins involved in thermogenesis (heat production). Body temperature was higher in mice that received garlic than in the control group! In short, garlic helps you burn more calories and not store them as fat!

In conclusion, garlic has many health benefits aside from its amazing taste. So go ahead and use fresh and powdered garlic in all your favorite holiday dishes, your body will literally thank you for it!

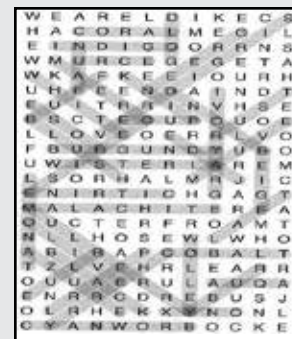
Rachael E. Schindler, PhD. is a triple degree psychologist, founder of "TheFiveTownsDiet" meals home delivery (www.litenlow.com/dietdelivery/), in-house nutritional counselor at Life Gym, Lawrence NY, noted lecturer and author, certified pediatric and adult nutrition counselor, certified personal trainer and celebrated group fitness instructor and Pilates master for over 25 years, practicing in Cedarhurst, Lawrence and Manhattan. A veritable "one-stop-source", Dr. Schindler specializes in fitness, food, fertility, stomach problems, hormonal and behavioral 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.

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.

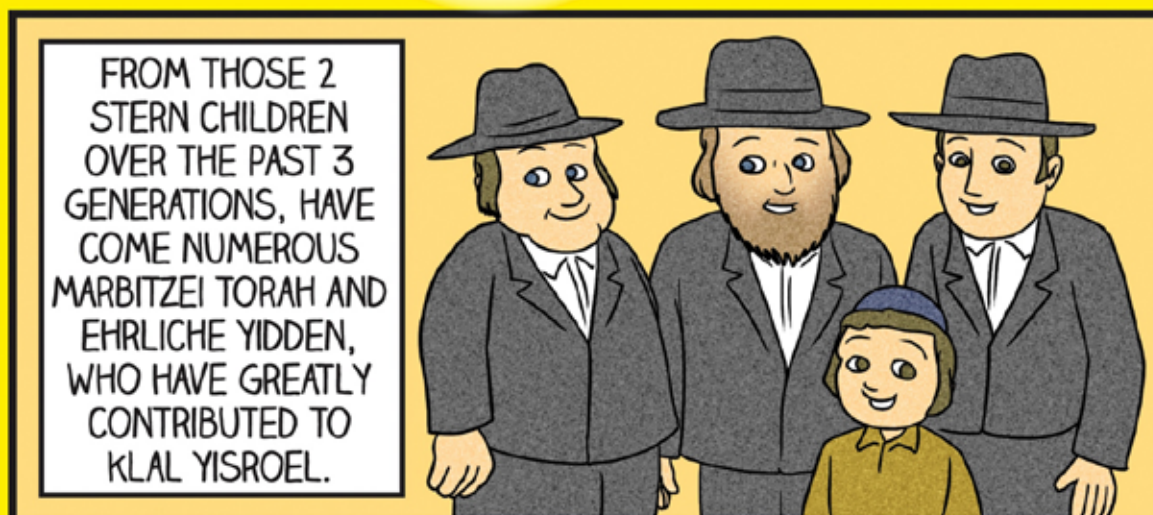
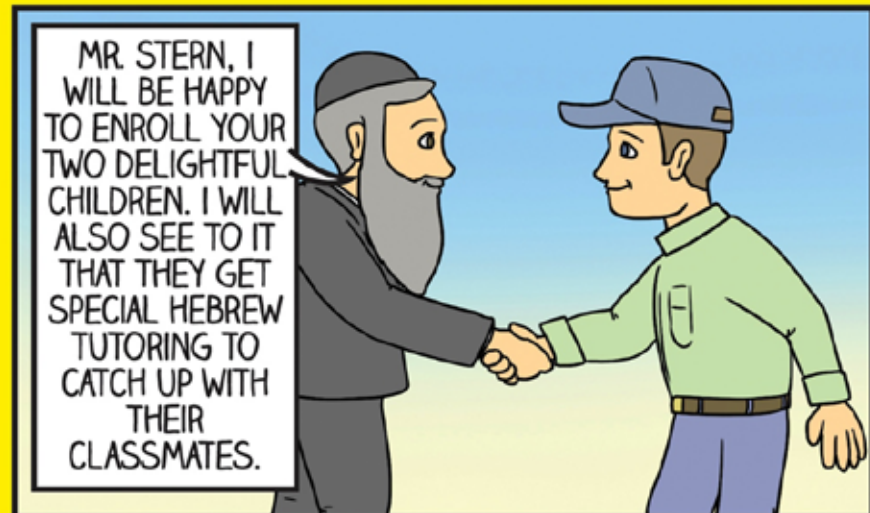
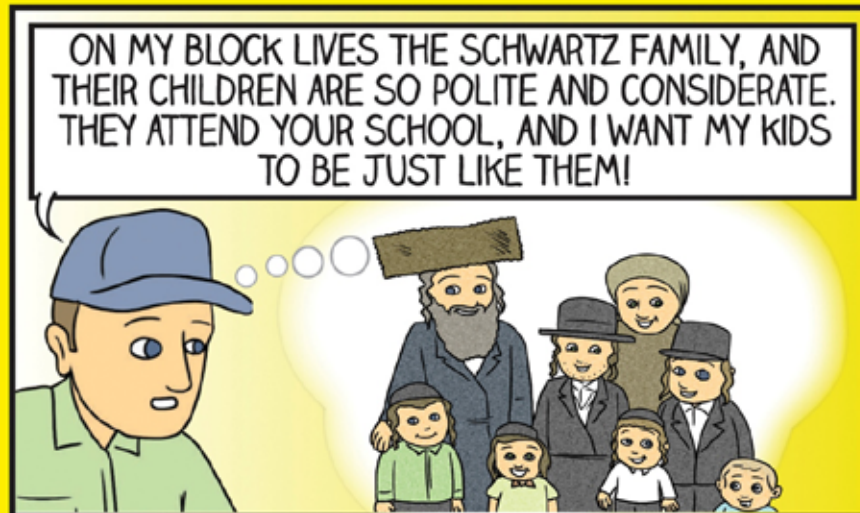
1	6	8	3	4	2	7	9	5
7	3	9	1	5	6	2	4	8
2	5	4	7	8	9	6	1	3
3	2	1	8	6	4	5	7	9
8	4	7	9	1	5	3	2	6
5	9	6	2	7	3	1	8	4
4	7	3	5	9	1	8	6	2
6	8	5	4	2	7	9	3	1
9	1	2	6	3	8	4	5	7



Torah Connection

By: Daniel Keren

Illustrated By: Tzai R. Pensky



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Lighting the Chanukah Menorah At The Kotel



BELOW: Harav Dovid Lau, Israel's chief Ashkenazic Rabbi



Harav Yitzchak Dovid Grossman lighting the Menorah at The Kotel



Scenes from The Zusman production at the NJPAC



CANTOR STARK SINGING AT HIS SON'S BAR MITZVAH



Three generations of The Nikolsburg dynasty lighting the Chanukah Menorah

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COVER STORY CONT. FROM P11

Youm Al-Saba'a, the Jerusalem Post reported.

Ten days before the vote, Kerry and White House National Security Adviser Susan Rice had told a Palestinian delegation in Washington, D.C., that "the U.S. would not impose a veto on such a resolution if its wording was balanced," Haaretz reported. The White House has denied that report.

Meanwhile, Israeli media reported that British diplomats worked with the Palestinians on the wording of the resolution before it was unveiled Dec. 21, ahead of the vote two days later. The U.K. also reportedly encouraged New Zealand to be at the forefront of the vote. Hours be-

fore the Security Council voted, Netanyahu called New Zealand Foreign Minister Murray McCully and asked him to not support the "scandalous decision," adding that "it will be a declaration of war" if he supported the resolution, according to Haaretz.

Commenting on Kerry's speech, Israeli Ambassador to the U.N. Danny Danon said the Obama Administration "acted against Israel at the U.N., and any claim to the contrary is a distortion of reality."

"Neither speeches nor statements will bring peace to our region," Danon said. "The only way forward is for the Palestinians to understand that they must condemn terror, end incitement and return to the negotiating table."

**Rabbi Moshe Goldberger
Action Tidbits**

Raboh said: "Take hold of R. Noson's teaching in your hand for he is a Judge and he goes deep into matters of law," *Bava Metzia 117b*.

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