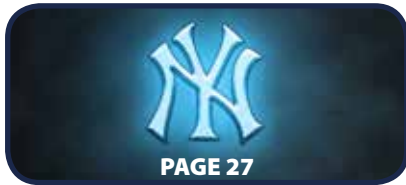




THE JEWISH CONNECTION

Vol. 9 • Issue 16

SERVING THE ENTIRE JEWISH COMMUNITY



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הדלקת נרות
ז' ניסן 7 Nisan
Parashat Metzora
(Shabbat Hagadol)

7:16 P.M. FIVE TOWNS
7:18 P.M. STATEN ISLAND
7:18 P.M. BROOKLYN
7:18 P.M. TEANECK, NJ
7:26 P.M. MIAMI BEACH, FLA.
6:28 P.M. JERUSALEM



PREPARING THE DOUGH FOR BAKING SHMURAH MATZAH

CAUSE FOR CONCERN IN ISRAEL WHEN THE PALESTINIANS HEAD TO THE UN

The key to stop the latest Palestinian bid to get Israel denounced at the UN's Security Council lies with US President Barack Obama. He will be in the uneasy position of having to either veto a resolution despite agreeing with its content, or to refrain or support it, thus further isolating America's reliable ally in the Middle East and allowing political opponents at home to portray his party as anti-Israel.

Not like the last time, Israel confronted a hostile resolution at the UN's Security Council, in December 2014, this time there is practically no chance that it will fail to gain the necessary majority.

Mahmoud Abbas, PA President is expected in December to promote yet another try to get the UN to condemn Israel's actions in East Jerusalem and the West Bank.

A uncovered draft of the planned resolution voices "grave concern" over fading hopes of a two-state solution and demands Israel to "immediately and completely cease all settlement activities in the Occupied Palestinian Territories, including East Jerusalem."

China, Russia, Egypt, Malaysia, Senegal, Venezuela and France are certain to support the draft. It is difficult to measure whether the US will once again take

an isolated stance and veto a resolution. On the one hand, there are several reasons to assume that the Obama administration could abstain and allow it to pass. The US needs Arab allies in its fight against the Islamic State group and may not want to provoke them over the Palestinian question. Furthermore, Obama — who, during his last months in office is keen on leaving a tangible legacy in the region — might still be bitter over Prime Minister Benjamin Netanyahu's blatant effort to thwart the nuclear deal with Iran by addressing the US Congress and trying to get American Jews to oppose their government.

My Name is Elizabeth and I am Jewish

RABBI AVI BAUMOL

I am privileged to teach all types of people in Krakow; Jews, non-Jews, old, young, those who knew they were Jewish all their lives and those who just found out and are re-connecting to the Jewish world. One of my students, Eliza Schwartzman, has a remarkable story which I would like to share with you.

Ever since I was a child I knew I was Jewish; I also knew I could never reveal my Jewish identity.

CONT. ON P4

Despite wane in Palestinian terrorism, Israel's Shin Bet warns of concrete threat

SHLOMO CESANA

Is the current wave of Palestinian terrorism waning? The Israeli Shin Bet security agency's latest data says yes. But the agency maintains that the Islamic Movement in Israel is still trying to stir violence on the Temple Mount holy site, and that terrorist groups plan to perpetrate large attacks

CONT. ON P38

Kerry's resounding Iranian 'success'

BEN COHEN

Here's the latest episode of outreach to Iran from the lips of U.S. Secretary of State John Kerry. After condemning, during a press conference in Bahrain, the "destabilizing actions" of Iran in the Middle East, he then followed up with a plea. "Help us end the war in Yemen," Kerry implored the Tehran regime. "Help us end the war in Syria, not intensify,

CONT. ON P6

Use Three Little Words to Reduce Your Anxiety

DR. JOSEPH MERCOLA

When you're feeling anxious, do you ever tell yourself to calm down and relax? It seems as though this would be a useful strategy, but if you've tried you probably know that it's not that effective.

When you're faced with an anxiety



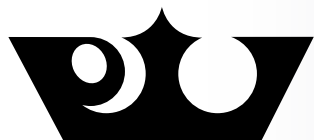
CONT. ON P8

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BAUMOL CONT. FROM P1

It's hard to believe that in the 21st century a Jew still has to hide their Jewishness, but that is exactly what I went through growing up in Dnepopetrovsk, Ukraine over the last 20 years. Yes, officially, there is Jewish life in Ukraine, and yes thousands of Jews live and attend Synagogues and Jewish cultural centers in my hometown. But tens of thousands still fear the repercussions of revealing to the outside world that they are Jewish. My story is one of these and only when I moved to Krakow, Poland was I able to understand how crazy my situation was that in this day and age I was forbidden to tell anyone my secret. What happened in Krakow? That is for the happy ending of this sad tale, and I will speak about it later.

My first memory of Judaism was very positive. I felt special, I was proud. I was 6 years old and I knew I was part of this special club and I just wanted to let everyone know. So on the first day of school when the teacher asked every child to introduce themselves and say something

interesting about themselves (I have a pony, I like ice cream, I am left-handed...), with a big smile on my face I stood up and said, "I AM JEWISH!"

My teacher's face soured, the exercise ended immediately and we were all told to go to our seats and open our textbooks.

That night my parents sat me down and told me how disappointed they were to receive a phone call from the principal complaining of my 'bad behavior.' I didn't understand at the time (I'm not sure I understand today as a woman of 22), but I followed my father's orders and never mentioned it to my friends again.

Until I was 14 – when I had my first love. His name was Dmitri* and we were in love together. We spent so much time having fun, going out, and cherishing each other. I was convinced that Dmitri was my one true love so I cautiously revealed to him my secret – I am a Jew. Dmitri thought nothing of it until that evening when he told his parents.

The next day I called but no answer. I sent emails but no

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By Yossi Zablocki

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COHEN
CONT. FROM P1

and help us to be able to change the dynamics of this region.”

What do you call this? Nativité? Hard-nosed realism? The actualization of President Barack Obama’s deeply held belief that American diplomacy must be humble and post-imperial? Or just the plain old enabling of a rogue state ruled by clerics who practice censorship and torture?

Perhaps the fairest way to adjudicate this would be to judge Kerry by his results. There is no chance that Iran is going to perform a 180-degree turnaround in its foreign policy, and Kerry knows it. In Syria, Iran has worked with Russia to stabilize the bloodstained tyrant Bashar al-Assad, while in Yemen and elsewhere in the Gulf, it is systematically baiting the conservative Sunni monarchies quivering in the face of rising Shi’a power.

Still, one can only say that Kerry has failed if one believes that the Obama administration’s policy is aimed primarily at curbing Iranian provocations. Now, when you look at the administration’s policy on Iran, it becomes clear that Kerry’s expressed concern about Iran’s behavior was a sop to his Bahraini hosts. When it is remembered that current administration policy is to disengage from the region, thereby empowering Iran, it can be argued that Kerry’s results have actually been a resounding success in the context of that policy.

Part of that policy is to occasionally indulge America’s Arab allies by sharing their alarm at what Iran is getting up to. And the Iranians know very well that this will be the limit of American opprobrium. They also know that they can easily wring concessions from Obama and Kerry. When the Iranians complained that they were not feeling the benefits of the surrender on Tehran’s nuclear program negotiated last year, the Americans let it be known that they were looking into how offshore financial institutions might conduct “legitimate business” with Iran in U.S. dollars—a currency to which up until now they have been denied access.

Such trading would certainly

lubricate Iran’s economy, which has weathered several years of international sanctions. And in any case, Iran has already enjoyed a productive relationship with offshore institutions, as the “Panama Papers” leaked from shady law firm Mossack Fonseca amply demonstrate. One of several Iranian clients was Petropars, an oil firm sanctioned in 2010 by the U.S. Treasury Department for its involvement in Tehran’s nuclear program.

In that light, it’s hard to take seriously State Department assurances that its guidance to companies doing business in Iran will be aimed at keeping them within the law. Iran, we can be confident,

will do everything it can to circumvent international regulations.

Momentum, thankfully, is building up in Congress to counter Iran’s re-entry into a global financial system in which the U.S. is still the most powerful player. In early April, Sens. Marco Rubio (R-Fla.) and Mark Kirk (R-Ill.) introduced a bill that will prevent Iran from gaining even indirect access to American banks and other financial institutions, while also imposing secondary sanctions against any financial institutions that assist Iran in offshore dollar trading.

At the same time, the House Intelligence Committee has an-

nounced an investigation into whether the Obama administration misled Congress over the nuclear deal with Iran, on such critical issues as continuing Iranian missile tests and the character of the nuclear facilities inspections regime. Moreover, the anxiety over these concessions to Iran is bipartisan in nature. Prominent Democrats pushing back against administration policy include House Minority Whip Rep. Steny Hoyer (D-Md.), who told the recent AIPAC policy conference that blocking Iran from obtaining nuclear weapons—a potential outcome that the nuclear deal has no power to prevent—needs to be

CONT.ON P15

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AVOS/ CHAPTER 1

Traditionally, we commence our study of Pirkei Avos beginning with the first Shabbos after Pesach and we end the Shabbos that precedes Rosh Hashana. Pirkei Avos is actually five chapters of the Mishnaic Tractate called Avos. The sixth chapter is a Braisa which is part of the Oral Torah that was not included by Rabbi Yehuda Hanasi in his compilation of the six orders of the Mishna. It works out that Pirkei Avos is read four times between Pesach and Rosh Hashana.

There are several questions that are commonly asked about this arrangement. First, why is this Tractate known as Pirkei Avos namely Chapters of the Fathers? The ethical imperatives quoted are not attributed to our Fathers; Abraham, Isaac, and Jacob. Furthermore, what is the purpose in learning these chapters in the spring and summer months?

Why is the material covered four times? Why would a teaching of ethical and moral conduct begin with the historical account of the giving of the Torah by Moshe to Yehoshua, followed by the elders, the Judges and finally the men of the Great Assembly? Logic would dictate that the account of the line of teaching from Moshe Rabbeinu and onward be something mentioned at the very beginning of the six orders of the Oral Torah called the Mishna. Also, why does the Mishna say that Moshe Rabbeinu got the Torah 'miSinai', from Sinai? It should have said that Moshe received the Torah from Hashem at Sinai!

'Avos' or 'Fathers' is a term also used to represent spiritual guides of our lives. Indeed, if we undertake to follow the ethical teachings in this tractate, we will become elevated morally. This will aid us in understanding and

following the Torah. Indeed, the Sages teach that one who wishes to reach the lofty height termed 'Chassidus' which is one level below the attainment of 'ruach hakodesh' should study Pirkei Avos. In fact, another name for this mesechta is 'Mishnas Chassidim'! What does the term 'chassidus' mean? According to Chazal, a chossid is one who not only follows the exactitudes of the mitzvos, but also goes beyond the measure of what is required by the Torah to be a superlative Jew. By studying and following Pirkei Avos a person achieves sublime spiritual heights. The very next rung on this lofty ladder is 'ruach hakodesh' which would mean an almost tangible feeling of a special closeness to Hashem. We see from this that Pirkei Avos is not a mere grouping of nice ethical thoughts, but rather a divine guide, taught by our great Rabbis as to how to lead a life that is morally great between a person and Hashem as well as his relationship to people.

Another reason that this mesechta is attributed to 'Avos' is that the entire world exists

because of those that study and keep the Torah. We observe that the world was destroyed by a great Flood because people were morally corrupt. Since the entire physical world including the inanimate objects as well as the plant and animal life as well as the peoples who exist, are sustained by those that keep the Torah and live a moral pure life, in that sense, those who study and keep that which is taught in Pirkei Avos, become 'Avos', spiritual fathers, to the entire creation!

Our sages recognized the spring and summer months as a time when the evil inclination of a person gathers momentum in his efforts to entice him/her to sin. During this time period, the trees and flowers are blossoming and the outdoors is very enticing. Throughout the winter months, one is inclined more towards indoor activities and the pursuit of Torah studies. With the advent of the Spring, when the birds begin chirping, the weather becomes pleasant, and the wide variety of colors that catch the eyes, make one want to stroll the parks and

CONT.ON P19

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To all our brothers and sisters who will enjoy this Yom Tov Bezras Hashem Remember your brothers in Tzfat who struggle on a daily basis they are thinking how in the world could they put food on the table for seven days

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ety-inducing situation, say giving a public speech, your heart is likely pounding and levels of the stress-hormone cortisol rise. In short, you're in a hyped-up state of arousal, and simply telling yourself to relax may be too big of a leap for your body and mind to make.

A more effective option, according to Harvard Business School Professor Alison Wood Brooks, involves the opposite strategy: telling yourself you're excited.

Three Words to Squelch Anxiety: 'I Am Excited'

Excitement isn't too far off from anxiety. The difference is excitement is generally a positive emotion while anxiety is negative. But in terms of the physical changes in your body, excitement and anxiety are difficult to distinguish.

And so, when you're anxious, it's not a stretch for your body to channel those negative feelings into positive ones of excitement instead.

This isn't just hearsay, either.

Brooks conducted a series of experiments in 2014 to evaluate reappraising anxiety as excitement. She wrote in the Journal of Experimental Psychology:

"Compared with those who attempt to calm down, individuals who reappraise their anxious arousal as excitement feel more excited and perform better.

Individuals can reappraise anxiety as excitement using minimal strategies such as self-talk (e.g., saying "I am excited" out loud) or simple messages (e.g., "get excited"), which lead them to feel more excited, adopt an opportunity mind-set (as opposed to a threat mind-set), and improve their subsequent performance."

Reappraising Your Emotions Leads to Better Performance Outcomes

Brooks experiments challenged people to engage in three anxi-

ety-inducing scenarios: giving a public speech, solving a difficult math problem and singing karaoke. The participants were able to change the outcomes of their performance just by altering their self-talk or mindset. Results were as follows:

Public Speech

Participants prepared a persuasive public speech and were told it would be recorded and judged by a committee. Before giving the speech, the participants said either "I am excited" or "I am calm."

Those who said they were excited gave longer speeches and were more persuasive, competent and relaxed.

Math Problem

Participants read either "try to get excited" or "try to remain calm" then were given math problems to solve. Those in the excited group scored 8 percent higher on average than the calm group or a control group that read neither statement.

Similarly, in 2010 a study found that reappraising feelings of anxiety into a positive (the participants were told it would improve performance) improved their scores on the math section of the GRE

standardized test.³

Karaoke

Participants said they were anxious, calm, angry or sad before singing Journey's "Don't Stop Believin'" in front of the group. The American Psychological Association reported:

"Participants who said they were excited scored an average of 80 percent on the song based on their pitch, rhythm and volume as measured by the video game's rating system.

Those who said they were calm, angry or sad scored an average of 69 percent, compared to 53 percent for those who said they were anxious. Participants who said they were excited also reported feeling more excited and confident in their singing ability."

Brooks noted that when you're anxious it causes you to ruminate and focus on negativity, including potential threats.

By refocusing your mind on a positive outcome by saying you're excited, it leads to real benefits. "Even if they don't believe it at first, saying 'I'm excited' out loud increases authentic feelings of excitement," she said.

CONT.ON P11

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Moshe's CROSSWORD By Yochai Ben Yitzchak Dov

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Across

- 1) Tortoise's opponent
- 5) Vietnam's neighbor
- 9) Right you ____!
- 12) Rind
- 13) Car part
- 14) London's Big ____
- 15) Poise
- 16) Calming drug
- 18) Sphere
- 20) Internet access device
- 21) Proportion
- 23) Majestic
- 25) Objective
- 27) School gps.
- 28) Assoc.
- 29) Run easily
- 33) Prizes
- 35) Dressed
- 39) Reads quickly
- 40) Throw
- 41) Humor
- 42) Performance group
- 46) Assistant
- 49) Interrogate
- 50) Mine products
- 51) High ____
- 52) French preposition
- 53) Source
- 54) Fairy tale starte
- 21) Tear
- 22) Army insect
- 23) Fathered
- 24) Dress for Caesar
- 26) Pulled apart
- 29) Tenor ____ Pavarotti
- 30) Formal speech
- 31) Writer's tool
- 32) Tricky curve
- 33) Earth vibration
- 34) Compass pt.
- 35) In front
- 36) nervous
- 37) Chores
- 38) "____ Got A Secret"
- 43) Sis's sibling
- 44) Author ____ Tolstoy
- 45) Philadelphia time zone (abbr.)
- 47) Trumpeter ____ Severinson
- 48) Wind direction (abbr.)

Down

- 1) Truman's monogram
- 2) Alias abbr.
- 3) Cottage cheese's kin
- 4) Logbook items
- 5) "Viva ____ Vegas"
- 6) Chopping tool
- 7) Antique
- 8) Sailor
- 9) Remain
- 10) Make merry
- 11) Foe
- 17) wee one
- 19) ____ Voyage!

ANSWER TO THIS WEEK'S CROSSWORD ON PAGE 31

BAUMOL
CONT. FROM P4

graveyard of the Jewish people, the ghost of European Jewry's past – Krakow, Poland.

And he was right. For the first three years of my schooling there I saw no Jews, encountered no synagogues and just focused on my studies. Something was gnawing at me that there must be some Judaism but I was under strict order to not engage. I obeyed – until ten months ago, a day which changed my life forever.

I knew only one thing about Judaism in Krakow – that every year there was a Jewish culture festival. I wasn't sure there were any Jews but every summer at the university my friends would go and volunteer at this festival for ten days in July. They were called Machers – I didn't know why.

The festival was started by a non-Jew 25 years ago in an attempt to resuscitate Jewish culture in Krakow, a city in which Jewish life flourished for close to a millennium. It became wildly successful and a symbol of what has been taking place in Krakow in particular, and Poland in general over the last years since it became an independent democratic state. There has been a deep curiosity

about Judaism and a willingness to showcase Jewish culture in festivals, museums, theater, and studies. Ten years ago, the Institute for Jewish Studies department of the major Jagiellonian University opened and today there are 150 students! And that Jewish festival now boasts 25,000 visitors every summer.

I decided to become a volunteer – a macher – and as part of our training we were told we would have a meeting with a rabbi in the Jewish Community Center, in Krakow. I had never met a rabbi before so I was excited and nervous. The rabbi seemed nice and spoke about what it means to be Jewish and how we could help out people and talk to them about Jewish culture throughout the festival. Then he finished with one more line...

“Krakow is experiencing a re-birth of Jewish life and particularly here at the JCC where Jewish life is thriving. If you have a Jewish mother or father, grandmother or grandmother, you could not only be a volunteer but are welcome to join the Jewish community. Just meet me after this talk and I can help you come back to your heritage”.

“Wow. Did he just say there is

Jewish life in Krakow?” I thought. Could I really become part of the Jewish community? I went home and looked for my documents, my Jewish identity, my card with my Jewish name and the next day I went to the JCC at 9 in the morning to wait for the rabbi and ask to join the Jewish world.

The rabbi was late! He was praying at synagogue, I was told, so I waited nervously and finally we met and he invited me immediately for Shabbat dinner.

Since that day I have not stopped learning. I want to know everything about what it means to be a Jew. I want to try every holiday, every commandment and experience all that had been denied to me in Dnepropetrovsk.

I study Hebrew on Wednesdays and go to Shabbat dinners on Friday nights. I joined the students' club and met young adults my age. Each day is a new wonder. I study with the rabbi four times a week and I am entranced by the Bible and Jewish law. Last week I observed Shabbat for the first time and it was thrilling!

I was asked what the experi-

ence for me has been like and my response is that Judaism for me in Ukraine was like seeing a world in black and white; in Krakow I see everything in majestic, beautiful color. I am so grateful to God for giving me the opportunity to return to the Jewish world and I am grateful to the JCC for being this amazing place of openness and exploration.

I hesitantly told my father about my choice to be engaged, to become an active member of Jewish community. Despite everything, he allowed me to make my own choice, but told me to be careful. It is hard to change stereotypes; to change what you believe about others is difficult but to change what you think about yourself is, I believe, even more complicated. I am convinced that he will ultimately come around and see how happy I am and how it really is safe to be openly Jewish in Poland today.

Today I proudly say something I only dreamed about for most of my life:

Hi. My name is Elizabeth and I am Jewish.

Larry Domnitch
Dayeinu: Enough!

Had Obama only disregarded and underestimated the threat of ISIS, even initially referring to them as the JV team-Dayeinu

Had Obama only refused to acknowledge 'Islamic Terror' since he has taken office-Dayeinu

Had the world community only been passive on the slaughter of Christians and Yezidis in the Middle East-Dayeinu

Had the United Nations only named democratic Israel as the world's top human rights violator -Dayeinu

Had President Obama only apportioned aid to Gaza despite the continued terror-Dayeinu

Had UN Secretary General Ban Ki-moon only issued statements justifying Islamic terror against Jews-Dayeinu

Had British Prime Minister

David Cameron only called Israeli construction of Jewish neighborhoods in its capital Jerusalem “genuinely shocking” -Dayeinu

Had so many Western leaders unjustly look to Israel as the cause of conflict while disregarding those who perpetrate the violence-Dayeinu

Had President Obama only recently complained that Iran is not keeping with the spirit of the JCPOA agreement with Iran in which he had an integral role -Dayeinu

Had Iran's leaders only continued with increased post nuclear agreement assets to develop advanced missile technology and increase acquisitions of conventional

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WISHING EVERYONE A
HAPPY AND HEALTHY
Passover



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5th Congressional District

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Roy Neuberger

MITZRAIM TODAY

Can you imagine living in Mitzraim during the Ten Makkos? Imagine that you are – lehavdil! – an Egyptian. Your entire world is collapsing. Mitzraim was the most powerful nation, considered invulnerable, guarded by potent magic as well as apparently invincible armed forces. And then, shockingly, the entire civilization began to crumble under the onslaught of mysterious forces beyond anyone's ability to understand, let alone control. Can you imagine how you would feel? You might literally be on the edge of insanity; your entire world was being overthrown; you had nowhere to turn for stability or a way out of the apparently-universal chaos.

In that same place and at the same time, there was a group of people utterly separated from the chaos. This nation – former slaves! – although they lived in the midst of the conflagration, was strangely calm, even radiant with hope. As the world of the Mitzriim collapsed, the other nation seemed completely assured. There was no panic, only a purposeful preparation for some climactic event, under the leadership of two men named Moshe and Aharon, whose demeanor was calm and who actually dared to face the mighty Paro without fear.

How is it possible for two such different groups of people to exist in the same place at the same time, one group on the verge of collapse and the other group filled with simcha? The answer, my friends, is totally clear. But there is a very strong question: it is one thing to recognize this scenario in the past; it is quite another to recognize it in the present!

As we near Pesach, our challenge is to apply the Mitzraim scenario to our own days. I have mentioned frequently the striking assertion enunciated by the Chofetz Chaim and brought down to us through the words of Rabbi Elchonon Wasserman zt"l, that "we can learn about the end of our exile from what happened at the end of our exile in Egypt." Those words clearly indicate that we are to use the Torah account of Yetzi-

as Mitzraim as a guide to events surrounding the time of the Geulah Shelemah.

And look at our world. Are not current events indicative of massive forces at work? Look at events in Europe. But not only Europe: the world as a whole is in ferment. My father used to tell a story about his beloved sister, Ruth. When her eighteen-year-old son learned to drive a car, she would admonish him, "Remember, you have a killer in your hands!" This was a responsible young man whose mother was looking over his shoulder, but in the contemporary world we have irrational, unpredictable political leaders with weapons of mass destruction readily available who are responsible to no one at all!

Throughout the world, there is a feeling of growing unease, as if something titanic is in the offing. An Adam Gadol wrote that, as the Geulah Shelemah approaches, world rulers are initiating wars, desperate to shore up their kingdoms, because they feel the imminence of something cataclysmic, beyond their control, threatening their power.

Several years ago at this season, Rabbi Moshe Wolfson shlita"h, mashgiach of Torah Vodaath, delivered divrai musar in an unusual public forum: "Why are we quiet? Where is the awakening? Why is everyone so apathetic? Everyone is busy with narishkeiten; we don't hear the alarm? We don't know that we have to pierce the heavens for rachamim from the Ribono Shel Olam?" The Mashgiach cited Tehillim Kapital 46, which describes "the upheavals of the Messianic era." (Artscroll commentary) Dovid Hamelech describes this period as follows: "... The earth is transformed, and ... mountains collapse in the heart of the seas [Is this a tsunami?] ... Nations are in turmoil; kingdoms totter; [Hashem] has raised His voice; the earth dissolves...."

Our current world certainly seems headed toward this scenar-

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io. How do we save ourselves?

We would do well to remember the analogy to Mitzraim. Just as our people who stayed close to Moshe and Aharon were removed from the chaos and marched in glory to Har Sinai to greet the Ribono shel Olam, so we are bidden to do the same, whatever blows may fall in the days preceding the Geulah Shelemah.

Rabbi Samson Raphael Hirsch zt"l wrote regarding this same Chapter in Tehillim: "We shall not be afraid even if all things on earth around us undergo violent change, and if that which seemed as steadfast as the mountains is shaken by the flood of historic events... We shall not be afraid, because we see the hand of G-d even in the midst of the surging flood of catastrophes. We know that it is He Who guides them, and the upheaval of all that seemed great and firm on earth is intended only to reveal G-d in His all-powerful majesty." (On Tehillim 46)

As we enter Zman Chairusainu, we can realistically hope that these exalted days will lead

soon to the Geulah Shelemah if we hold fast to this perspective. "Min ha maitzar... from the straits did I call upon Hashem. He answered me with expansiveness... I shall not die, but I shall live and relate the deeds of Hashem... This has emanated from Hashem; it is wondrous in our eyes... Give thanks to Hashem, for He is good ... His kindness endures forever." (Tehillim 118)

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MERCOLA
CONT. FROM P8

Chronic Anxiety Tends to Be an Internal Process

While external factors, like public speaking, can certainly cause you to feel anxious, chronic anxiety tends to be more of an internal process, and it may actually change your brain.

If you grow up in an environment with frequent yelling or abuse, for instance, your brain may become “wired” for anxiety, such that any potentially undesirable event or emotion becomes cause for alarm.

Some people are so used to feelings of anxiety that they don’t realize there’s a problem and simply suffer in silence. As anxious feelings intensify, it can lead to social isolation, physical symptoms and related mental health problems, like depression.

Anxiety is very common. Forty million Americans, or 18 percent of the population, struggle with anxiety disorders, which are, collectively, the most common mental illness in the U.S.

Anxiety involves the same “fight or flight” response that stress does, which means it ramps up your heart rate, circulation and reflexes so you’re prepared to fight off (or escape) a potential threat.

Anxiety Is a Normal Stress Response That Can Spiral Out of Control

Anxiety is a normal response to stress, but in some people the anxiety becomes overwhelming and difficult to cope with, to the point that it affects their day-to-

day living. The brain is also actively involved. The National Institute of Mental Health explained:

“Several parts of the brain are key actors in the production of fear and anxiety ... scientists have discovered that the amygdala and the hippocampus play significant roles in most anxiety disorders.

The amygdala is an almond-shaped structure deep in the brain that is believed to be a communications hub between the parts of the brain that process incoming sensory signals and the parts that interpret these signals.

It can alert the rest of the brain that a threat is present and trigger a fear or anxiety response. The emotional memories stored in the central part of the amygdala may play a role in anxiety disorders involving very distinct fears, such as fears of dogs, spiders, or flying.

The hippocampus is the part of

the brain that encodes threatening events into memories.”

EFT Is a Powerful Tool for Anxiety Relief

The featured experiments show how powerful your mind can be in relieving anxious feelings.

If you struggle with anxiety, you may want to look into energy psychology techniques such as the Emotional Freedom Technique (EFT), which involves stimulating different energy meridian points in your body by tapping them with your fingertips while simultaneously using custom-made verbal affirmations.

EFT significantly increases positive emotions, such as hope and enjoyment, and decreases negative emotional states, including anxiety.

It is particularly powerful for treating stress and anxiety because it specifically targets your amygdala and hippocampus, which are the parts of your brain that help you decide whether or not something is a threat.⁹ EFT has also been shown to lower cortisol levels, which are elevated when you’re stressed or anxious.

In the following video, EFT therapist Julie Schiffman discusses EFT for panic attacks and anxiety relief. Please keep in mind that while anyone can learn to do EFT at home, self-treatment for serious issues like persistent anxiety is not recommended.

For serious or complex issues you need someone to guide you through the process, as it typically takes years of training to develop the skill to tap on and relieve deep-seated issues like anxiety. That said, the more you tap, the more skilled you’ll become.

Natural Options for Relieving Anxiety

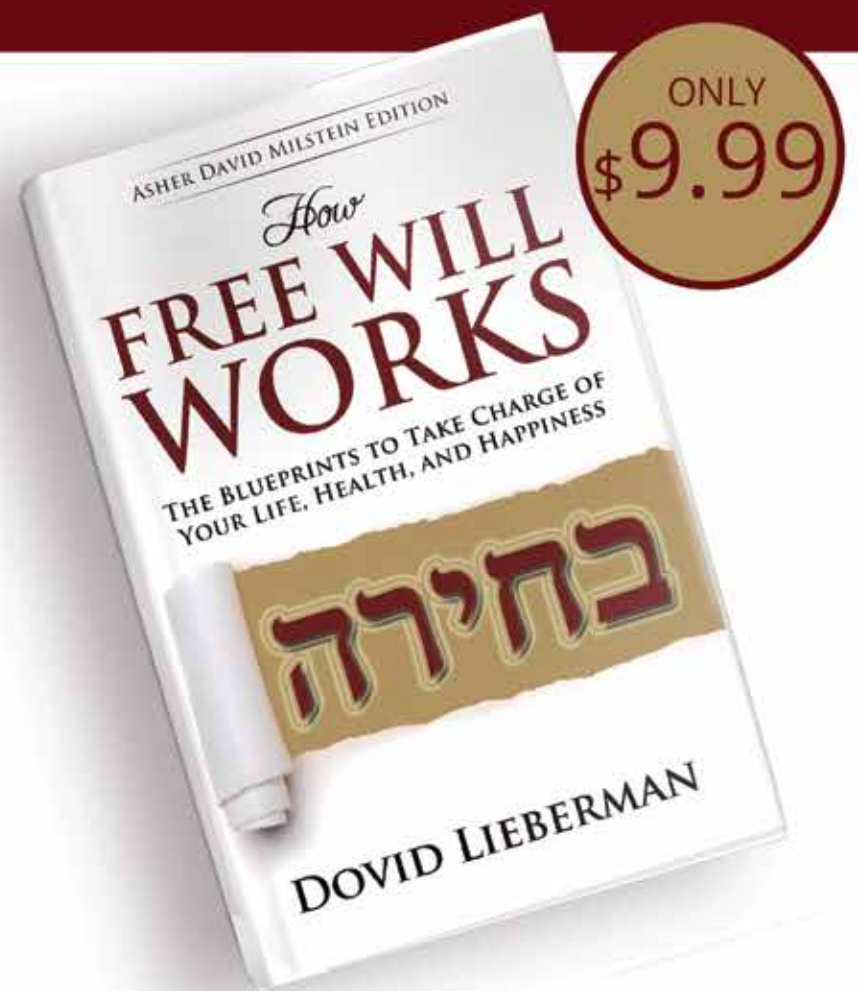
It’s estimated that only one-third of people with anxiety disorders receive treatment but many who do resort to drugs. Prescriptions for benzodiazepine anxiety drugs including Valium, Ativan and Xanax tripled from 1996 to 2013.

The rate of overdose deaths increased more than 500 percent during the same time period. However, “treatment” does not have to equal “drugs.” You have nothing to lose, and everything to gain, by applying lifestyle modifications before trying medication. You may be surprised by how much such changes lessen anxiety naturally. If you often feel anxious or have pan-

CONT.ON P12

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MERCOLA CONT. FROM P11

ic attacks I strongly recommend the following:

Exercise

In addition to the creation of new neurons, including those that release the calming neurotransmitter GABA, exercise boosts levels of potent brain chemicals like serotonin, dopamine, and norepinephrine, which may help buffer some of the effects of stress. Many avid exercisers also feel a sense of euphoria after a workout, sometimes known as the “runner’s high.”

It can be quite addictive, in a good way, once you experience just how good it feels to get your heart rate up and your body moving.

Optimizing Your Gut Flora

Your gut and brain work in tandem, each influencing the other. This is why your intestinal health can have such a profound influence on your mental health and vice versa. It’s also the reason why your diet is so closely linked to your mental health.

Prior research has shown that the probiotic *Lactobacillus rhamnosus* had a marked effect on GABA levels in certain brain regions and lowered the stress-in-

duced hormone corticosterone, resulting in reduced anxiety- and depression-related behavior.¹³ The probiotic known as *Bifidobacterium longum* NCC3001 has also been shown to normalize anxiety-like behavior in mice with infectious colitis.

So optimizing your gut flora with beneficial bacteria is a highly useful strategy. This is done by eliminating sugars and processed foods and eating plenty of non-starchy vegetables, avoiding processed vegetable oils, and using healthy fats. Additionally, eating plenty of fermented vegetables or taking a high-potency probiotic would be useful to reestablish healthy gut flora.

Omega-3 Fats

Your diet should include a high-quality source of animal-based omega-3 fats, like anchovies, sardines, wild-caught Alaskan salmon or krill oil. The omega-3 fats EPA and DHA play an important role in your emotional well-being, and research has shown a dramatic 20 percent reduction in anxiety among medical students taking omega-3s.

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

DOMNITCH

CONT. FROM P3

weaponry –Dayeinu

Had Iran’s leaders only continued to threaten America, Israel and the West, while being the chief global sponsors of terror -Dayeinu

Had the Palestinian Authority only continued to venerate murderers of Jews and call for Israel’s destruction-Dayeinu

Had the US administration and the European Union only enforced labeling products from Judea, Samaria, and Golan Heights (intended for boycott).-Dayeinu

Had the US Ambassador to Israel only claimed that ‘settlements’ violate international law. Really! Dayeinu

Had Israel critic Senator Bernie Sanders, who leveled such “disproportionate” accusations at Israel, only been one of the two Democratic presidential contenders –Dayeinu

Had only so many leftist Jewish groups supported the nefarious BDS movement in America - Dayeinu

Had many American College campuses become hotbeds of anti-Israel/anti-Semitic activity poisoning so many minds - Dayeinu

Had North Korea only restarted plutonium reactors and improved work on advanced missile technology-Dayeinu

Had President Obama and members of his administration

only hurled invectives against Israel. - Dayeinu

Had President Obama only considerably downsized the US military by reducing its budget-Dayeinu

Had the United States merely significantly decreased its role as a world leader under the Obama Administration - Dayeinu

Had so many American Jewish organizations remained quiet in the face of denigrations of Israel by the UN, EU, and the US Administration -. Dayeinu

Had President Obama pushed the entry of Muslims into America but has made no effort on behalf of Christian and Yezidi victims of genocide.

Had Obama top aids, John Kerry, Valerie Jarrett, and Susan Rice, only had close ties to the Iranian regime - Dayeinu

Had Secretary of State John Kerry threatened Israel with boycotts and a third intifada if “peace talks” failed - Dayeinu

Had Secretary John Kerry only stated that Israel will be further isolated in the world if Congress rejects the nuclear deal - Dayeinu

Had Obama only embraced the Muslim Brotherhood in America and around the world - Dayeinu

Dayeinu! America! Western Civilization! Wake up! The world is becoming increasingly more dangerous. Open your eyes: Israel is part of the solution, not part of the problem. Dayeinu

“THE SHMUZ”

Rabbi Ben Tzion Shafier

WARNING: LOSHON HORAH KILLS!

PARSHAS METZORAH



A peddler approached the city of Tzipori and called out, “Who wants to buy the potion of life?” A crowd gathered around him. Rebbe Yanni said to the man, “I would like to purchase some.” The peddler responded, “It’s not for you and your type.” Rebbe Yanni persisted. Finally the peddler took out a Tehillim and opened it to the posuk, “Who is the man who wants life? Guard your tongue from evil.”

Rebbe Yanni exclaimed, “All of my life I’ve read that posuk, but I never appreciated how simple it was until this peddler revealed it to

me!” — VaYikrah Rabba 16:2

What did the peddler reveal to Rebbe Yanni?

The difficulty with this Medrash is that it doesn’t seem that Rebbe Yanni learned anything new. He clearly knew the posuk before the peddler said it. As he was a Tanna, he had mastered the entire Torah and understood the meaning, depth, and implications of those words. What new concept did Rebbe Yanni learn from the

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SHMUZ
CONT. FROM P12
peddler?

The answer to this can be best understood with a moshol. Imagine that a mother and father are looking for the right yeshiva for their son. After much investigation, they hit upon the perfect solution. It has the right type of environment, the right type of boys, just the right blend – a perfect fit. But then they hear the news. The boys in that yeshiva smoke!

“Oh my goodness!” the mother exclaims “Now what? It may be a great yeshiva, and our son might flourish there, but everyone knows that smoking kills. It’s a habit that’s very difficult to break. It’s just not worth it.”

So they decide not to send their son to that yeshiva.

Now let’s play out the same scenario with just one adjustment: same young man, same yeshiva, same perfect fit. However, instead of the parents finding out that the boys smoke, they find out that the boys in that yeshiva speak lashon harah. What would we anticipate the parents’ reaction to be?

“Oh my goodness! The Torah

warns us against lashon harah! With one conversation, a person can violate dozens of prohibitions. And worse, it can easily become a lifelong habit. Lashon harah kills... It may be a great yeshiva, but forget it. We can’t take the chance!”

Somehow it doesn’t seem that that would be the reaction. More likely, their attitude would be, “Listen, it’s not something we are happy to hear, but it isn’t a reason to disqualify a good yeshiva.”

Let’s analyze the difference in their reactions. Assuming that these are well-educated people, they know that the Torah specifically, clearly, and definitively tells us that speaking lashon harah kills, and that guarding one’s tongue is the Torah’s guarantee to long life. They have heard many shmuzin discussing the severity of this issue, and they don’t question it.

On the other hand, while they are aware that smoking has a high correlation to various diseases, only a small percentage of people actually die from smoking-related complications.

So smoking, which might kill, they fear, yet lashon harah, which

they know definitely kills, they aren’t that concerned about. How are we to understand this anomaly?

The answer is that when medical science tells us something, we accept it as truth. These are the facts; this is reality. Unfortunately, when the Torah tells us something, it just isn’t real. “You need a lot of emunah to really accept that. I don’t know if I am on that level.” And so in the parents’ minds, “Lashon harah... well, I mean, a mitzvah it’s not, but it surely isn’t as dangerous as smoking. Smoking really kills!”

This seems to be the answer to Rebbe Yanni. As great as he was, and as much as he accepted every word of the Torah as completely true, on some level it wasn’t 100% real to him. The peddler revealed to Rabbi Yanni that the Torah teaches us that “lashon harah kills” in its most simple, direct meaning. It then became real to him.

The greatest distance on earth is between the head and the heart

One of the most important aspects of growth is making the Torah’s values real. Not in theory, not as some remote distant idea, but rather “getting it,”

understanding that every word in the Torah is true. While we may not feel it now, one day we will. One day, we will understand that every word of Torah learning is more precious than fine jewels. One day, we will appreciate that every callous remark we ever made will come back to haunt us. And one day, we will recognize that every action, deed, and thought was being videotaped to be played back to us at the end of our days.


The more that we focus on the value system of the Torah, the more real it becomes to us, and the more motivated we will be by that which has eternal value and preciousness.

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

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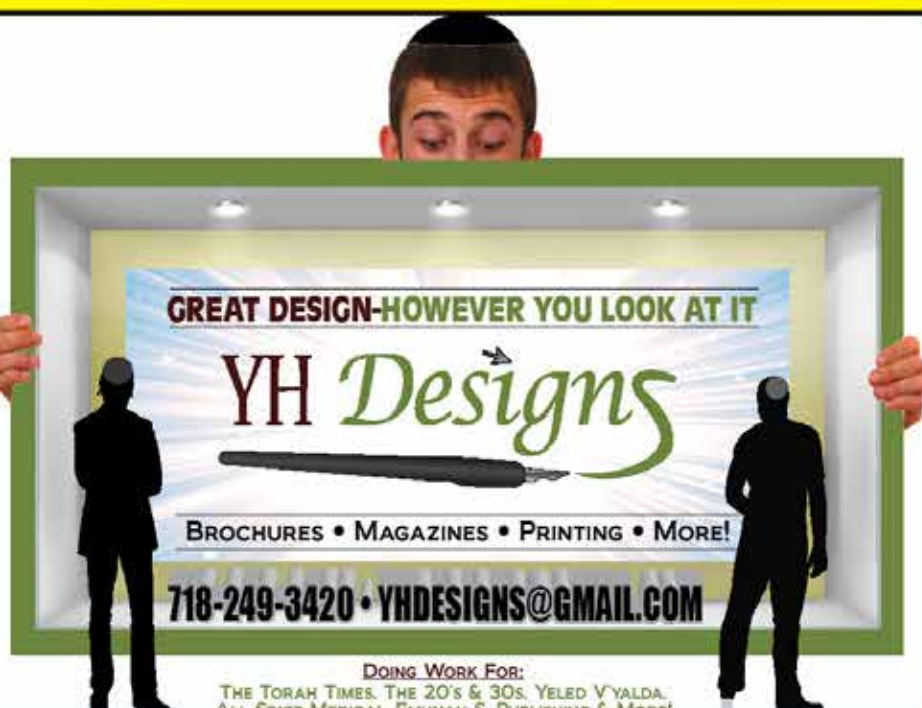


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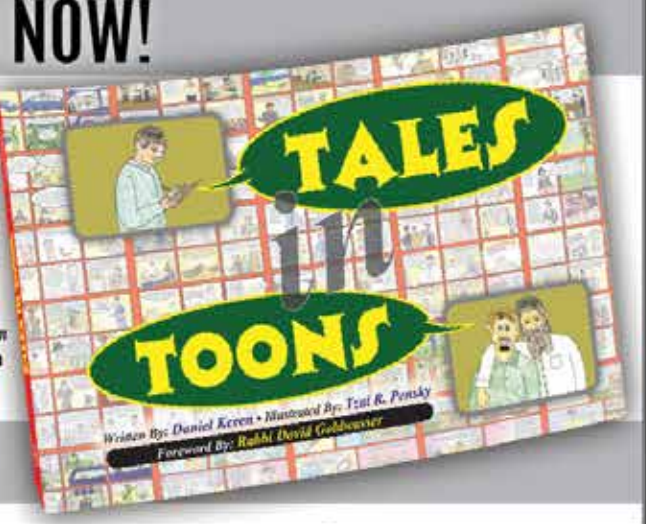
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Dovid Lieberman PH.D.

How Free Will Works

This serialization is from Dr. Lieberman's newest book, "How Free Will Works," which is available for just \$9.99 at Jewish bookstores everywhere, at Amazon.com, and at Feldheim.com.

Dear Readers,
I am thrilled to offer this serialization of my new book, "How Free Will Works."

"How Free Will Works" sheds fascinating light on the cosmic network of interlacing forces that operate in creation — such as Divine providence, mazal, and prayer — and reveals the power and parameters assigned to each.

More valuable still, this book explains how free will intersects with, and impacts on, these forces — which give us the practical and near-magical ability to maximize opportunities, sidestep unnecessary hardship and heartache, and transform our emotional, spiritual, and physical

health.

As the dazzling design and sweeping influence of free will emerges, we move in a world that offers us a different experience, and it will become increasingly difficult — if not inconceivable — for us to ignore the one truth that will become so patently obvious: we control the quality of our lives.

With that, let us begin...

Introduction

Personal transformation not only is the cornerstone of our faith but lies at the core of our purpose. Beginning with our forefather Abraham, who at seventy-five set out to remake himself and the world, the Torah is filled with accounts of those who rose above their nature to succeed in transforming their character and fulfilling their Divine service.

Whether slicing through obstacles or trudging through discomfort and difficulties, great people throughout history have

possessed the ability to minimize temptations and galvanize their resolve. They move through life with clarity and confidence—a knowing invincibility.

The rest of us, though, become stuck along the way, barely scratching the surface of our lives. Encased in a cocoon of negative habits and fears, we are alive, but there's no freshness or vitality. Our personalities have become stifled and suffocate under the weight of our insecurities.

We wade through life, but we are not living it; and thanks to twenty-first-century advances, instant shrink-wrapped entertainment offers escape into other worlds, a vast labyrinth of toys, tools, and distractions from which to concoct elaborate avoidances.

But there is no escape. Our fruitless attempts to hide from life only bring us greater pain and despair. Depression is aptly described in Torah sources as a taste of death. When we die, our soul—the real us—separates from the body. A person who is not growing and moving forward in life will force a rift between the body and soul—the very experience of death itself.

Our soul is rigged to revolt against negligence and indifference, and the system will faithfully keep dishing out new symptoms—both emotional and physical—to remind us that we are in this world for a reason. Every soul has a distinct mission, infused with its own spiritual DNA. It longs to rise from the masses and to light up creation by unleashing its unique spark of the Infinite. The purpose of this book is to help rekindle our passion for life by tapping into this deep, fervent yearning for self-expression.

Once we recognize the power and process of free will, we will understand unquestionably what is to be gained and what is to be lost; and then we would not—could not—behave irresponsibly, much less contradictory to our long-term interests and objectives.

This enhanced mindset moves the decision-making process to the point where we are no longer eager to deny the truth—the pain of abandoning our destiny is too great, and the genuine pleasure missed, too palpable. We are

CONT.ON P15



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ANSWER TO THIS WEEK'S SUDOKU ON PAGE 41

LIEBERMAN
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then propelled forward with a revitalized desire to actualize our free will and to extract our greatest potential from our G-d-given talents and opportunities.

The Structure of Free Will

Free will operates within a framework of clearly defined rules and parameters: laws. As with all laws, there are cause and effect. In this section we discover that our decisions do not always carry

immediate and clear consequences and affect us in ways we might never have imagined—ranging from the imperceptible to the unmistakable, and extending from this world into the next.

As our knowledge of free will crystallizes, we move in a world that offers us a different experience, and it will become increasingly difficult—if not inconceivable—for us to ignore the one truth that will become so patently obvious: we control the quality of our lives—and our afterlife.

COHEN
CONT. FROM P6

our “number one” focus.

Meanwhile, Iran is doing everything it can to remind the world that its stance will only become more belligerent. After one of the regime’s missile tests in early March, Brigadier General Amir Ali Hajizadeh issued a brazen threat to Israel, stating that the “reason we designed our missiles with a range of 2,000 kilometers is to be able to hit our enemy the Zionist regime from a safe distance.”

That has now been followed up with another demonstration of intent. On April 7, Iranian Defense Minister Brigadier General Hossein Dehqan inaugurated a new Octogen power plant. Octogen is an explosive used in penetrating missile warheads. It can also be deployed as a detonator for an atomic weapon.

A statement from the Iranian Defense Ministry didn’t need to pretend that the Octogen manufacture was for defensive purposes. “The Defense Ministry has also paid attention to boosting the destructive and penetration power of different weapons’ warheads and has put on its agenda the acquisi-

tion of the technical know-how to produce Octogen explosive materials and Octogen-based weapons,” the statement said.

What should worry us here in America is that our current administration is quite satisfied with this current threat level. When it comes to the presidential race, fear of further strategic giveaways to the Iranians will remain locked in place for as long as Donald Trump and Sen. Bernie Sanders (D-Vt.), with their isolationist platforms, maintain their bids for their respective parties’ nominations.

The present activity in Congress is our best hope of pushing back against Iran, but it will not undo the nuclear deal. Nor will it prevent further Iranian missile tests, or Iran’s backing for such monsters as Assad and the Islamist terrorist organization Hezbollah. Given that, why would Iran conduct itself any differently?

Ben Cohen, senior editor of TheTower.org & The Tower Magazine, writes a weekly column for JNS.org on Jewish affairs and Middle Eastern politics. His writings have been published in Commentary, the New York Post, Haaretz, The Wall Street Journal, and many other publications. He is the author of “Some of My Best Friends: A Journey Through Twenty-First Century Antisemitism” (Edition Critic, 2014). JNS.org

We begin by exploring the drives that come together in the decision-making process and then connect the dots to discover how and why our choices—even small and seemingly inconsequential ones—ripple predictably into the entirety of our emotional, spiritual, and physical lives.

Chapter 1

The Clash and the Consequences

An endless stream of decisions flows through our lives from the beginning until the end, but not all choices are created equal. Whether we wiggle our right finger or left finger or pick a red blanket over a blue one is a matter of preference. It is a choice, yes, but without moral significance. Regardless of the outcome, we will neither beam with pride nor experience pangs of shame.

Of course, life is filled with hard choices that have real consequences, and as we know, making the right choice is not always easy or comfortable. Self-esteem helps. It stimulates

the desire to invest in ourselves and provides the energy for self-discipline, pushing us toward responsible behavior. Moreover, each and every time we rise above our nature, we bolster this key ingredient to psychological and spiritual health.

To the extent that we do not love ourselves, though, our willingness to endure short-term pain for a long-term gain wanes. Who wants to put in effort—enduring heartache and hardship—for someone whom they do not even like?

The mindset is understandable but quite problematic. When we too often shirk our obligations and shun new opportunities, we lose more than we might expect. Findings show that the tendency to avoid the pain inherent in taking responsibility for our lives is the primary basis of all mental illness and is central to nearly every emotional issue, including anxiety, depression, and addiction.

Next week, we’ll see exactly how this happens.

To be continued...



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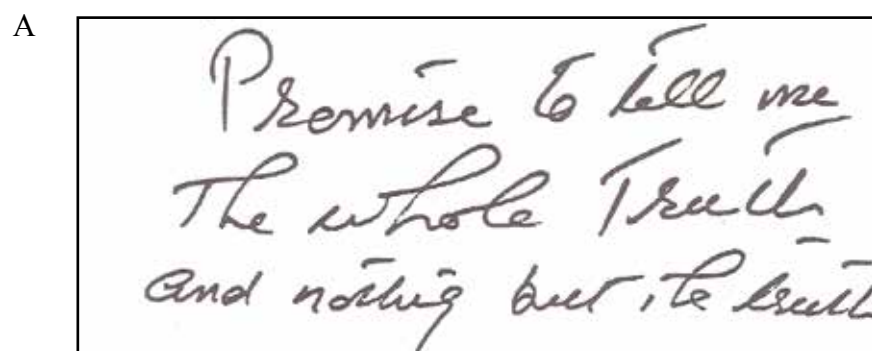
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FAMILY MATTERS | Dr. Ari Korenblit
HANDWRITING MATTERS

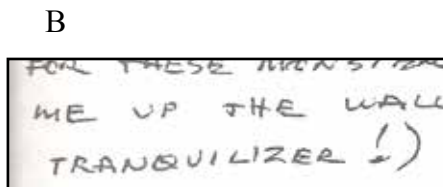
This article explores the science of Graphology, interpreting handwriting to reveal the personality of the writer. Essentially, it is the brain that is actually doing the writing. If one switches hands, puts a twig between their toes at the beach, places a pencil in their mouth, or use any means to write, the primary aspects of the writing remain the very same. The slant of the lines and the letters, the relative size of the script, the formation of the letters, the space between the letters and the words, and hundreds of others indices will not change! To the untrained eye it might seem to be different, but -- like a fingerprint -- it is still uniquely attributable to the same writer. So too, many will say their handwriting or signature is different. However, the many variables that constitute our handwriting, varies very little.

Which is the handwriting of an absolute bully who loves to throw around his bad temper, and which is handwriting of a Prima Dona who has an explosive anger?



This is the handwriting of an outright bully. He tends to cause a sullen atmosphere full of tension and fear. He treats others with hostile arrogance and contempt. If someone stands up to him, he will quickly back down.

The large size indicate a large ego. The angles attest to strong drive and little flexibility and softness. The heavy pressure and pastosity (the great shading of the lines), show the great amount of feelings that go into every aspect of his life. The strong right slant show the intensity of his movement. The club-like formations are like clubs in his hand. The i-dots and the t-crossings are like daggers and knives. Some oval letters are stems are retraced, meaning a constriction, no outlet, and an inevitable outburst when the feelings can sufficiently built-up. The t-bars that fly off the stem and letters h and l in the word whole seem to burst aside, and are indications of a maniacal personality, who cannot control his moods or outbursts.



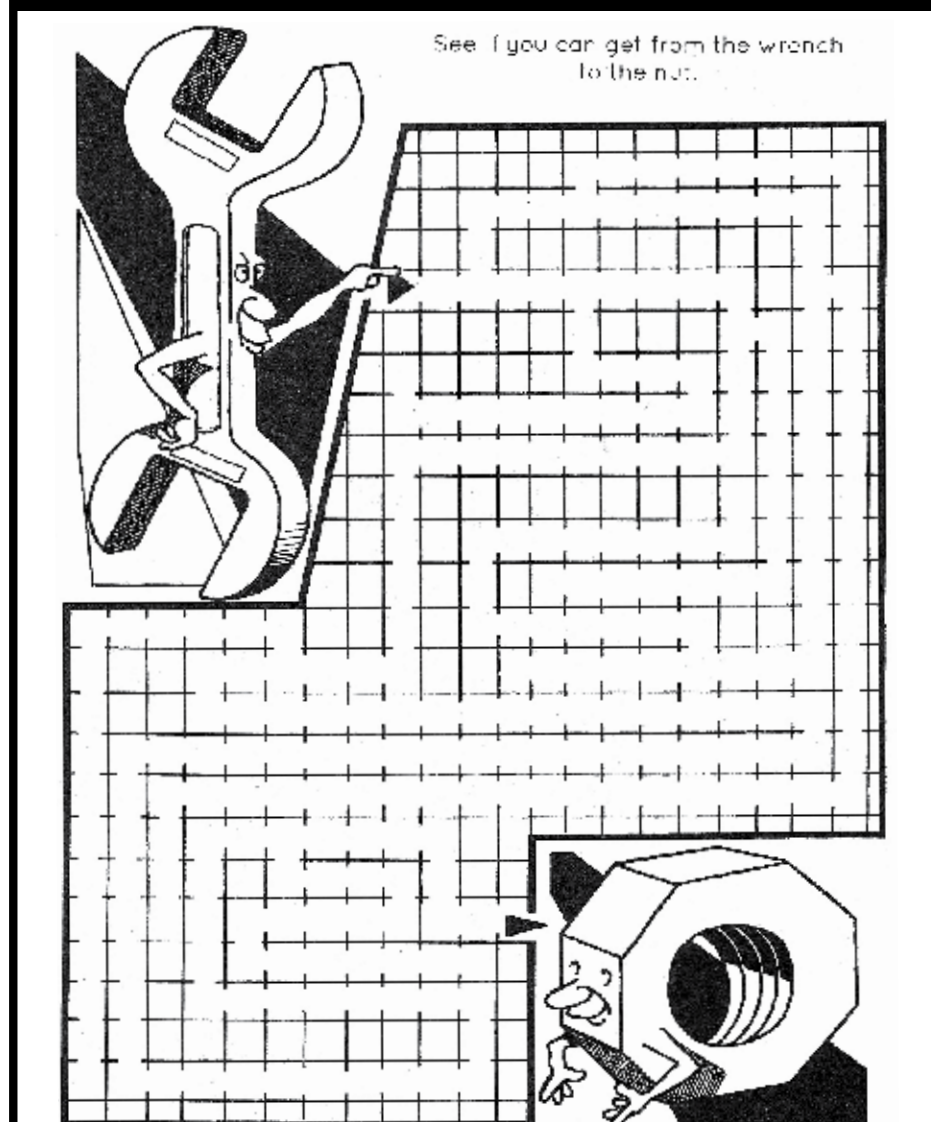
This is the handwriting of a Prima Donna, who will react whenever he feels anything untoward is thrown at him. He can explode when he feels in any way psychologically threatened or thwarted. His parents who acceded to his childish temper tantrums, begot this monster. Those same temper tantrums which served his than, serve him now. He can be quite charming and even constructive in an admiring surrounding. However, in an atmosphere of criticism, he can wax intolerant. He can never work successfully in a group or part of a team.

The heavy pressure and muddy pastosity indicate strong emotions and feelings. The angular strokes show a harshness, without and soft edges. The baseline is rather uneven, and the stems of some letters jerk to the right and to the left, showing a lack of inner control. Since this is a print writing with only upper-case letters, this deduction is even more pronounced, since

there is greater control exerted when pronting. The use of only upper-case is a further indication of an inflated personality. The middle-zone is very dominant indicating a preoccupation with his ego and daily life matters. The absence of an upper zone shows a lack of reasoning ability and a conscience that can intervene. The large space between words show a one who prefers little social contact due to a desire for privacy, insularity and insensitivity to others. The large punctuation -- "!" shows a sense of drama that abounds. The persona pronoun "I" shows a sense of independence, and the wild right-slant shows a further dramatic lack of stability. The downward-slant on the t-bars indicate a desire to dominate. The very jerky rhythm in the writing, further show an uncontrolled nature and extreme impatience.

Dr. Ari Korenblit is a Graphologist/ Handwriting Analyst and Supreme Court Certified Document Examiner. He is also a licensed Psychotherapist and Marriage Counselor. He is available for lectures, teaches graphology and analyzes handwriting for personnel selection, personality assessment, shidduchim, forgeries, etc. Dr. Korenblit also teaches the fundamentals of interpreting children's and adolescent's handwriting to Parents Associations and school staff. Dr.Arikorenblit@gmail.com 212-721-4608

MAZE



ANSWERS ON PAGE 41



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REVIEWS | Daniel Keren

New Mussar Book Offers Tips on Better Self-Esteem & How to Connect to G-d

Rabbi Yisroel Roll's new mussar sefer "Self-Esteem in the Talmud: The Pathway to Self-Confidence and Resilience," 295 pages hardcopy, 2016, Feldheim Distribution, really caught me off-guard. When I was emailed a list of books to consider reviewing for the Jewish Connection, I checked off "Self-Esteem in the Talmud" because I mistakenly imagined it to be a guide to better studying the Gemara with learning tips that would help one gain self-esteem and confidence to tackle the important but daunting challenge of learning the Talmud.

In reality, this is a much more important book that is not just for the student of Shas, but for anyone who wants to forge a stronger and more meaningful keshet, connection with Hashem and in the process live a more significant life. The reference to

Talmud in the sefer's title refers to selections from the Gemara that relate to the subject of how to gain self-esteem by figuring out what your main spiritual strengths are and just how to utilize them more effectively in serving Hashem by focusing your life around those qualities of your neshama that G-d has specifically given you.

We live in a world of bechirah, free will and perhaps the main challenge in overcoming our yetzer hora, evil inclination and not pursuing our G-d given mission in life is the trick of the Satan to make us feel that our efforts are not important and our feeble attempts don't impress Hashem. This of course is farthest from the truth.

By reading Rabbi Roll's well-written and easy-to-understand sefer, one will learn of the Sulam Aliyah (Ladder of Growth) that is unique to each

individual. The fallacy that can lead many a good person astray is to compare oneself to somebody else who we might think is truly fantastic in their spiritual service and despairingly just give up on our own Avodah.

In his introduction, writes that under the guidance of daas Torah, "Each of us must be proactive in finding and using a Ladder of Growth in order to build a unique, inner sense of self and actualize that self in service of Hashem. Use one of the approaches of the approaches of the Rishonim or develop one on your own, but choose one. Then you will realize the purpose for which you came into this world."

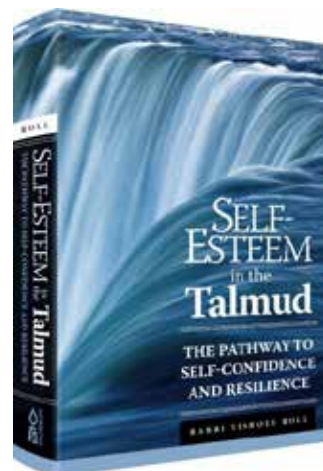
"Self Esteem in the Talmud: The Pathway to Self-Confidence and Resilience" is not a sefer to just read once. Like more classical mussar seforim such as Chovos Halevavos, Mesillas Yesharim or the Chassidic masterpiece Tanya, this new book

by Rabbi Roll should be read a number of times. Maybe with family members or over the phone with a good friend. I would even recommend reading a brief one-page portion at the Shabbos table and invite others to offer their opinions on the suggestions of the author in overcoming doubts about your value in this world and your purpose in life.

I hadn't realized just how wide-spread the problem of self-esteem is in the world in general and our community in particular. Before reading "Self-Esteem in the Talmud," I was of the opinion that yes maybe 10%-20% of the individuals one comes into contact

suffer from a lack of confidence in their purpose in life and perhaps that might explain the seemingly recent phenomenon of kids and even adults at risk.

Rabbi Roll quotes from different tractates in the Gemara and uses those pasukim to further explore how one can take the lessons of Chazal, our Sages of



CONT.ON P35



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4/23	2:00pm	Meal / Seuda
	3:00pm	The Deeper Beauty of Shabbos
	9:00pm	Doors Open
Seder II	9:30pm	Exodus: Legend Or History
4/24	2:00pm	Meal / Seuda
	3:00pm	7 Wonders of Our Jewish Nation
	9:00pm	Meal/Seuda
	9:30pm	Defending The Faith
4/25	1:30pm	Brunch & Moral Relativism & Torah
	7:30pm	Meal/Seuda & Q & A: Judaism
4/26	1:30pm	Brunch & PESACH PARTY FOR KIDS: JUGGLERS, CLOWNS, MUSIC, PRIZES
	7:30pm	Meal/Seuda & Special Lecturer
4/27	1:30pm	The Power of Prayer
	7:30pm	Brunch & What is kosher food? Meal/Seuda & Popular Aish HaTorah Speaker: Q&A National Revelation (SNAI) \$ Home Shabbos Singles Program with Live Music, Matchmakers & smorgasbord
4/28	1:30pm	Brunch & Post Holocaust - 2 Million
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	9:30pm	Oral vs Written Torah
4/29	2:00pm	Meal / Seuda
	3:00pm	"Friend or Foe: Torah & Science"
	8:45pm	Meal / Seuda & Why Bad Happens to Good People!
4/30	2:00pm	Meal / Seuda
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ב"ד

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We proudly invite you to join us in making this year a memory of a lifetime for those in need. Take the time now to have the merit and joy of helping a hungry family celebrate Passover. Please help Beth Shifra with any assistance that you can, including publicizing their good work in your Shul or organization.

May all those that participate in this holy effort be blessed from Heaven.

Rabbi Mendy Mirocznik
Interim Director

Rabbi Naphtali Hoff



FROM REJECTION TO REDEMPTION

Pesach commemorates the redemption of a band of Hebrew slaves from extended, torturous Egyptian bondage. We sit around a regal table as kings and queens, as we recall our ancestors' transition from servants to freedmen and celebrate their glorious fate on that special date some 3,300 years ago.

However, the holiday is not intended to simply be a historic commemoration of a bygone era. Instead, we are admonished to view the experience as if we, the present edition of our ancient nation, are personally leaving a land of oppression for a new life. "A person is obligated to see himself as if he were leaving Egypt." (Pesachim 116b)

A number of questions arise from this mitzvah as well. First, what exactly is the nature of this obligation? In which specific respects are we to attempt to "relive" yetzias Mitzrayim?

In addition, even if we were to clearly define the exact obligation, is the expectation realistic? Can we really view ourselves, living as we do in a free country, with great liberty and freedom, far removed from the abject suffering of slavery, as if we are leaving Egypt? How then do we go about achieving a meaningful connection?

I would like to answer these questions homiletically, by suggesting an alternative explanation for the words of Chazal. Instead of understanding our obligation at the seder as being simply one of reliving yetzias Mitzrayim, let us substitute the word "meitzarim", meaning straits or confinement. In our new version, the mitzvah reads: "In each and every generation a man is obligated to see himself as if he has left behind his personal confinements."

One such confinement, or

limiting belief, comes from the feeling of rejection. The Hebrew slave nation experienced a sudden transformation from a state of perceived rejection (Is God ever going to take us out of here? Did He leave us here to rot in turpitude slaves forever?) to one of miraculous redemption, complete with supernatural miracles and newfound glory. If we are to take a stab at replicating that ancient experience we may wish to spend some time considering our own transitions from rejection to redemption.

We have all tasted the bitter pill of rejection. There was the time that we were not selected for the school performance or failed to make the basketball team. We know what it's like to be kept out of select social cliques or told "no" by the person with whom we sought a relationship. Not every school that we applied to accepted us; nor did every would-be employer. Perhaps we even had the misfortune of being rejected by an employer, or worse, a spouse or family member.

Rejection is one of the worst feelings that a person can experience. When we are rejected

we feel unwanted, unloved and perhaps inadequate. These emotions and thoughts cut at our very essence, leaving us with questions about our true worth and capabilities. We fear moving forward (who is to say that we won't be treated similarly in the future?) and tend to hunker down in some form of anger-driven self-pity, blaming others, circumstances, and the like for our misfortune.

Pesach teaches us that the best way forward is to not get pulled down by past troubles. If there is something to learn from the experience (and there always is) then by all means do so. But we cannot achieve, let alone thrive, if we are to spend all of our time and energies thinking about what could have been or who did us wrong. We must be able to be forward thinkers, using every new experience and opportunity as path to move forward and grow.

I would be the last to suggest that such a mental transformation is simple. The Torah underscores this by sharing that the Hebrew nation repeatedly demonstrated their "slave mentality" after they

CONT.ON P19

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CONT. FROM P7

gardens and neglect the study of Torah. Pirkei Avos, as well as the study of Mishle (Proverbs) arouse one's heart to ignore the evil inclination and concern one-

self with Mitzvos and good deeds, so as to merit acquiring the true garden of delights; the Garden of Eden, in the World to Come.

Throughout the period of the spring and summer, the Jewish calendar 'passes by' the two an-

niversaries the Torah was given to the Jewish people; the first set of Luchos were given on Shavuos and the second set was given on Yom Kippur. All six chapters of Pirkei Avos are learned as a preparation for our celebration of the first time we were given the Torah at Sinai: Shavuos. This was enacted simply because our Rabbis teach that 'derech erez', having fine midos, precedes the acceptance of the Torah. Only by becoming a 'mentch' can one fathom the intricacies of the Torah. Subsequent to Shavuos, we review all of Pirkei Avos three more times by Rosh Hashana in preparation of accepting the second set of Luchos (the first set were broken because of the sin of the Eigel) on Yom Kippur. The total learning of Pirkei Avos is four times because this equals the amount of times Moshe would teach the Torah to the Jews in the desert.

The Bartenura comments that in addition to our Rabbis, we find that many other wise people in the non-Jewish world have also written works about ethics and morality. He explains that Rabbi Yehuda Hanasi purposely placed the historical account of the teach-

ers of our Torah at the beginning of Tractate Avos. His reasoning was to clearly demonstrate that these ethical teachings are not the private thoughts of our Sages but they are part of the Oral Torah that Moshe taught Yehoshua, who taught the elders who taught the judges etc. These lessons in perfecting one's character traits are actually Divine in origin. They were originally transmitted by Hashem to Moshe at Sinai. Pirkei Avos is just as much part of our Oral Torah as the complex laws of Shabbos, Kashrus, and writing a kosher Torah etc. (Avos, Bartenura 1:1).

Our final question, why does it say that Moshe got the Torah from Sinai instead of saying he received it from Hashem at Sinai has several answers. As we have said, acquiring good moral behavior are the prerequisites for truly comprehending the Torah. We know that Moshe Rabbeinu was the most modest person that ever existed or will exist (Bamidbar 12:3)! Our sages teach us that the trait of modesty is the key to all proper midos. By definition, Moshe Rabbeinu was the most perfected human being that ever

CONT.ON P28

HOFF
CONT. FROM P18

had left their land of bondage. Time and again they pined for a return to oppressive Egypt rather than endure the new challenges that they faced in the Sinai desert. Moses had to continually remind his nation of God's love and munificence in order to move them forward.

Still, what kind of life do we live when we are filled with bitter resentment and refuse to move forward and embrace new opportunities?

In order to emerge healthy and whole from a challenging experience, one in which we felt hurt, unappreciated and perhaps even hated, we need to study the causes. Assuming that we really had anything to do with the rejection in the first place, what could we have done differently?

What can we do in the future to experience better, more positive outcomes? But sometimes the outcome really had nothing to do with us, or was simply a matter of timing or need. Some of the world's most accomplished and capable people were rejected for the pettiest of reasons, before (and perhaps even after) the greatness was made known.

To be free is more than a physical state; it is a mindset first and foremost. We cannot necessarily choose what others' reactions and decisions will be but we can choose our behaviors and our responses. At this time of freedom, the best choice is the one that only you can make, which is a choice to live your life to the fullest, in perpetual growth mode.

Rabbi Naphtali Hoff is an executive coach and president of Impactful Coaching and Consulting (ImpactfulCoaching.com). He can be reached at 212.470.6139 or at president@impactfulcoaching.com.

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							7:00 AM 10:00 PM	7:00 AM 11:00 PM	7:00 AM 11:00 PM	7:00 AM 12:00 AM	7:00 AM 1:00 AM	7:00 AM 5:15 PM	9:15 PM 1:00 AM
							10	11	12	13	14	15	16
							7:00 AM 12:00 AM	7:00 AM 1:00 AM	7:00 AM 1:00 AM	7:00 AM 1:00 AM	7:00 AM 1:00 AM	7:00 AM 2:00 PM	1ST DAY PASSOVER CLOSED
							2ND DAY PASSOVER CLOSED	7:30 AM 9:00 PM	7:00 AM 9:00 PM	7:00 AM 1:00 AM	7:00 AM 5:00 PM	7TH DAY PASSOVER CLOSED	8TH DAY PASSOVER CLOSED
							24	25	26	27	28	29	30
							7:30 AM 9:00 PM	7:30 AM 9:00 PM	7:30 AM 9:00 PM	7:00 AM 12:00 AM	7:00 AM 1:00 AM	7:00 AM 5:30 PM	CLOSED
							1	2	3	4	5	6	7

HEALTH | Dr. Rachael Schindler

SPEAKING OF MOTIVATION.....DIET HELP FOR THE DIABETIC DURING THE HOLIDAYS

Did you ever think as you nonchalantly reached for that honey or kokosh cake on yom tov morning, that, "It's okay to stray from my eating plan because: I'm celebrating....I really want it...everyone else is eating it....it's only a little piece...I'll just be careful...I'll make up for it later....It's yom tov! You don't gain because you have a neshama yeteirah!" Left unchecked, these thoughts can do some serious damage. The problem lies in the fact that you want to eat even more since it is holiday time and let's face it, eating is festive! You are also exposed to various special and freshly made foods which everyone else is eating a lot of, AND your host is likely to be pushing you to eat even more! Holidays are a challenging time for people for many different reasons and especially with eating. So how is a diabetic individual (let alone anyone else), going to survive it?

First, let's start out with a few statistics. It is estimated that 23.6 million individuals, or 7.8% of the US population have a form of diabetes. While 17.9 million people have been diagnosed, a significant portion, 5.7 million have not been. What's even more disturbing is that an estimated 57 million Americans have pre-diabetes, a condition that occurs when a person's blood glucose levels are higher than normal but not high enough to be diabetes.

Here are some more stats. In 2007, the estimated cost of diabetes was \$174 billion dollars and that is more than 2 to 3 times higher than for individuals without the disease. Also, diabetes tends to affect both men and women at an equal rate. (Yup, equal. I know, I was surprised too.) The issue is, diabetes can be defined as a metabolic disease in which the body does not produce or properly use insulin. There are four major types of diabetes; Type 1, Type 2, gestational, and pre-diabetes. (I will discuss gestational and prediabetes in more detail in a future article.)

In a nutshell, type I diabetes is an autoimmune disease that involves the immunologic destruction of

beta cells from the pancreas which secrete insulin. Insulin is the key hormone that allows glucose in to the cells of the body. The cause for this almost allergic response can have a genetic piece to it as well as environmental factors, such as: an enterovirus, chemical toxins, and last but not least, nutritional factors. Type 1 diabetes is also known as insulin dependant, mellitus and juvenile diabetes, and accounts for approximately 8% of all diabetic cases.

Type II diabetes was previously known as non-insulin dependant diabetes mellitus, or adult onset diabetes, and accounts for approximately 92% of all diabetic cases. This type of the disease involves the improper regulation of the glucose metabolism by insulin. In other words, the body becomes resistant to the effects of insulin. Unfortunately, Type II diabetes is associated with genetics, aging, sedentary lifestyle and obesity. Obesity is a major factor with this type of the disease since fat cells do not absorb insulin as well as muscle cells, and the fat cells tend to get distributed in the upper body. Some scientists conclude that because the pancreas has to work harder to pump increased levels of insulin into the blood to compensate for resistance, the pancreas eventually wears itself out and can no longer keep up with the demands.

So what's so special about the pancreas? The pancreas, a tiny organ that sits behind the stomach, produces digestive enzymes as well as the hormone insulin and glucagon. Insulin is synthesized within the beta cells of the Islets of Langerhans. The pancreas secretes insulin when blood glucose is high and glucagon when blood glucose is low.

So how does blood sugar work? When we ingest food, our bodies break it down into a usable energy source, such as glucose. The glucose enters the bloodstream where insulin, secreted by the pancreas in response to an increase in blood sugar levels, helps to transport the sugar out of the bloodstream into muscle, fat, and liver cells with the help of glucose

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transporter proteins, GLUT 1 and GLUT 4. It is then converted into energy or stored later for use. However, when insulin is low or absent, as in the case of Type I diabetes, glucose is not taken up by the cells of the body and the body uses its fat stores for fuel. As a result of impaired glucose metabolism, fatty acids are broken down for energy, and they release ketone bodies, which are acidic. If the level of ketone bodies becomes too high the pH of the blood drops resulting in ketoacidosis, which can lead to a diabetic coma or death. On the other hand, when there is insufficient insulin in the body, the glucose levels in the bloodstream, skyrocket. The body then tries desperately to get rid of the excess blood sugar by extracting water out of the body to dilute it. This is why excessive thirst and urination are common symptoms of diabetes, and why drinking enough water is so important. SO what do you do now? Diagnosis is simple. There are a variety of blood tests, including a simple blood sugar reading, Fasting Plasma Glucose Test (FPG), or an Oral Glucose Tolerance

Test (OGTT) which can determine if an individual has diabetes. Once a diagnosis has been made, blood sugar control is the main them for management of the disease. Blood sugar control may be accomplished in several different ways, including medication, diet and exercise.

A proper diet is essential for the diabetic individual. A proper diet plan must be created to suit the individuals needs as well as exercise guidelines established. For example, blood glucose levels must be verified prior to exercising. If the blood glucose level is below 100 mg dL then an additional 20-30 grams of carbohydrates should be consumed. In general, one hour of exercise requires an additional 15 grams of carbohydrates either prior or post exercising. Guidelines such as these should be discussed with you doctor as well as your nutritional counselor. So how can you keep motivated during this holiday time to NOT gain weight and to even lose weight? The trick is elementary. You need to eat MORE of the right foods and fit it some guided exercise too. Veggies, water filled

CONT.ON P25

Irresistible Almond Butter Buckeyes

REYNA SIMNEGAR



These Irresistible Almond Butter Buckeyes are sophisticated chocolate covered nut balls. So easy to make, and so decadent.

Ingredients:

- 1 1/2 cups almond butter
- 3-4 cups powder sugar
- Pinch salt
- 2 tablespoons shortening (can

use vegetable oil, canola oil or coconut oil)

Preparation:

1. In the bowl of an electric mixer fitted with a paddle attachment combine the almond butter, sugar

and salt until it forms a ball that detaches from the sides of the bowl. Refrigerate for one hour or until firm. Roll dough into 1-inch balls and align on a sheet of parchment paper.

Apples and Cinnamon Quinoa Breakfast

TAMAR GENGER



Ingredients:

- 1/2 cup raw quinoa
- 1 cup water
- 1/2 cup milk of any kind
- Dash of sea salt
- 1 apple finely chopped
- 1 teaspoon ground cinnamon

Preparation:

1. Bring quinoa, apple, cinnamon, salt and water to a boil in a small pot. Once boiling reduce to simmer and cook for 10-15 minutes until water is absorbed.
2. Add milk of choice, stir and remove from heat and enjoy for a wonderful breakfast.

This Apples and Cinnamon Quinoa Breakfast is a nice alternative to oatmeal, with the added value of protein found in quinoa. The apples provide a natural sweetness so you don't have to add any sugar.

Mixed Green Salad with Warm Cream Cheese "Croutons"

JAMIE GELLER

In this Mixed Green Salad with Warm Cream Cheese "Croutons," traditional croutons are replaced with cubes of cream cheese covered in kosher for Passover panko crumbs.

Ingredients:

- 1/4 cup kosher for Passover panko bread crumbs
- 2 teaspoon chopped fresh thyme
- 1 clove garlic, minced
- 1 package(8 oz.) Cream Cheese, cut into 1/2-inch cubes

- 8 cups loosely packed torn salad greens
- 1 Granny Smith apple, cut into thin slices
- 1/2 cup pomegranate seeds
- 1/2 cup balsamic vinaigrette dressing

Preparation:

1. Combine first 3 ingredients in shallow dish. Add cream cheese cubes in small batches; toss until evenly coated with crumb mixture. Place on waxed paper-covered plate.
2. Heat large heavy nonstick skillet sprayed with cooking spray on medium heat. Add cream cheese cubes, a few at a time; cook 3 min. or until evenly browned, turning frequently.
3. Combine remaining ingredients in large bowl; top with toasted cream cheese cubes.



I'm Cancelling Pesach!

RACHELI FRIED

Now that I got your attention from the title of this article-relax-take a deep breath...I'm totally kidding! C'mon people... let's not go crazy here, being stressed is not what Pesach is all about. Everywhere I go, I see people sweating, red faced and talking to themselves. Pesach has turned the world mad! No one has learned their lesson from last year or the year before that. Read my lips (well, at least pretend that you can)...everything is going to be ok. The house will get clean-no, you don't have to scrub inside the ceiling (unless you have been hiding candy up there -no judgments), the food will be made, everything will be just fine.

It's four meals! (We can worry about the second set of four meals next week) C'mon la-

dies-we can do this with our eyes closed!! If making 18 side dishes and 7 mains is stressing you out to the point of no return...then ask yourself-is it worth it? Are you even going to enjoy Pesach that



way? If the answer is no then you are missing the point.

The sun is shining today and I intend on fully enjoying it. The

birds are chirping and that means that spring weather is finally on its way. How lucky are we to have the opportunity to celebrate yet another Pesach? You are still thinking about the ten potato kugels you still have to make, aren't you? Ok, ok, I see I have to work even harder here to distract you here.

Let's talk makeup, shall we? There ya go...that's better:) So who doesn't love the idea that we MUST go out and buy new makeup for Pesach? We really don't have a choice here right? It's

basically a mitzvah:) After nearly passing out from my Pesach food bill I'm thinking I need affordable new makeup and while I do love

drugstore makeup..even that can add up. That's why I'm turning to Eyes Lips Face or Eyeslipsface.com. Elf Cosmetics can also now be found at Target and CVS but if you are chained to your stove and can't leave the house..take a break and go check out their website. They have tons of makeup for only \$1.00. Don't rub your eyes-you may get over cleaner on them-you read it right...\$1.00. The quality and pigmentation is so impressive it will shock you. I have been buying from them for years and their makeup keeps getting better.

What better time than now to try out new lip colors, blush, bronzers and eyeshadows. Consider it your little treat for searching inside your pipes for chametz-I'm kidding you know!! Put that wrench down! Have a Chag Kosher V'Sameach and enjoy every precious moment...and when all else fails, there is always new lipgloss! xoxo

TRUE HEALTH | YAEL TUSK

LINGERING COUGHS

Patients often visit my clinic complaining of a “cold” that they can’t seem to get rid of. By the time they come to see me, however, it is usually weeks after they contracted the infection. The one or two symptoms that remain are really the baggage left behind by a virus that has already

passed through. In reality, the cold itself is gone, it is stubborn mucus which remains. This mucus is commonly found in the form of a lingering cough.

Evelyn brought her three-

year-old daughter, Molly to me to treat her cough. Aside from giving her acupuncture and herbs, I told Evelyn that Molly should abstain from dairy until her lungs were completely clear.

During the next visit, Molly was still coughing. Upon inquiry, Evelyn revealed that she had continued providing dairy. “How can I take all dairy out of her diet?” she questioned, “She will not get enough calcium!” I responded that when a child’s

breathing is compromised; we do not look at long term nutrition, only the immediate effect of the foods consumed.

The poor quality of cow’s milk products available today makes it an unhealthful choice for most people. Luckily, there are better sources of calcium than dairy. I have listed the following foods in descending order which gram for gram supply more calcium than dairy. This

CONT.ON P30

SCHINDLER
CONT. FROM P23

fruits and fibrous foods usually are best. Let’s face it, if you are not starving and you are losing weight you are more motivated to stick to the eating plan. Additionally, if you raise your metabolism by fueling your internal furnace and building lean muscle mass, you can eat more of whatever you want and still lose! The trick is to develop a sound eating routine, that is personalized for your body type and caloric needs (i.e.: How much you exercise, speed of your metabolism, pregnant, etc...), eat often, and STICK to it! The less you are “on again/ off again” dieting, the better. So, consider yourself on a nutritional plan, not just another diet. And don’t forget to exercise! The weather is so beautiful now! Grab a pair of sneakers and literally “run around” doing errands, or have a “ball” playing with the kids at the park. Take nice walks with your spouse at night or on yom tov. Just don’t sit. And eat and eat. Just sit while you eat. And if all that just isn’t enough, here’s some more motivation for you; just some of the benefits of a individualized exercise program include: losing weight, better glucose uptake even without insulin, improvements in blood lipid profile, blood pressure, physical work capacity and overall well-being. Now that’s a lot of food for thought!

While studies have shown that increased fiber intake assisted in long-term weight loss, here are some tips to help on any holiday, including the High Holy days: Don’t make everything heavy. Make some flavorful interesting

CONT.ON P28

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By Chaim Gold

Walk into any random shul or yeshiva this bein hazemanim and one of the sights you will most likely encounter is bochurim learning together in pairs Mishnah Berurah, hilchos tefillah and Dirshu's well known Biurim U'Musafim additions.

This is the fourth bein hazem-

anim with Dirshu providing its popular Daf HaYomi B'Halacha L'Bochurim program. With the passing of time, however, participation and enthusiasm for the

program is growing by leaps and bounds! One inspiring feature of the program is its inaugural halacha shiurim in the larger communities given by prominent Rabbanim and Poskim. The shiurim set the tone for the program and provide important background enabling every bochur

to better understand the foundations and underlying principles of hilchos tefillah. Over this coming Pesach bein hazemanim some thirty communities will participate in the program. Whether in Toronto, Providence, Boston, Baltimore or St. Louis, thousands of bochurim will be learning daily Mishnah

Berurah, getting a real taste for the learning and an appreciation for how learning daily halacha with a defined, accountable program can transform one's day and one's bein

hazemanim.

The Program

The Daf HaYomi B'Halacha Bein Hazemanim program, a special program designed for bochurim, will begin on 7 Nissan for high school-aged bochurim and on 3 Nissan for bochurim in yeshiva gedolos. The program culminates with a test on

24 Nissan/May 2.

Daf HaYomi B'Halacha

L'Bochurim offers a daily program of halacha that accomplishes two important goals. It provides structure to bein hazemanim while simultaneously bringing bochurim into the world of practical and

CONT.ON P35



HaRav Yaakov Bender, Rosh Yeshiva of Yeshiva Darchei Torah will give the Shiur in the 5 Towns area

SCHINDLER

CONT. FROM P25

dishes that are light, low in sugar, and high in fiber, for everyone to enjoy. Believe me, your guests (especially their thighs) will thank you. Use Pam for "frying" and to wet salad so you use less oil. Substitute Splenda brown sugar for regular in your baking. Use egg-whites only (let's face it a dozen eggs is way cheap and you can save the yolk to brown challah or the tops of some kugels). Scrape off dressings, sauces or breading. Also, start off with a healthful soup to help fill you up, before you finish a few pieces of challah without even noticing. Bring some of your own healthy food that you can eat to your friend/relative to "help" them with preparations. If you absolutely have to try it all, eat smaller portions, but make sure everything fits on one plate! Tell the food pusher you absolutely can't have another bite, you're done! Balance the day's intake. If you ate a big lunch, lighten up the rest of your meals. You don't have to get your "money's worth" every time you eat. Don't

eat dessert after lunch, for a snack AND after dinner. Pick one time and have a small amount (I prefer to savor a real homemade cake, or a good chocolate torte). Remember there's always more food coming (and coming). Think how wonderful you will feel going to bed at night knowing you followed your plan when you easily could have consumed thousands of extra calories! It's worth it to forgo the momentary pleasure of eating foods you didn't plan to eat so that you can stay in control of yourself and your sugar, not yo-yo diet and mess up your metabolism, be happier with yourself, AND finally lose the weight you always wanted to.

Rachael E. Schindler, PhD. is a psychologist, founder of "TheFiveTownsDiet" meals home delivery (www.litenlow.com/dietdelivery/), Smart N' Lite take-out meals at Season's of Lawrence, noted lecturer and author, certified pediatric and adult nutrition counselor, certified personal trainer and celebrated group fitness instructor and Pilates master for over 20 years, practicing in Cedarhurst, Lawrence and Manhattan. A veritable "one-stop-source", Dr. Schindler specializes in fitness, food, 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.

REISS

CONT. FROM P19

existed or will exist. It is the reason he was chosen by Hashem to receive the Torah and teach it to the Jewish people. Mount Sinai was the lowest mountain in Earth's geography. It represents 'anivus', modesty and humbleness. When the Mishna says 'Moshe kibail Torah miSinai' it is actually explaining that Moshe was worthy of receiving the Torah because he was humble like Sinai! Meam Loez says that humility was an important trait of all those listed in the chain of our mesorah, the teaching of the Torah, throughout all subsequent genera-

tions.

The prefix of the Hebrew term 'miSinai' is the letter mem. The numerical value of mem is forty. This hints to the fact that Moshe ascended the heavens to receive the Torah and that he stayed in there a total of forty days and nights abstaining from eating and drinking all the while.

It is our sincere wish that our readers will find these comments enlightening as we join together in our study of Pirkei Avos until Rosh Hashana.

Based on Meam Loez on Avos except when a different commentary is cited.

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SPECIAL DAF HAYOMI B'HALACHA AUDIO-VISUAL PRESENTATION

מסורים

TUSK

CONT. FROM P25

list is by no means exhaustive (numbers have been rounded).

Kelp: contains 9x more calcium than milk: at 1100mg per 100g (3oz.) serving

Sesame seeds: 9x

Sardines: 3.7x

Almonds: 2x

Amaranth: 2x

Parsley: 1.7x

Sunflower seeds: 1.5x

Chickpeas: 1.25x

Quinoa: 1.2x

Black beans: 1.13x

Pistachios: 1.1x

Dried figs: 1.06x

Milk: contains about 119 mg of calcium per serving

Note: hard cheese contains about 5.7x more calcium than milk, and is sometimes tolerated by people who cannot digest milk. Of course, if all dairy is a problem, as you can see, there are plenty of non-dairy foods which contain large amounts of calcium.

Dairy produces mucus. When a child is wheezing, mucus is clogging their breathing pas-

sages. The benefits of calcium are completely outweighed by the dangerous increase of mucus that dairy produces. For chronic coughs, avoid dairy “chronically”. Children with coughs should also avoid other phlegm-producing foods such as bananas, peanut butter, white flour and white sugar.

My Daughter's Croupy Cough

A while back, our 15-month-old developed a frightening dry cough in the middle of one night. I took her out of bed, and gave her acupuncture. I usually see an immediate improvement after acupuncture, but this cough was stubborn. For the next hour, I gave her warm water with honey, and acupressure massage. I then put her back to bed. By the next morning, her cough was 90% better.

Not all coughs are the same. Some are wet and some are dry. Honey would have made a wet cough worse, but for a dry cough, it was beneficial. Pear juice is also particularly helpful for lubricating a dry cough; it is used medicinally in Chinese

medicine for this condition.

Dry coughs are more common in dry desert climates. Sandra came to me for treatment for a lingering dry cough. She asked me if she should abstain from dairy. I suggested that after the treatment, she should try avoiding dairy and report back to me.

She called me a few days later and told me that the cough was almost gone. However, when she had some dairy, the cough started to get worse again. Even though dairy is moistening, it produces moisture in the form of unhealthy phlegm, so it is not good for any kind of cough.

Pregnancy Coughs

I received a call from Lisa, who was at the end of her ninth month of pregnancy. She had caught a bad cold that left her with clogged sinuses and lungs (during pregnancy, colds and mucus often linger interminably). She had taken antibiotics, but they had not helped at all. She was very nervous to go into labor while her breathing was still compromised.

Based on her symptoms, I wrote a very simple herbal for-

mula which would be safe to use during pregnancy. I told her to start taking it as soon as possible. A few days later her mother called to tell me that Lisa had taken the herbs for about a day and a half, and then went into labor being able to breath easily once again. She gave birth to a healthy baby boy.

Often women experience lingering congestion during pregnancy. When breathing is affected, it can be very distressing. Doctors are rightfully hesitant to prescribe drugs, since many pharmaceuticals can be unsafe during pregnancy. There are many herbs that are also forbidden for pregnancy, but luckily there are plenty which are safe. An experienced herbalist can carefully choose herbs which will keep both mother and baby safe.

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

Israel is becoming the world's wine capital. Here's why.

Odem Mountain

Isi Leibler**THE UNITED NATIONS SANCTIFIES EVIL**

The United Nations is an evil body dominated by Islamic nations and tyrannies.

Just last week, on March 24 in Geneva, the U.N. Human Rights Council (UNHRC) concluded its session by passing five resolutions condemning Israel. This followed a series of blood libels accusing the only democratic country, in a region surrounded by barbarism, of engaging in a policy of deliberate murder of Palestinian children.

Indeed the Human Rights Council has passed more resolutions condemning Israel over the past decade than all resolutions criticizing other governments combined. This, despite the fact that countries leading the charges against Israel are themselves engaged in horrific human rights violations. And despite the fact that in Syria, Israel's neighbor, hundreds of thousands have been killed and millions are trying to flee the country as President Bashar Assad's army and ISIS butcher entire communities.

The reality is that the United Nations, with its subsidiaries, has morphed into an evil body dominated by Islamic nations, tyrannies and rogue states whose policies it legitimizes.

Freedom House, the independent watchdog organization dedicated to the expansion of freedom and democracy, maintains that 80% of UNHRC members are “not free” or only “partly free.” In this degenerate body, Saudi Arabia was elected last year to chair a key human rights panel.

The UNHRC has consistently appointed fiercely biased anti-Israel rapporteurs and commissioned numerous reports to demonize Israel and accuse the Israel Defense Forces of engaging in war crimes.

Last month, it passed a resolution to boycott produce and compile a list of businesses over the Green Line - clearly a first step in the direction of sanctions and an extension of the global anti-Semitic BDS movement.

Similar outrageous bias is also

CONT.ON P42



DIRSHU
CONT. FROM P28

accountable limud halacha. It is divided into two separate tracks: one consisting of Shulchan Aruch, Mishnah Berurah and select portions of Mussaf Dirshu, with the advanced track consisting of Shulchan Aruch, Mishnah Berurah, Biur Halacha, Sha'ar Hatziyun and Mussaf Dirshu. One particularly remarkable aspect of the program is Dirshu's signature attention to detail. Nothing is overlooked. There are, of course, the halachos set forth in the Mishnah Berurah. In addition, however, the Biurim U'Musfim with so many practical halachos and tips provides extensive supplementary information and piskei halacha. Dirshu provides all participants in the program with numerous aids to ensure that every bochur has the optimum learning experience. Among those aids are: beautiful Dirshu Mishnah Berurah booklets with the daily schedule, specially designed English and Yiddish sikkum pamphlets summarizing each day's learning, pre-recorded CD of shiurim in both English and Yiddish with separate tracks for each day's learning material, exciting

raffles throughout the program period for seforim and CDs and finally, the test at the culmination of the program with monetary stipends based on test scores. Beginning Bein Hazemanim with a Shiur Towards the beginning of bein hazemanim, on either Sunday, 9 Nissan/April 17, or Monday, 10 Nissan/April 18, depending on location, important and riveting pesicha shiurim and divrei chizuk will be delivered at twelve locales across North America. In Flatbush, at the Agudas Yisrael Bais Binyonim, the inaugural halacha shiur for bochurim will be delivered by HaGaon HaRav Eliezer Ginsburg, shlita, Rav of Agudas Yisrael Zichron Shmuel and Rosh Kollel in the Mir Yeshiva of Flatbush. The shiur in the Five Towns will be held in the Agudas Yisrael of W. Lawrence and will be addressed by HaGaon HaRav Yaakov Bender, shlita, Rosh Yeshiva of Yeshiva Darchei Torah. The Toldos Yaakov Yosef Bais Medrash of Skver in Montreal, Canada, will host the event for bochurim with HaGaon HaRav Yochanon Wosner, shlita, Raavad D'Chassidei Skver

CONT.ON P39

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CROSSWORD ANSWER

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52	D	E	S			53	R	O	O	T	54	O	N	C	E						

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Shidduch Listings

Modern orthodox woman seeks man with kind & generous spirit. Active & educat-ed, he has both secular & religious interests. 60-75. (917) 224-9558. Please leave contact information.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Traditional-but-modern, serious-minded 63-year-old man who exemplifies the meaning of the "triple package" seeks a similar age-appropriate woman. My primary interests are in the mathematical sciences. She should appreciate such, as well as newspapers, books, and classical music. davidbee2009@gmail.com.

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Miscellaneous

Lit a candle for R'Menachem Mendel ben Yosef M'Rimino for 40 days and had a yeshua with a very large doctor's bill.

Legal Notices

KOLO NY, LLC Art. Of Org. Filed Sec. of State of NY 4/7/2016. 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, Danielle Shamah, 444 Wooddale Avenue, Staten Island, NY 10301. Purpose: Any lawful act or activity.

Notice of Formation of 18 Montgomery Ave Realty LLC. Arts. of Org. filed with Secy. of State of NY (SSNY) on 03/18/16. Office location: Richmond County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o 148 New Dorp Ln., Staten Island, NY 10306. Purpose: any lawful activities.

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

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Rabbi Dr. Bernhard Rosenberg

Rav Soloveitchik on the Holocaust

What is evil, and how does one comprehend its place in our lives? In Judaism, the question of evil and suffering is expressed in the following statement: “Tzadik v’ra lo, rasha v’tov lo,” a righteous person, and bad comes to him, a wicked person and good comes to him. Why do righteous people suffer and experience hardship, while the “wicked” seemingly do not experience pain and suffering?

After the Shoah one would have expected Rabbi Dr. Joseph B. Soloveitchik, the Rav, to analyze and lecture on this unique tragedy and period of Jewish suffering. Although the Rav refers to the Shoah, he does not provide his students with a comprehensive explanation for this horrific period.

To explain the Rav’s understanding of the evil of the Holocaust one must read his views on evil and suffering throughout Jewish history and extrapolate

from these writings lessons for the Holocaust. In his most extensive work on suffering, *Kol Dodi Dofek — The Voice of my Beloved Knocks* — the Rav says that we cannot comprehend the nature of evil, because we do not have the full understanding of the world. He unequivocally affirms that evil does exist, but any effort to romanticize evil is not intellectually honest.

The Rav writes: “Judaism, with its realistic approach to man and his place in the world, understood that evil could not be blurred or camouflaged, and that any attempt to downplay the extent of the contradiction, and fragmentation to be found in reality will neither endow man with tranquility, nor enable him to grasp the existential mystery” (p. 53).

People have an obligation to recognize that evil exists, but understanding its essence is beyond human intellectual capacity. How

can one struggle with the question of suffering? The Rav elaborates further on the idea of evil in *Fate And Destiny: From Holocaust to the State of Israel*, in which he states that the distinction between the two is where the answer to suffering lies. Rabbi Dr. Walter S. Wurzbarger, a prominent disciple of the Rav, writes, “The Rav ... maintains that it is senseless to raise the metaphysical question of why there is evil in the world. The human mind is simply not equipped to tackle this problem.

To engage in theodicy is an exercise in futility. Instead of looking for an explanation of our fate — for example, why a particular evil has struck us — we should ask ourselves how we can respond to evil in a manner that will enable us to emerge from this experience as better moral and spiritual beings” (p. VII). Fate, the Rav says, is an existence of compulsion — “Against your will you will live out your life” (*Pirkei Avot* 4:29, p. 52, *Kol Dodi Dofek, Theological and Halachic Reflections on the Holocaust*). The man (or woman) of fate has no free will, nor ability to choose his own life’s path.

Things happen to this person, without his involvement. The fated existence is passive, and arbitrary. Destiny, however, is the different.

The Rav characterizes it as “Against your will you are born and against your will you will die, but you live of your own free will” (p. 54, *Kol Dodi Dofek*). An existence of destiny is a life of choice, innovation, strength and action; one engages with his surroundings.

The Jewish approach, says the Rav, is to transition from a fated life, to a destined life (p. 54 *Kol Dodi Dofek*). In “fated lives,” evil happens to us. We suffer, and we have no control. In a life of destiny we do not focus on the tragedy that befalls us. “What must the sufferer do, so that he may live through his suffering?” is the Jewish legal question the man of destiny asks. “What obligation does suffering impose upon man? ... We do not inquire about the hidden ways of the Almighty, but rather about the path wherein man shall talk when suffering strikes,” says the Rav.

This reaction to suffering and evil is extremely unique. It seems that the Rav is suggesting that people have an obligation, when

bad things happen to them, to use their suffering in a productive manner. The Rav tells us that according to Halachah, “Afflictions come to elevate a person, to purify and sanctify his spirit ... to refine his soul and to broaden his horizons. In a word, the function of suffering is to mend that which is flawed in an individual’s personality. The Halachah teaches us that the sufferer commits a grave sin if he allows his troubles to go to waste and remain without meaning or purpose” (p. 56 *Kol Dodi Dofek*). The Rav therefore maintains that it is a uniquely lonely experience to be a man of religious faith. The individual who suffers and keeps his religious faith has the obligation to respond in a positive fashion to repair the world.

This is God’s response to Job, a righteous individual who has suffered tremendously. In the Biblical narrative, Job struggles to understand why terrible things happen to him. Eventually, God comes to Job and informs him how to productively use his suffering.

In the Rav’s *Days of Deliverance: Essays on Purim and Hanukkah*, he states, “Not too long ago we lost six million Jews, one third of our population. But, on the whole, we have emerged victorious. We still maintain our identity; we are still committed to the same goals to which our ancestors were committed millennia ago” (p. 188).

He references the Holocaust through the six million who perished. By commenting on the strength of Jewish identity and the fortitude of the Jewish nation, the Rav implies that the fate of the Jewish people and its destiny are linked to the lessons learned during the Holocaust. By emphasizing the revitalization of the Jewish people in the aftermath of the Holocaust, the Rav focuses on the destiny aspect of life, rather than fate.

The Rav writes, “During the terrible Holocaust when European Jewry was being systematically exterminated in the ovens and crematoria, the American Jewish community did not rise to the challenge, did not act as Jews possessing a properly developed consciousness of our shared fate and shared suffering as well as the obligation of shared action that follows therefrom, ought to have acted. We did not sufficiently

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DIRSHU
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and Skverer Dayan of Montreal, who will deliver a shiur. In Passaic, New Jersey, the pesicha shiur will be delivered by HaRav Asher Dovid May, shlita, Rosh Kollel of Yeshiva Gedolah of Passaic, at Congregation, Bais Torah U'Tefillah. Kehal Birchas Avrohom will be the site



HaRav Asher Dovid May, Rosh Kollel of the Yeshiva Gedolah of Passaic at a previous Dirshu shiur

for HaRav Yitzchok Zalman Gipps, shlita, Rav of Kehal Birchas Avrohom and Rosh Yeshivas Nehardaah, to address the bochurim in Boro Park. Other locations include Khal Shearis Adas Yisrael in Lakewood where HaRav Zev Smith, shlita, will deliver a shiur; Kollel Institute of Greater Detroit in Detroit, Michigan where the maggid shiur will be HaRav Aharon Sorscher, shlita, Rosh Mesivta of Mesivta Yagdil Torah; Agudas Yisrael of Cleveland, where there will be a shiur by HaRav Boruch Hirschfeld, shlita, Rav of Kehillas Ahavas Yisrael and Rosh Kollel of Kollel Ateres Boruch; Bais Medrash Hagadol of Shikun Skver where the maggid shiur will be the Daf HaYomi B'Halacha maggid shiur, HaRav Ephraim Greenbaum; Chicago Center for Torah and Chesed where HaRav Avrohom Lipschutz, shlita, Mashgiach of the Telshe Yeshiva of Chicago, will address the bochurim; in Los Angeles the maggid shiur will be HaRav Nochum Sauer, shlita, Rosh Kollel D'Yula and in Baltimore the shiur be given at Kehillas Kol Torah were HaRav Yosef

Berger, shlita, Rav D'Kehillas Kol Torah, will address the bachurim. Profuse Praise from Roshei Yeshiva Rabbi Ahron Gobioff, Dirshu's American Director relates, "This will be the fourth bein hazemanim when we will merit having the Daf HaYomi B'Halacha L'Bochurim. Until now, the turnout has been increasing by leaps and bounds!

The pesicha shiurim really bring the bochurim into the sugya with the Rabbanim and Roshei Yeshiva impressing upon the bochurim the importance of what they are doing. Their involvement in a structured bein hazemanim daily learning program and more importantly their exposure to the world of practical halacha

where they really encounter the fundamentals of learning Mishnah Berurah is a remarkable opportunity," said Rabbi Gobioff.

"I cannot tell you how many maggidei shiur and Roshei Yeshiva have thanked us for creating a program that affords bochurim tremendous sipuk while simultaneously helping structure their bein hazemanim learning and teaching them the responsibility of learning and reviewing in a way that they can be tested," explained Rabbi Gobioff. We have more than 20 yeshivos that have officially enrolled and individual bochurim from countless other yeshivos that are participating.

"There is no question that Dirshu's Daf HaYomi B'Halacha L'Bochurim has not only transformed bein hazemanim for untold numbers of bochurim, but in addition it has whet their appetite to devote time to learning Mishnah Berurah daily in a way that they will retain it for a lifetime!" Halacha: The Way One 'Walks' Through Life Rav Zev Smith, who will speak in Lakewood, gave over a powerful

message at the pesicha shiur at the previous Daf HaYomi B'Halacha L'Bochurim program this past Sukkos. He said, "The Gemara tells us that Hashem has nothing in this world except for the 4 amos of halacha. Hashem's world - the real world, is the 4 amos of halacha! The Gemara says, "Dvar Hashem zu halacha". A person who thinks deeply into this should be overwhelmed by the magnitude of what he is doing. When he picks up a

Mishnah Berurah he is picking up Dvar Hashem!" "Why does the Gemara call learning the laws, "halacha"? Wouldn't "dinim" be a more accurate term? The answer," said Rav Smith, "is that halacha is much more than the dry learning of dinim. It is "hi-luch". It is the way one "walks" through life. He is traveling through life with Hashem's word being the foremost thing in his mind!"

ROSENBERG
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empathize with the anguish of the people and did very little to save our afflicted brethren" (p. 97, Kol Dodi Dofek).

I entered the rabbinate because of the Holocaust. My father was in Auschwitz and my mother in Buchenwald. As a child of Holocaust survivors, ob"m, and as a rabbi whose semicha, ordination, is signed by the Rav, I have always wanted to explore how the Rav theologically regarded the Holocaust.

The opinions expressed here are based upon my personal

understanding of what has been written regarding the Rav's statements. I do not maintain that these are the exact sentiments of the Rav, but I have attempted to explain his position regarding the Holocaust as I understand it.

Hineni, answering God's call by saying "I am here," is how we can make a difference in the world. Never again should we allow the world to stand idly by while innocent human beings suffer torture, starvation and death. Never again should anyone be an innocent bystander. I fear the world has not learned this lesson. Will we ever?

KEREN
CONT. FROM P17

blessed memory and utilize them to better understand our purpose for being brought down into this world of hester, spiritual concealment and overcome those seemingly delightful distractions in order to find our true selves, purpose and connection to Hashem.

"Self-Esteem in the Talmud" is based on the teachings of Rav Moshe Shapiro who lives in Yerushalayim. Rabbi Roll, his student has interpreted his rebbi's hashkafah to help the reader develop his or own identity as a foundation for happiness and success, to bounce back from the inevitable setbacks of life; learn how to transform feelings of

loneliness into independence and individuality that will culminate as mentioned before in gaining a powerful belief in oneself and the confidence to fulfill your role in this world.

The purpose of our life in Olam Hazeh, this world is not to jump to shomayim, the heavens, but rather by our individual and unique avodah to create a kedushah or spirit of holiness that brings the Shechinah, the Divine Presence down into this world of physicality and seeming spiritual darkness.

"Self-Esteem in the Talmud: The Pathway to Self-Confidence and Resilience" by Rabbi Yisroel Roll can be found in Jewish bookstores or by contacting the distributor by calling (845) 356-2282 or clicking www.feldheim.com

TANI



JNS.ORG: FULL NEWS COVERAGE

Kuwaiti columnist calls on Muslim nations to recognize Israel:

Kuwaiti media personality Yousuf Abd Al-Karim Al-Zinkawi called on all Muslim countries to recognize Israel immediately in an article for the Kuwait-based Al-Seyassah newspaper, according to a report released by the Middle East Media Research Institute. The article also called on Muslim countries to stop referring to Israel as the “Zionist entity” or the “Israeli occupation.” “Israel became a member of the U.N. on May 11, 1949, namely 67 years ago, before most of the Arab and Islamic states became independent,” Al-Zinkawi wrote. “At the time, the U.N. had only 57 member states, which means that over 62 percent favored Israel’s admittance. Today, when the [U.N.] General Assembly has swelled to include 193 states, I believe that the proportion of states that support Israel is even greater, and is over 83 percent. This, especially after some five Arab states and quite a few Muslim ones have recognized the State of Israel...It came to the point where the Arab League itself proposed in 2002 that the Arab states normalize their relations with Israel as part of the Arab peace initiative and as part of resolving the Palestinian-Israeli conflict.” Al-Zinkawi wrote that, in practice, Arab and Muslim nations already recognize Israel because they work “under the same roof as the Israeli delegation” at the U.N. General Assembly. Calling the constant efforts to delegitimize Israel despite unofficial and indirect ties with the Jewish state a “political charade,” he wrote that Arab and Muslim leaders should accept reality and recognize Israel. Iron Dome, meet Drone Dome: Israel’s Rafael unveils new defense system:

Israel’s Rafael Advanced Defense Systems this week unveiled its newest development, the Drone

Dome defense system, design to intercept enemy unmanned aerial vehicles. Rafael is also the developer of the Israeli military’s highly successful Iron Dome missile defense system. The Drone Dome was unveiled during the 2016 LAAD Public and Corporate Security International Exhibition in Brazil. According to Rafael, Drone Dome is an innovative end-to-end defense system designed to provide effective airspace defense against

hostile drones, including micro and nano drones used by terrorist groups to gather intelligence and carry out ae-



rial attacks. Drone Dome is designed to detect, track, and neutralize drones classified as threats.

According to Rafael, the system is equipped with a state of the art RPS-42 radar, MEOS electro-optical observation mechanism, and advanced C-Guard RD wide spectrum signal jammer. The interceptor offers its handlers 360-degree coverage of an area under all weather conditions, 24 hours a day. Rafael said Drone Dome has a very fast response time, and causes minimal environmental interruptions—a priority for urban areas—with “maximum safety to friendly aircraft.” Drone Dome detects a potential threat using its radar, electro-optical, and infrared components. The data is then processed, and should a threat be identified, the system alerts operators of the hostile drone in the monitored airspace. The system’s signal jammer is then put into action, either automatically or manually, and finally, the hostile drone is neutralized either by the interceptor’s satellite navigation or radio frequency jamming systems

IDF said to be eyeing purchase of ‘suicide drones’:

The Israel Defense Forces is interested in purchasing “suicide drones,” an Israel Aerospace Industries (IAI) official said on Sunday. IAI has developed a suicide drone called Rotem (“Juniper”) that is capable of



carrying grenades or cameras, and can be remotely manned by infantry soldiers at the tactical level. “This is a tool that will change the face of battle at the battalion commander level,” the IAI official said, Israel Hayom

reported. The cost of the Rotem is said to run tens of thousands of dollars. The IAI official said such drones have been sold to foreign militaries, but he would not specify which ones. The weight of the Rotem is light enough that soldiers can carry up to two on their backs in special carrying cases. The Rotem carries two fragmentation grenades that explode when the drone hits its target.

Turkey: no normalization with Israel until Gaza blockade is lifted:

A spokesperson for the government of Turkish President Recep Tayyip Erdogan on Monday said Turkey will not normalize relations with Israel until the Jewish state lifts the maritime blockade of the Gaza Strip. The spokesperson was responding to earlier claims by the Turkish Foreign Ministry, on Friday, that Turkish and Israeli negotiating teams have been finalizing a rapprochement deal. “Meetings with Israel have been taking place for a while and they are continuing today,” Turkish Prime Minister Ahmet Davutoglu said in Ankara on Thursday, Reuters reported. “If our demands are received favorably, then the next steps will be clear and the necessary announcements will

be made to the public.” Israel and Turkey have been mired in a long-standing feud that originated with the 2010 Gaza flotilla incident, in which nine Turks were killed in clashes after Turkish militants attacked Israeli commandos who had boarded the flotilla. Israel takes issue with the fact that the Palestinian terror group Hamas, which controls Gaza, has its diplomatic and military headquarters in Istanbul. “It is extremely unlikely for the final meeting to not produce any results,” an anonymous Turkish official said, according to Haaretz. “Neither side wants this to continue for much longer. If Israel agrees to Turkey sending a power ship to the eastern Mediterranean, respective ambassadors will start serving in Ankara and Tel Aviv in no time.” On Sunday, the Israeli government warned its citizens visiting Turkey to leave the country as soon as they can due to serious terror threats in the wake of March’s terrorist bombing in Istanbul, in which three Israeli tourists were killed. Israeli tourists in Turkey should “avoid crowded tourist areas, follow instructions of local authorities, and get out as soon as possible,” the Israeli Counter-Terrorism Bureau said, adding that it has raised the risk of terror attacks against Israelis in

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DOVIE'S SPICY WORD SEARCH

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

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

- ALLSPICE
- ANISE
- BARBERRY
- BASIL
- CARAWAY
- CAROB
- CATNIP
- CHICORY
- CILANTRO
- CINNAMON
- CUBEB
- CUMIN
- CURRY
- DILL
- FENNEL
- FINGERROOT
- GINGER
- HYSSOP
- JUNIPER
- LOVAGE
- MACE
- NUTMEG
- OREGANO
- PAPRIKA
- PARACRESS
- PARSLEY
- PEPPERMINT
- SAFFLOWER
- SAFFRON
- SAGE
- SAVORY
- SORREL
- THYME
- WASABI
- WINTERGREEN
- WORMWOOD

ANSWERS ON PAGE 41

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Turkey to the highest level.

Red Sea islands deal between Egypt, Saudi Arabia may require Israeli approval:

A recent deal between Egypt and Saudi Arabia over the transfer of sovereignty of two islands in the Red Sea may require changes to the 1979 Israel-Egypt peace treaty, reports indicate. According to a report in Egypt's Al-Ahram newspaper, the islands agreement may require changes to the treaty including ones dealing with maritime borders, which would require Israeli Knesset approval. Additionally, the report said Egyptian officials had told their Israeli counterparts that the signed agreement would include a commitment by Saudi Arabia to respect Egypt's peace obligations with Israel. The report said Israel has so far not expressed any opposition to the islands coming under Saudi control. Saudi Arabia's King Salman recently made a five-day visit to Egypt, where it was announced that Egypt would hand over sovereignty of the Red Sea islands of Tiran and Sanafir to Saudi Arabia. But some Egyptians are protesting the deal. The uninhabited islands that sit on the southern entry to the Gulf of Aqaba were originally given to Egypt in 1950 by Saudi Arabia, in order to protect them from Israel. Later, the islands played an important role in setting off the 1967 Six-Day War when Egypt closed the Straits of Tiran to Israeli ships, thereby preventing Israeli access to the Red Sea and Indian Ocean. As a result, United Nations peacekeepers maintain a presence on Tiran as part of the 1979 Israel-Egypt peace treaty.

Netanyahu: Israel prevents Hezbollah from acquiring 'game-changing' weapons:

Israeli Prime Minister Benjamin Netanyahu said on Monday that Israel has prevented the Lebanese terror group Hezbollah from acquiring "game-changing" weaponry as a result of numerous attacks by Israel in Syria. "We are proud that in the stormy and volatile Middle East, we were able to maintain relative calm and relative safety in Israel. We act when we should act, including here, across the border, in dozens of attacks, to prevent Hezbollah from getting game-changing weaponry," Netanyahu said during a visit with

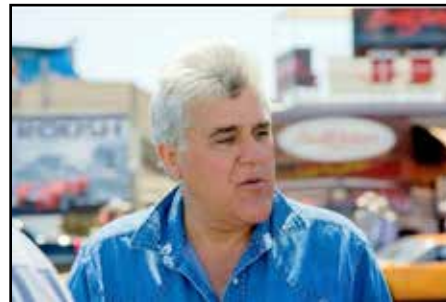
soldiers in the Israeli Golan Heights. Netanyahu's statements are the latest in a war of words between the Jewish state and the Lebanese terror group. Over the past few months, Hezbollah leader Hassan Nasrallah has threatened to strike chemical and nuclear sites inside of Israel. But Germany's Bild newspaper reported on Saturday that Hezbollah has acquired the Russian-made Buk SA-17 missile battery that had been previously given to the Syrian government. The medium-range surface-to-air missile system is designed to target aircraft, missiles, and unmanned aerial vehicles that could potentially be used by Israel in an attack on the terror group.

Poll: British Muslims more likely to support anti-Semitic conspiracy theories:

A new poll in the United Kingdom has found that British Muslims are much more likely to support a number of anti-Semitic conspiracy theories than the wider British public. According to a poll conducted by ICM for the U.K.'s Channel 4, the British Muslim community is "more likely to believe that Jewish people have too much power in Britain and too much power over government, media, the business world, international financial markets, and global affairs," London's Jewish Chronicle reported. The poll, conducted among 1,081 British Muslims, found that 35 percent "agreed" with the suggestion that Jews have too much power in the U.K., compared to only 9 percent in the national average. Additionally, 39 percent of Muslims believe that Jews have too much power over the media and 44 percent said Jews have too much power over business, compared to only 10 and 18 percent respectively nationwide. Forty percent of the British Muslims surveyed believe Jews are more loyal to Israel than the U.K., and 34 percent believe Jews talk "too much about what happened to them in the Holocaust. Roughly 26 percent of British Muslims blamed the Jewish people for being responsible for most of the world's wars, while 27 percent hate Jews because of the way they behave. Trevor Philips, the former head of the Equality and Human Rights Commission in the U.K., called the results "extremely worrying." "On specific issues—families, sexuality, gender, attitudes towards Jews, and on questions of violence and terrorism—the center of gravity of British Muslim opinion is some distance away from the center of gravity of everyone else's opinion," Philips told BBC's Radio 4.

Jay Leno offers to donate ambucycle to Israel's United Hatzalah:

Comedian Jay Leno on Sunday offered to donate a \$36,000 fully equipped ambucycle to Israel's United Hatzalah emergency response group, during a concert fundraiser for the group at Lincoln Center in New York City. "What you guys are doing is so special. I am so proud to be here and be part of it. I have 117 motorcycles in my collection, but none of my motorcycles save lives. I want to donate an ambucycle with all of the trappings," the former "Tonight Show" host told Eli Beer, founder and president of United Hatzalah, on the event's stage after performing a comedy act. The Leno-funded ambucycle will be added to the fleet of more than 400 such vehicles used by United



Hatzalah's emergency response volunteers, thereby cutting emergency response time to under three minutes while Israel deals with an ongoing

wave of terrorism. Leno also asked the audience to donate to United Hatzalah's cause, saying that anyone who donates \$1,000 would receive a free tour of his car and motorcycle collection. This led to an additional \$50,000 being raised at the event. The event also featured performances by musical entertainer Lipa Schmeltzer, the rock band 8th Day, and the Neshama Orchestra. It was hosted by Jewish radio personality Nachum Segal. "People want a good time and people want to do good deeds," United Hatzalah's Beer said in a statement. "So for those who cannot physically come to Israel, like Leno did, but still want to help, the concert was a golden opportunity to come out and support the country while performing one of the greatest gifts of loving kindness that there is, saving lives. What Jay Leno, Lipa, 8th Day, and the audience did here tonight is an act of charity that keeps on giving for generations and generations to come."

Israel to reduce greenhouse gas emissions to meet U.N. climate change goals:

The Israeli government has unanimously approved a plan to reduce

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CESANA
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against Israeli targets in the coming weeks. One of the chief concerns, the Shin Bet says, is that the current lull in violence is designed to conceal preparations for the next large wave of terror.

Speaking at Israel's weekly cabinet meeting on Sunday, the head of the Shin Bet research division told government ministers that there has been a dramatic decline in the number of Palestinian terrorist attacks in recent weeks. He added, however, that efforts to perpetrate complex attacks such as suicide bombings or abductions of soldiers still pose a concrete threat.

"The Shin Bet and the Israeli security forces have thwarted 290 substantial attacks, including 25 attempted abductions and 15 attempted suicide bombings," said the official, who remained anonymous. "Therefore, the success of the security forces is even greater."

Since Sept. 13, 2015, the Palestinian terror wave has claimed the lives of 34 people and injured more than 400 others. The attacks have mainly consisted of stabbings, shootings, and car-rammings. Yet

there were 20 terrorist attacks in March and there have been only three so far in April, compared to 78 substantial attacks last October, the Shin Bet official said.

"Israel's actions have convinced the Palestinian public that escalation is futile," he said, adding that "most of the terrorist attacks were perpetrated by young people. Some of the attacks were motivated by nationalistic sentiments, but most of them were personally motivated by things like financial distress or personal crises.... Alongside these attacks, in recent months terrorist organizations, with an emphasis on Hamas, have been trying to perpetrate substantial attacks in Judea and Samaria and inside Israel in an effort to accelerate the escalation of violence."

The official stressed the security agency's "great effectiveness" in preventing Jewish terrorism, citing the arrests of the Jewish group that firebombed a Palestinian home in Duma last July, killing three members of the Dawabshe family.

"This also contributed to calming the escalation," he said.

At Sunday's meeting, Israeli Prime Minister Benjamin Netan-

yahu said the Shin Bet's success in combating terrorism is evident.

"I say this with great caution because this trend could reverse," Netanyahu said. "But we know this [decrease in terrorism] has been achieved as a result of this government's aggressive, responsible and systematic policy. And I want to commend the IDF, Shin Bet, and Israel Police for their implementation of this policy."

Separately, at Israel's annual commemoration ceremony for past presidents and prime ministers on Sunday, Netanyahu also remarked on the security situation, saying that the current wave of terrorism has been characterized by lone wolf attacks Israel is "not allowing terrorists to organize."

Netanyahu said that after Israel's Operation Defensive Shield in 2002, in which then-prime minister Ariel Sharon tried to crush terrorist infrastructure in Judea and Samaria, "the Palestinians realized that we will not hesitate to go deep in order to restore security for the citizens of Israel. We are adhering to this principle: We will go anywhere, whenever necessary. We do it all the time, and the decline that

we are witnessing in the number of terror incidents is, among other things, a result of this policy and the way it is implemented by the IDF, the Shin Bet, and the Israel Police."

Meanwhile, Netanyahu instructed Israeli security forces and the justice minister to "take action to expel Sheikh Raed Salah," the head of the Northern Branch of the Islamic Movement in Israel. Salah, a vocal critic of Israeli policy, has been accused of inciting to violence against Israel and has been imprisoned in Israel twice. In Sunday's address, Netanyahu maintained that Salah was actively trying to stir up violence on the Temple Mount, three months after the Islamic Movement in Israel was outlawed.

"We have identified efforts by Salah to sow dissent in the area of the Temple Mount ahead of Passover. This man is a one-man powder keg," Netanyahu said, recalling that Salah was supposed to begin serving an eight-month prison sentence last November, but that the sentence was postponed at his request.

"This man should be in prison," Netanyahu said.

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Saul M. Berger CFE, CPA, CFF

PROTECTING YOURSELF FROM FRAUD CHAZARAH

Today, the most powerful way to reach out to a mass audience with minimum effort is via the internet. Fraudsters take advantage of this technology in order to design authentic looking messages, use logos of genuine companies and brands, as well as post fake testimonials from well known personalities in order to scam the email recipients. There are new and “improved” cyber frauds are popping up on an ongoing basis. The spoofing of real websites makes it difficult to distinguish between reputable online sellers and cyber criminals. The same goes for distinguishing between a genuine e-mail and a fraudulent one.

In prior articles over the past five or so years, I have brought some types of frauds which are facilitated through the use of the internet, to your attention. Some examples are Work-at-home scams, Charity fraud, fraudulent gift cards, Credit card fraud scams and malware. Some other internet scams that I have not specifically written about, but truly do exist, include online investment letters that spread false information to promote worthless stocks, online bulletin boards where fraudsters use online discussions to gather sensitive information of a company, Internet auction frauds that target buyers and sellers on internet auction sites and cause victims huge losses by not delivering the promised amount after the transactions have taken place, “pump and dump” stock schemes, and Junk e-mails. All these frauds have a common thread running through them – the standard operating procedure used by the fraudsters is the use of the internet to invade the victims’ domain with emails and website links that appear genuine, in order to gain your confidence which might lead to deceiving you and converting you into their latest fraud victim. Here are a few examples to highlight the frauds:

Between work and home, many of us might be spending a healthy chunk of our day utilizing the internet for different online activities. Do we stop and think whether our computer network and internet links are safe enough for us to protect our sensitive private information from being accessible to fraudsters? Some examples are utilizing credit card numbers with online shopping portals, logging onto

our bank accounts online, clicking on links in an email that open to unknown, (and probably fraudulent) websites, or worse of all, infect your computer with computer viruses that can literally destroy your hard drive and files. Well, if you haven’t thought about these things recently, today is as good as any other day to start thinking about it!

Career fraudsters are expert at generating e-mail addresses randomly. They may also purchase mailing lists; obtain e-mail addresses online from Web pages, chat rooms, social networking sites or the most publicized method – hacking into large company databases in order to steal thousands, and in some cases, millions of email addresses. I bet that you, yes you, have had at least one episode of receiving an email from a hacked company, offering you a year of free credit monitoring, not out of the goodness of their hearts, but rather to prevent being sued, because there was a security breach and “your email address and PPI (Personal Private Information) might have been compromised.”

Online banking is fast and convenient, but that doesn’t make it risk free.

Here are some things to consider that can help you protect yourself from online hackers and fraudsters, in no particular order:

Set up Fraud Alerts with various companies you transact with, especially online. You will then be alerted if there are any red flags that appear on your account. Once, my wife used our bank card in Florida, an hour after I used it in NYC; the bank called me up requesting confirmation that the Florida purchase was legit.

Be cautious of unsolicited offers, e-mails, and links. Cross-reference the source when you see a tempting offer, but cannot tell on the surface whether it’s on the up and up. Know from whom you are ordering; for example, it’s ok to buy an online book from Joe Schmoe Books, but only IF it’s through Amazon since you know Amazon, and they’ll backup transactions that occur with one of their approved vendors. Also, many of these sites, including EBay, solicit ratings from consumers, so if low, just say no.

Don’t be so quick to act on deals that appear “too great to pass up.” Do

you due diligence by reading up on the company, and asking questions and having them actually answered in a timely fashion. Also carefully read the small print regarding the return policies and contact information. Never share your private details such as birth date, social security number, bank account information etc. that may not be necessary for the online merchant to know and that you feel uncomfortable sharing. Speaking on banks, are you walking around with your important bank details on your cell phone? By doing so, you could make it easy for online thieves to steal your important banking data.

It is very important to monitor bank statements and credit card statements as by doing so you can easily check for any suspicious activity and identify withdrawals or purchases that you didn’t make. Also, get receipts from the ATM machine every time you transact business thereon.

Change your online passwords often and only keep strong passwords. Use different passwords for different sites. Keep a secure handwritten list of your passwords. To create a strong password that is more difficult to crack, you should mix upper and lower case letters, with numbers and special characters.

Avoid the use of obvious words and numbers, especially your birthday or the # 1 stupidest password ever created, “password”!

Whenever you share a computer with another person or use a computer at a library or at computer lab, always make sure that you clear all cookies and delete history once you are finished. This habit is mostly useful whenever you share your PC with other users and when you are not sure of how secure your information could be on someone else’s computer.

You can cut down the risks by a large margin if you install a powerful antivirus program on your system and Update it frequently.

Always use your spam filter to minimize the frequency of fraudulent e-mails in your inbox.

If you go to a shopping mall, sports arena or airport, don’t forget that you are accessing the internet on you tablet, laptop or Smartphone via public Wi-Fi hotspots. Be aware that these places are targeted by hackers since the network isn’t secure.

Saul M. Berger, CFE, CPA, CFF is providing President and CEO of EPIC On-Point Consulting, LLC, which specializes in turnaround strategies, forensic accounting and fraud prevention & detection for businesses and individuals at very reasonable rates. Saul can be contacted at sbergercfe@cpa@gmail.com or 516-225-6594.

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Rabbi Jonathan Gewirtz "The Observant Jew"

You Can't Compare – or Can You?

One of my favorite jokes goes as follows:

Q: Why are elephants big, gray, and rough?

A: Because if they were small, white and smooth they'd be aspirin!

I love the way it comes out of left field, and the silliness of it. Nobody in a million years would guess that as the answer unless they knew the joke already. Why? Because you simply can't compare elephants and aspirin. They almost don't exist in the same sphere of reality.

Moreover, just changing the size, color, and texture of an elephant wouldn't make him something else because there's so much more that goes into the creature. It's the molecular structure, the fact that elephants are alive, and something even deeper.

Let's say you gave the elephant a spa treatment and now it's smooth. Is it a different elephant or is it the same one? What if you dyed it white to match a different

elephant, or did plastic surgery to turn an African elephant into an Indian one with a cute little ear-tuck job? You still wouldn't change the elephant into another one because its essence is different than any other creature, even an elephant.

Even identical twins are not the same person and each of them will see things differently. No two humans think alike, and most humans don't even think like themselves on two different days. Therefore, you simply cannot compare people.

Experts will tell you that one of the worst things you can do to your child is compare him or her to a sibling. "Why can't you be neat like your sister?" "Your brother ate all his vegetables..." or "Why are you the only one who doesn't want to go bowling with the family!?" are unfair statements.

I can't be like my brother because I'M NOT HIM. I can't even be like my father, my uncle, or my fourteenth cousin on my grandmoth-

er's side. I'm not you and you're not me because that's how HaShem created the world.

People often make the mistake of looking at other people and thinking they know what kind of life they lead. I remember speaking to one woman who didn't have as many children as she would have liked due to financial concerns. She was envious of someone in her family who had more children, LOTS more money, and yet still complained about how difficult life is. I suggested that maybe the woman had other problems this one was unaware of. She insisted she knew this was not the case.

The truth, though, is that we never know. Some people could be blessed beyond words yet still feel lacking. It's a bitter disease but it exists. Therefore, we can't compare our lots to anyone else's. Besides, we each have different missions so it makes sense we have different circumstances.

In our house we have a saying, "You get what you get and you don't get upset." I remind my kids that HaShem makes sure they have what He wants them to have and NOBODY can take that away from them. If we could all live that way we'd be a lot happier and a lot more united.

So, it would seem that I'm a believer that one should never compare, right? Wrong. You absolutely should compare yourself to others, but do it in a smart way.

I recall a friend in Yeshiva who was allergic to wheat, chicken, and a bunch more things. I thought he was lucky because he got to eat steak every night. Then I grew up enough

to realize I was much better off than he. When I compared intelligently, I saw he was much more limited than I and that tempting steak to me was a monotonous burden to him.

When you're comparing yourself to others, choose people who have less than you. Less money, less Shalom Bayis, less simcha, whatever it is, but see that there are those who are not as fortunate as you are and feel for them. When I saw a man with an oxygen tube in his nose I immediately thought, "Kol Hane-shama tehallel Kah," Every soul should praise HaShem, and as Chazal say, "Al kol neshima u'neshima," Praise HaShem for every breath! Would people not give up their money for health? Of course they would. So if you can walk, talk, see, and hear, you're rich! How fortunate I am that I don't need that assistance to breathe!

When it comes to Torah and Yiras Shomayim, though, compare yourself to those who have more than you. Tell yourself that they reached great levels and you have that ability as well. Then push yourself to be a fitting comparison.

If you do that, you'll find yourself happier, more successful and indeed, you will find that you truly measure up when you dare to compare.

Jonathan Gewirtz is an inspirational writer and speaker whose work has appeared in publications around the world. You can find him at www.facebook.com/RabbiGewirtz and follow him on Twitter @RabbiGewirtz. He also operates JewishSpeechWriter.com, where you can order a custom-made speech for your next special occasion. Sign up for the Migdal Ohr, his weekly PDF Dvar Torah in English. E-mail info@JewishSpeechWriter.com and put **Subscribe in the subject.**

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EARLY-BIRD SPECIAL BEFORE MARCH 2, 2016

JNS CONT. FROM 37

the country's emission of greenhouse gases and improve energy efficiency, in a plan to help the Jewish state meets the goals of the 2015 United Nations Climate Change Conference. Under the plan, Israel will allocate NIS 500 million (\$133 million) for government guarantees to loans given out to energy efficiency programs, and another NIS 300 million (\$80 million) to grants for energy efficiency projects, particularly for small and medium-sized businesses working in the field. The Israeli government estimates that this will save the Israeli economy about NIS 30 billion (\$8 billion), bringing Israel closer to meeting the goals set at last December's U.N. conference in Paris. In addition, Israel is planning to create minimum

requirements for the production of power from renewable sources and to remove barriers in the clean-tech industry."We hope that the plan we are approving today will first of all lead to a reduction in sickness caused by pollution, and in addition will lead to greater efficiency and savings in the economy. We intend to continue investing the resources required to keep reducing air pollution and emissions of greenhouse gases in Israel," said Israeli Finance Minister Moshe Kahlon, Globes reported. "The State of Israel is at the start of an unprecedented revolution. The plan combines reduction of environmental damage and air pollution with stimulation of economic growth, economic savings, and greater efficiency in industry and public authorities," said Israeli Environmental Protection Minister Avi Gabai.

CHAZAQ BIG EVENT DRAWS BIG NAMES IN TORAH, POLITICS, ENTERTAINMENT

Thousands gather for pre-Passover inspiration

BY DANIEL PEREZ

Queens College's Colden Auditorium was filled to capacity for the second year running as local Jewish outreach organization Chazaq held its 4th Annual Big Event. Living up to its name, everything about the event was "big," from the size of the audience (over 2,000 in attendance), to the high-profile personalities involved, to the Torah concepts invoked by the evening's speakers.

The borough's leadership was well represented, with New York State Assemblymen Michael Simanowitz and David Weprin, New York State Senator Toby Ann Stavisky, and City Council Members Karen Koslowitz and Rory Lancman all making personal appearances. Also in attendance were representatives of Congresswoman Grace Meng, Queens Borough President Melinda Katz, and New York City Comptroller Scott Stringer. The presenters also included U.S. Senator Chuck "Shomer Yisrael" Schumer (his second consecutive appearance); even Mayor Bill de Blasio himself stopped by!

"Chazaq is such a wonderful and extraordinary organization," declared de Blasio, "and the impact you have made... It is so important to support Chazaq because you have touched so many lives and you've strengthened the community in so many ways." The Mayor went on to extol the various social, cultural, and religious programs hosted by Chazaq, and to discuss, with a sense of gratitude, the contributions of the Jewish immigrant population to the greater New York community. Even as de Blasio struggled with Hebrew phrases like "chag sameach," ("happy holiday," in reference to the upcoming festival of Passover) one couldn't help being charmed by the earnestness of his effort.

After the mayor's thoughtful opening address, an invocation of sorts was offered by HaRav HaGaon Yitzchak Yisraeli, the

newly-appointed head rabbi and posek (religious legal authority) of New York's Sephardic-Bukharian community. In addition to opening the proceedings with a reading of Tehillim—standard at such events—the Rav proceeded to include the recitation of Shema, the fundamental Jewish declaration of faith, and of assorted verses declaring the sovereignty of G-d. A sort of messianic fervor filled the room as,

on the screen behind Rav Yisraeli, animations played featuring

inspirational (or perhaps more accurately, aspirational) imagery of the Temple in Jerusalem. The rabbi concluded by offering words of blessing for Chazaq's founder and director, Rabbi Ilan Meirov, as well as his brother (and Chazaq's head of operations) Reb Yaniv Meirov—all to thunderous applause.

While local legislators and government executives shed light on the social and cultural significance of Chazaq's diverse program offerings, and Rav Yitzchak Yisraeli endowed the event with an overarching sense of holiness, anchoring the line-up of esteemed orators were Rabbi Dr. Avraham Twerski and Charlie Harary, a prominent investor-turned-motivational speaker—well known, in other words, as both a supporter of Chazaq and a giver of chizuk. Twerski and Harary both captivated the crowd with Passover-themed words of Torah wisdom, given in their own inimitable styles.

Rabbi Twerski, a noted psychologist and author, discussed the

concept of freedom in the context of the approaching Passover holiday. He drew from his own experience helping addicts break free from their addictions to explain what it means to be "enslaved" in a spiritual sense. It is freedom of the spirit, explains Twerski, rather than political independence which is at the core of Pesach. This, in turn, can reconcile the seemingly conflicting notions of Pesach as "The Season of our Freedom," and a lengthy, complicated observance preceded by weeks of preparation, often including harsh household labor.

Following the keen insights of Rabbi Dr. Twerski, radio show host Charlie Harary analyzed the concept of "Amalek," whose memory Jews are religiously obligated to erase... by remembering it on a designated Sabbath before Purim each year. Rather than identifying Amalek with a specific tribe, he describes this implacable enemy of the Jewish way of life as a "virus," one that infects the mind by fostering doubt as to G-d's presence or love for His people.

Amid these divrei chizuk were moving musical performances by Rabbi Avi Kilimnick and Yeshiva University's a cappella viral video sensation The Maccabeats. Prior to their concert (one of the main draws of the Big Event produced by VZ productions) and between speeches, group member Eytan gave a brief solo performance, including a heartfelt rendition of the song "No

More," a heartfelt tribute to Naftali Fraenkel, Gilad Shaer, and Eyal Yifrah, three teenaged Israeli yeshiva students who were abducted and murdered by terrorists in 2014. After a brief address by Senator Schumer, the entire group took the stage and offered rousing renditions of popular Jewish songs, including their own holiday-themed parodies of contemporary hits. A fitting conclusion to an evening of inspiration that was one hit after another after another.

"This year's big Chazaq event was, Baruch HaShem, a great success," reflected operations manager Yaniv Meirov. "People were inspired and entertained. It was a big Kiddush HaShem (sanctification of the Divine name). But now we must focus on continuing our work with in the community on a smaller scale." This, Meirov explained, means "doing more for local Jewish public school students."

"We attract and inspire many boys and girls throughout the year, some of whom we successfully put in yeshiva, and many that have sincerely changed their way of life in positive and spiritually uplifting ways. But there are so many more kids to work with. And to do that we need the community's continuous support, as this is truly a matter of pikuach nefesh (saving lives)." For more information about CHAZAQ please visit chazaq.org or email info@chazaq.org

**SEE PHOTOS ON
PAGE 38**

Rabbi Aharon Ziegler
PARASHAT METZORA, SHABBAT HA-GADOL 2016 - 5776
"THE GREAT SIN TO REFLECT
ON THE GREAT SHABBAT"

In parashat Ki Teitzei (Devarim 24:8) the Torah writes "Hishameir Lecha" guard yourself against the plague of Tzara'at... and immediately in the next pasuk the Torah commands (24:9) "Zachor-remember that which HaShem did to Miriam on the road at the time you went out of Mitzrayim". The juxtaposition of the two verses leads our Chazal to

conclude (Gemara Arachin 15b) that the plague of Tzara'at comes as a punishment for Lashon Hara. Miriam spoke "Lashon HaRa" about her brother Moshe and she was stricken with Tzara'at for seven days.

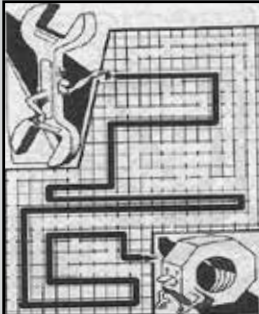
The Torah further tells us that as a result, Miriam was sent outside the camp for the duration of her "tzara'at.


CONT.ON P43

**ANSWERS
TO THIS
WEEK'S
PUZZLES!**

Sudoku Puzzle

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





LEIBLER**CONT. FROM P30**

prevalent in the U.N. General Assembly and Security Council where demonizing, delegitimizing and attributing all the woes of the world to the Jewish state is reminiscent of Nazi propaganda or the Middle Ages when Jews were held responsible for all the misfortunes of mankind.

The initiatives of these efforts to demonize Israel emanate from rogue states that dominate the U.N.

A few examples:

- Representatives of Moammar Gadhafi's Libya and Qatar served as presidents of the General Assembly;
- A representative of Iran served as a vice president;
- Iranian President Hassan Rouhani, who heads the world's most virulent terror state, used the General Assembly to "condemn terror" while interspersing his statements with anti-Semitic remarks;
- Iran, which stones women for adultery, was appointed to the U.N. Commission on the Status of Women;
- Assad's Syria was elected to a UNESCO commission dealing with human rights and nuclear proliferation;
- As recently as 2010, the UNHRC published a report praising the human rights record of Libya;
- A representative of Sudan,

whose president is wanted by the International Criminal Court for crimes against humanity, was elected vice president of the Economic and Social Council, which regulates human rights;

- North Korea was elected to chair the Conference on Disarmament;
- UNESCO continuously condemns Israel and only once condemned Syria, and yet elected Syria to one of its human rights committees.
- In 2015 the World Health Organization had the gall to pass a resolution, introduced by Syria, by a majority of 104 with 4 opposed and 6 abstentions, absurdly claiming that Israel was "targeting the health of Syrians in the Golan ... injecting them with pathogenic viruses." The WHO has never carried a single resolution condemning any other country.

Further examples abound of the hypocritical, corrupt and evil machinations of the U.N.

After the defeat of nazism, the founders of the United Nations endorsed the Universal Declaration of Human Rights. They never envisaged that the organization they created would subsequently be hijacked by dictatorships and tyrannies who

would exploit it as a platform to promote evil, even including the endorsement of genocide.

Israel became the canary in the mine. Two decades after having endorsed the creation of the State of Israel, the U.N. initiated a concerted effort towards its delegitimization.

We have witnessed a dramatic downward spiral at the U.N. over the last 30 years. In the 1990s, the Security Council was disgraced by its failure to quash genocide in Rwanda, despite the fact that it had peacekeeping forces in the area. Likewise, the shocking blunder in Srebrenica, Bosnia, when a U.N. battalion -- in a U.N.-declared "free zone" -- handed 8,000 Muslim civilians to the Serb military, which promptly slaughtered them all. Nor was the U.N. able to deal with the genocide in Sudan or more recently the carnage in Syria.

Instead, it intensified its anti-Israel campaigns. What is morally despicable is that the Europeans, who initially displayed token resistance to some of the more outrageous attacks on Israel, have reverted to the role they played in the 1930s when they stood aside as the forces of darkness enveloped the Jewish people.

They seem to have entirely forsaken their moral compass and rarely vote against the most extreme anti-Israel resolutions, preferring to abstain so as not to antagonize those powers seeking to delegitimize and destroy the Jewish state. They also join the obscene calls on Israel to respond "more proportionately" to Palestinians engaged in murdering their civilians.

Now they have gone one step further. In a world rampant with human rights injustices, they preceded the UNHRC with an EU demand for "labeling" Israeli products emanating from over the Green Line.

This must be seen as an extension of the ongoing campaign to rescind U.N. Resolution 242, which calls for negotiations based on defensible borders and substituting it with a demand to return to the indefensible 1949 borders unless an agreement on swaps with the Palestinians (currently inconceivable) can be achieved. In this context, the settlement blocs, the Jewish neighborhoods of east Jerusalem and even the Jewish Quarter of the Old City are regarded as occupied territories.

Until now, the Security Council was prevented from passing such a resolution because the U.S. protected Israel by employing its veto. While U.S. President Barack Obama has been at the vanguard of those demanding that Israel accept the indefensible 1949

armistice lines as future borders, until now he was inhibited by Congress and his own party from endorsing a Security Council resolution to this effect.

But in recent months there have been numerous signals and outright threats that unless Israel makes further unilateral concessions, it should no longer rely on a U.S. veto to prevent a harsh Security Council resolution which could in turn pave the way for global sanctions against the Jewish state.

Obama is unlikely to act until after the presidential elections. But there are growing concerns that in the two-month hiatus between the elections and his retirement, he could well do so.

The U.N. is intensifying its campaign against Israel. The horrendous ISIS attacks in Europe have in no way impacted on EU policy toward Israel.

The months until the presidential elections present the optimal time to influence future U.S. policy toward the U.N. and to ensure that Israel is not abandoned to the wolves.

This year, due to a mandatory rotation, the U.S. is not a member of the UNHRC. Presidential candidates should be canvassed to express their commitment to refuse to participate in the UNHRC unless it halts its obsessional anti-Israel crusades. They should also be urged to commit themselves to refute any effort to impose a solution on Israel or rescind U.N. Resolution 242.

Donald Trump has already completely written off the U.N. But the real challenge is to persuade the likely winner -- Hillary Clinton -- to translate the speech she made at the American Israel Public Affairs Committee conference expressing her love for Israel into a clear cut commitment that, if elected, she will ensure that the U.S. either enforces a modicum of morality at the U.N. -- including confronting the vile hatred that portrays Israel as evil incarnate -- or take appropriate action.

The U.N. today incubates evil and provides legitimacy to tyrannies. If this will not change, the U.S. and other democratic countries have an obligation to condemn these pathological actions and, if necessary, establish a global association of democracies to promote human rights and combat terrorism.

Democratic leaders would do well to recall the words of Dietrich Bonhoeffer, the German theologian executed by the Nazis, who stated that "silence in the face of evil is itself evil: God will not hold us guiltless. Not to speak is to speak. Not to act is to act."

Isi Leibler may be contacted at ileibler@leibler.com

*It is with deep sadness that I note
the untimely passing of my dear
lifelong friend and mentor*

Philip Feivy Fuchs, A" H

May his leadership in the Young Israel of Manhattan,
the Young Israel of Woodmere, the National Council
of Young Israel and the Union of Orthodox
Congregations of America forever serve as a model
for Jewish communal leadership.

May his memory serve as a blessing for all whose lives he
touched with his voice of prayer on the pulpit and
his voice of eloquence and advocacy in the halls
of public service on behalf of our people.

Alan Jay Gerber

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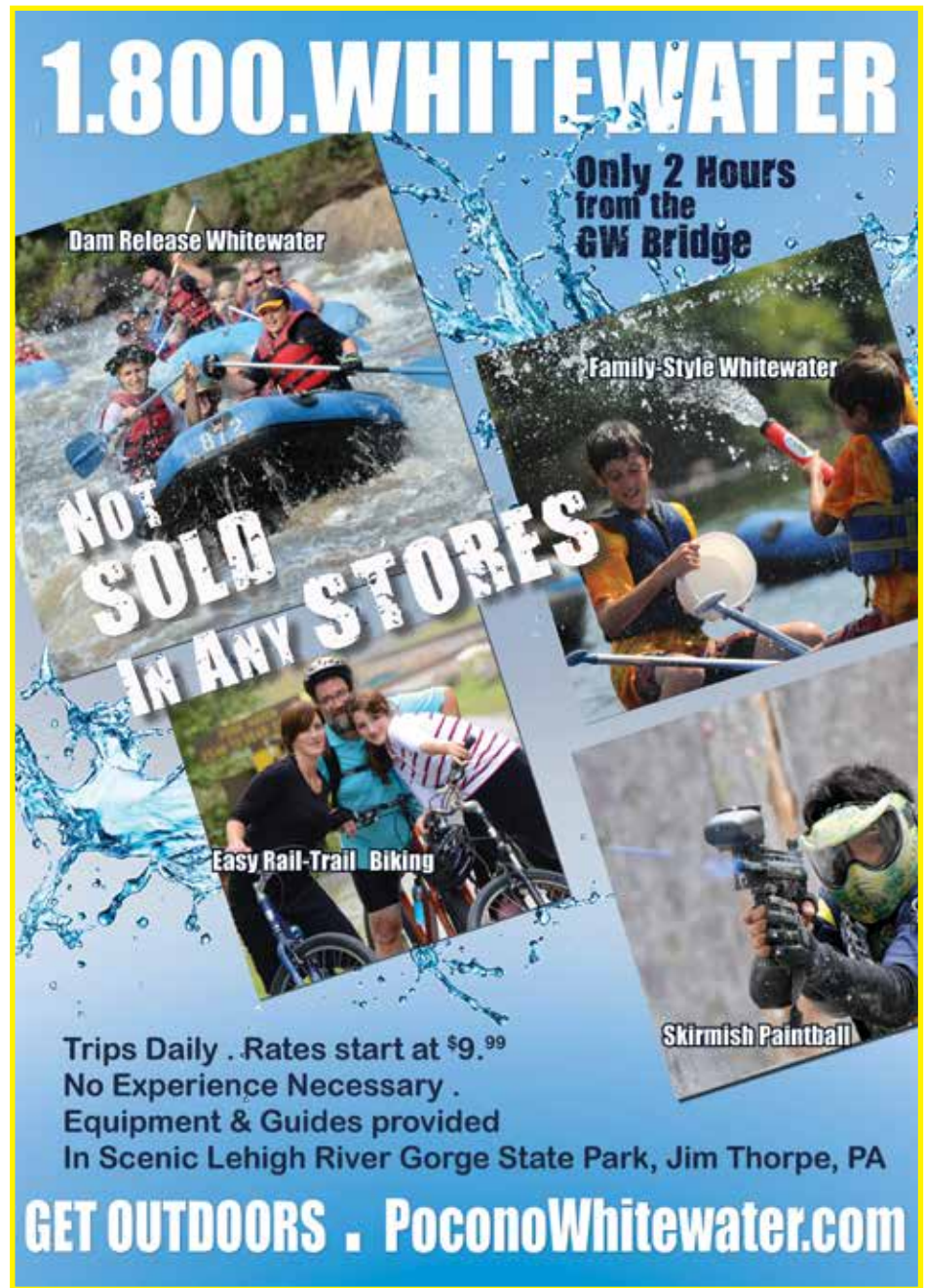
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ZIEGLER
 CONT. FROM P41

Because of this the entire camp waited for her recovery and did not travel for the next seven days. No one moved forward, everyone waited for Miriam, (Bamidbar 12:1-16). Why did they wait for her? Why couldn't they have moved on and force her to catch up with them at a later date? The entire Jewish nation waited for Miriam as a "reward" for her having waited for her brother Moshe, when his basket was placed in the Nile River (Shemot 2:4). So now, the Jewish people waited for her (Rashi).

I truly wonder how happy Miriam was with this "reward". Perhaps if she had the option she may have preferred that the Jewish people continue traveling without her, with the intent on catching up with them later. For by waiting for her most likely people would be asking one another, "Why aren't we moving?" The answer would be "It's all Miriam's fault, because she spoke Lashon Hara about her brother". What kind of "reward" is this for her?

Rambam, in Hilchot Tumat Tzara' at 16:10 addresses this question, and claims that we have to go a step further. After the people realize that the standstill was due to Miriam's

talking about her brother they will then come to the conclusion- "if that is the punishment for Miriam, who loved her brother dearly, and who risked her life to save him from the Nile, how much more severe will our punishment be if we speak real Lashon Hara? For she didn't really speak Lashon HaRa about Moshe, all she said was "why did you have to separate from your wife where as we, who are also Nevi'im (Prophets) did not do so?"

Her question to Moshe was a "mistake", she didn't realize that Moshe was not just another Navi, he was singularly the greatest Navi, and none could compare to him. That was her mistake- but it wasn't Lashon Hara, nevertheless-she was punished. So now people began to tremble and fear how severe this sin could be, and perhaps refrain from Lashon Hara. So Miriam's seven day seclusion may have been a deterrent for Lashon HaRa among the masses. That was her "reward"!

We can't control others from speaking Lashon Hara- but we COULD deter them by simply refusing to listen to them! That is our message and our goal

Shabbat Shalom
 Rabbi Aharon Ziegler



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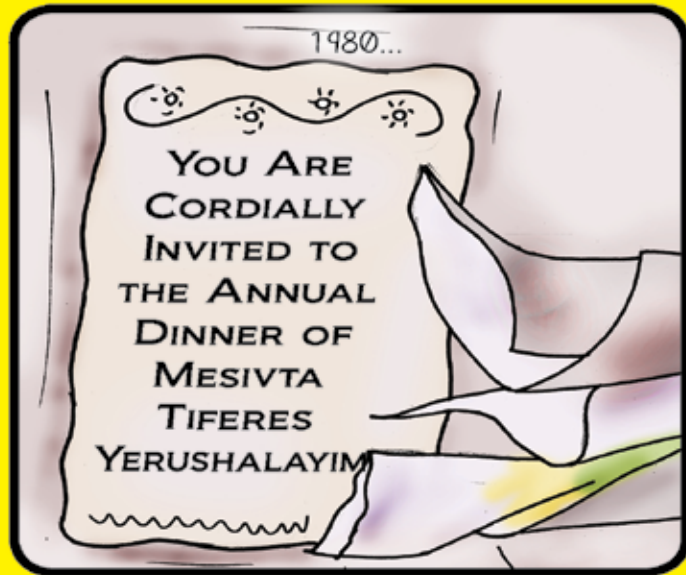
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Written By: Daniel Keren
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CONTINUED NEXT ISSUE 14" H



Fresh matzahs in the Meah Shearim neighborhood of Yerushalayim

PREPARING FOR PESACH IN YERUSHALAYIM



Erev Pesach

Governor Kasich Visits the Children at Shema Kolainu





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The Maccabees performing at the Big CHAZAQ Event IV

SEE ARTICLE ON PAGE 41



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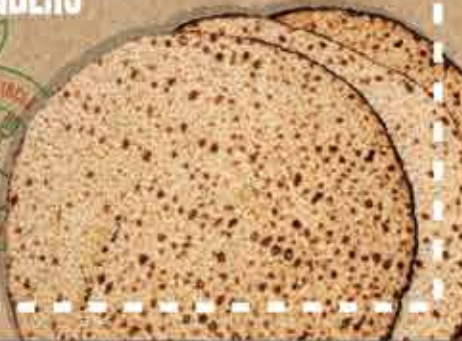
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