

# THE JEWISH Connection

Vol. 9 • Issue 18

SERVING THE ENTIRE JEWISH COMMUNITY

**SIX EVENTS IN FIVE DAYS NEXT WEEK... COMING SOON NEAR YOU!**  
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**CELEBRATE ISRAEL PARADE**  
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**LONE SOLDIERS GETTING A SPECIAL BBQ**

**US LIBERATORS, HOLOCAUST SURVIVORS AND ISRAELI SOLDIERS UNITE AT AUSCHWITZ**

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**citi**

הדלקת נרות  
12 Iyar י"ב אייר  
Parashat Emor

7:52 P.M. FIVE TOWNS  
7:53 P.M. STATEN ISLAND  
7:53 P.M. BROOKLYN  
7:54 P.M. TEANECK, NJ  
7:44 P.M. MIAMI BEACH, FLA.  
6:53 P.M. JERUSALEM



THOUSANDS ATTEND FUNERAL FOR SATMAR LEADER MR. YITZCHOK ROSENBERG AT THE SATMAR SHUL IN WILLIAMSBURG, WEDNESDAY, MAY, 18, 2016 (STEFANO GIOVANNINI/VINNEWS.COM)

## Satmar Community Honors Beloved President With Funerals In Brooklyn, Kiryas Joel

Thousands of men, women and children turned out yesterday in Williamsburg to pay their respects to the president of the Satmar congregation, Reb Yitzchok Rosenberg, who died tragically yesterday in Miami.

The 67 year old Rosenberg was one of two men who drowned after being caught by a riptide while swimming at an unattended beach. 66 year Kiryas Joel resident Chaim Parnes was the second fatality in yesterday's tragic events.

The streets around Congregation Yetev Lev were jammed with mourners who came to honor Rosenberg, a noted philanthropist and a pillar of the Satmar community, who was also a successful businessman and real estate developer.

"Reb Yitzchok Rosenberg was a renowned askan who did more good than can ever be written about in one news article," City Councilman David Greenfield told VIN News. "His tragic passing is an astounding loss for the community."

Assemblyman Dov Hikind described Rosenberg as a "real mentsh" who had earned the respect of many.

"He was a very special person," recalled Hikind. "He always had a smile on his face, was friends with everybody and he was warm. I think all of us are in shock."

After the funeral in Williamsburg was completed, Rosenberg was taken to Kiryas Joel, where thousands more waited to pay their final respects before burial in the Satmar cemetery.

Social media has been flooded with expressions of condolences over Rosenberg's untimely passing, including several from local elected officials.

"My thoughts and prayers are with the Satmar community during this trying time," tweeted Comptroller Scott Stringer.

"My deepest condolences to the Satmar Community on the tragic passing of President Rabbi Isac Rosenberg. My thoughts and prayers are with you," wrote Public Advocate Letitia James.

Others who expressed their sorrow on Twitter included Brooklyn Borough President Eric Adams, State Senator Jesse Hamilton, Councilmember Laurie Cumbo and Assemblyman Walter Mosley.

VIN news

## North Korea An Overlooked Player In Mideast Threat Landscape, Experts Say

MAAYAN JAFFE-HOFFMAN

North Korea has provided the technology or weapons for Hamas's cross-border attack tunnels from Gaza to Israel, Hezbollah's Scud-D missile stockpile in Lebanon, and Iran's Fordow nuclear facility. Yet the totalitarian state in East Asia doesn't seem to frequently enter the Western public discourse on Middle East threats.

CONT. ON P5

## Are Profits Everything? The 2016 Race And A Jewish Businessman's Lament

RAFAEL MEDOFF

The current American presidential campaign features candidates who seem all too willing to set aside ethics for the sake of greater profits. One presumptive nominee proudly made large donations to politicians "so they would do what I want" to facilitate his business goals. The other took actions that benefited special interest groups, which then "coincidentally"

CONT. ON P4

## How to Help Your Kids to Stop Worrying 5 SIMPLE STRESS BUSTERS FOR KIDS

ADINA SOCLOF

Children seem to be more anxious then ever. Mental health professionals have cited many reasons: a decrease in play, hovering, anxious parents, breakdown of the traditional family, social media, an overabundance of choices and the fast pace of our modern world.

CONT. ON P10

## Superfood Trio: Ginger, Turmeric, and Carrots?

DR. JOSEPH MERCOLA



To designate a vegetable, spice or other edible with the title "superfood" is to recognize that it has the sort of capabilities that far outdistances others among their ranks.

Three superfoods that have gone out of

CONT. ON P6

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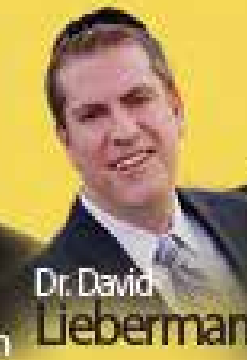
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1A	2	3	4	5
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## MEDOFF CONT. FROM P1

donated large sums to her family's private foundation.

It's clear that their approaches to accumulating wealth have worked. According to *Forbes*, Donald Trump is worth more than \$4.5 billion, and the Clintons have made \$230 million since the husband of current Democratic candidate Hillary Clinton left the White House. But is the quantity of their profits matched by the quality of their character?

I wonder what Harold Jacobs would have thought of all this. Jacobs (1912-1995) served as president of the Crown Heights Yeshiva, the Orthodox Union, and the National Council of Young Israel; he also chaired the New York City Board of Higher Education—a first for an Orthodox Jew. But his remarkable resume began with a string of business successes achieved by dint of hard work and determination. He built Precisionware, Inc. into the second-largest manufacturer of kitchen cabinets in the United States, along the way serving as a leader of the Commerce, Labor, Industry Corporation of Kings County (which

rebuilt the Brooklyn Navy Yard) and on governor Nelson Rockefeller's advisory committee on small business.

While working on a biography of Jacobs—"Building Orthodox Judaism in America: The Life and Legacy of Harold M. Jacobs," published last year—I came across a remarkable speech that he gave to a group of Jewish businessmen in Allentown, Pa., in 1964.

The topic of Jacobs's talk that day was business ethics. His words were at once a stinging rebuke to his professional colleagues and an inspiring insight into the theme of his professional life: morality, not profit-making, as the true key to business success.

Most American businessmen were clever, energetic, and efficient, Jacobs acknowledged—but they were "losing their insight into the moral sources of American economic strength" and thus were in danger of being "defeated by the competitor of us all, moral decay." The American economy would never have succeeded had it not been guided by "men more concerned with the betterment of the human spirit than the comforts of the body," Jacobs insisted.

"Human history is studded with the ruins of empires and nations [that were] wrecked because they lacked an overriding moral goal to which individuals could commit themselves...when we become success-dominated, we lose sight of our real reasons for living." What were the signs that American (and American Jewish) businessmen in the 1960s were losing their way? The "vulgar ostentation all around us;" the "sexual laxity" of the times; the "widespread defiance of the law;" and a "general toleration of wrongdoing." Traditional religion, once a formidable barrier against immorality, "now tends to be superficial...for many laymen it consists of writing an occasional check and sporadic attendance at synagogue, rather than in personal commitment," said Jacobs, who bemoaned what he called "the dearth of saints in this world."

The modern executive's business ethics were "a conspicuous failure," Jacobs continued. "A young executive rapidly moving up the financial ladder unequivocally stated in private conversation with me, 'It is impossible to conduct business in the U.S. to-

day without breaking the law," he said. Many businessmen kept "an equal variety of balance sheets." Information on many tax returns constituted "outright perjury." Suppliers bribed purchasing agents, industries bribed state legislators, and businessmen bribed witnesses or paid off policemen in order to ensure "protection of some dubious enterprise," lamented Jacobs. Certainly competition was the bedrock of the free enterprise system, Jacobs said. But competing "in ways that are designed to destroy someone else is very different from competing in terms of doing better than your rival," he argued. Cutting down one's rival does not make a person taller, Jacobs admonished his listeners. "To seek a crippling advantage over another company," he said, "is hardly fair competition and is certainly miserable ethics." But what should be done about this?

"The American businessman should literally place ethics on the agenda—for himself at home and in the office," and at home, he needs to emphasize moral values, said Jacobs.

CONT.ON P15



**JAFFE-HOFFMAN**  
CONT. FROM P1

With the January 2016 North Korean nuclear test, which represented a significant advance in North Korea's strike capability and the fourth time the nation has exploded a nuclear device, analysts such as Dr. Bruce E. Bechtol—the author of four books on North Korea and a political science professor at Angelo State University in Texas—say it is time for the United States to pay closer attention to the rogue state's military proliferation in the Middle East.

Bechtol explained that North Korea has played a key role in the buildup of Iranian and Syrian forces, as well as the forces of the Iranian-funded Lebanese terror group Hezbollah. The five-year-long and ongoing Syrian civil war has meant a huge loss of military equipment for President Bashar al-Assad's regime, and North Korea has filled the void with T-55 tanks, trucks, rock-propelled grenades, and shoulder-fired missiles.

"The Assad regime has fired lots of Scuds...and chemical weapons. All of these came from North Korea," Bechtol told *JNS.org*.

Regarding the terror tunnels that Gaza-ruling Hamas has dug in order to carry out attacks inside of Israel, Bechtol said the tunnels' "concrete reinforcements" resemble the characteristics of North Korean structures.

The fear now is that North Korea will transfer its nuclear-enrichment technology to Iran, and will hand over its bomb designs to the Islamic Republic or tell Iran how to fit a bomb on the delivery mechanism of a ballistic missile, said Simon Henderson, the Baker fellow at The Washington Institute for Near East Policy and director of the institute's Gulf and Energy Policy Program.

North Korea might even train Iranian nuclear scientists and engineers, and test an Iranian weapon design on the Islamic Republic's behalf, Henderson told *JNS.org*.

According to Bechtol, Iran and North Korea have been closely collaborating since as

early as the 1980s. North Korea supplied Iran with Scud B-missiles, artillery, tanks, and trucks during the 1980-1988 Iran-Iraq War.

Since then, he said, North Korea has sold Iran Scud-B, Scud-C, and Scud-D missiles, as well as extended-range scuds. According to Bechtol's research—a combination of media reports, U.S. intelligence, government sources, the work of other academics, and testimony from North Korean defectors—North Korea helped Iran build the Safir two-stage missile and the Sejil solid-fuel missile. He said that between 2014 and today, at least two North Korean shipments of long-range missile parts arrived in Iran.

In March, Iran test-fired multiple ballistic missiles, which Bechtol said are based on Pyongyang's Nodong missile prototype.

Bechtol pointed to a 2015 testimony by Dr. Larry Nicksch, a 43-year veteran with the Congressional Research Service, before a U.S. House of Representatives committee hearing on the Iranian-North Korean strategic alliance. Nicksch told the committee that since 2011, he has seen a "reverse flow" from Iran into North Korea, expanding Iranian investment of both personnel and funds in North Korea's domestic nuclear and missile programs.

"Iranian money appears to be the lubricant for North Korea's nuclear and missile programs," Nicksch told the committee.

Additionally, North Korea expert Gordon Chang told *The Daily Beast* in January that several top Iranian officials went to witness North Korea's nuclear test that month.

"One has to be able to connect the dots," Bechtol told *JNS.org*.

With Iran standing to gain up to \$150 billion in sanctions relief from the nuclear deal it signed with world powers last year, Bechtol said Iran could use the surplus funds to outsource its nuclear program to North Korea—a loophole that would help Iran advance its nuclear program without violating the nuclear deal.

"[U.S. Secretary of State John] Kerry and crew left a loophole a mile wide when they effectively allowed Iran to conduct all the illicit work it wants outside of Iran, in countries like North Korea or perhaps Sudan," Michael Rubin, an analyst at the American Enterprise Institute, told *The Washington Times* in September 2015.

Bechtol said that the Iranians are also seeking to put a nuclear missile on the Shahab-3, a medium-range ballistic missile, with the goal of targeting Israel.

"Israel already knows, understands the threat that Iran presents. It knows the threat North Korea presents. The U.S. needs to take these threats more seriously," he said.

Bechtol noted that because the governments of North Korea and Iran actually "don't get along well," their partnership is practical rather than ideological

in nature. The combination of illegal weapons proliferation and other illicit sales of items such as cigarettes and drugs make up as much as 40 percent of North Korea's economy. Therefore, Bechtol believes that targeting Pyongyang's "dirty money" in several Asian banks—rather than going after North Korean weapons shipments—is the solution to the nuclear issue.

"If no U.S. banks will do business with these banks, North Korea will have to go elsewhere for the money and that will be a real crick," said Bechtol, noting that similar American sanctions were effective in 2005.

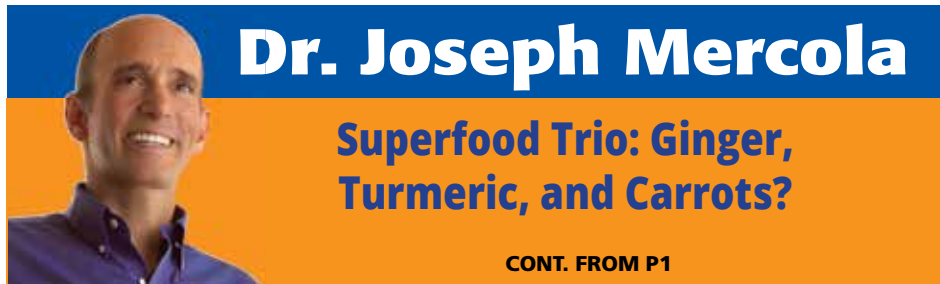
"It snowballed all over Asia [in 2005], and the North Korean diplomats were carrying suitcases of cash to Mongolia to launder the money....This is what will slow down nuclear proliferation in the Middle East," he said.

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CONT. FROM P1

their way to distinguish themselves nutritionally are ginger, turmeric and carrots. If you're surprised by that last one, what follows is a summation of all their attributes, as well as some of the potential they hold for you.

One of the most important bonuses they share: disease-fighting antioxidants. People who eat ginger, turmeric and carrots — especially all of them on one plate — come away not just with lowered risk of heart disease, cancer and diabetes, but also numerous, so-called “less serious” but often debilitating ailments such as pain and inflammation. It may not be a surprise to learn that ginger and turmeric both belong to the same botanical family, Zingiberacea. Both have been used in culinary applications, and have been regarded as powerful remedies for numerous ailments, for millennia.

These two are particularly powerful

used in tandem, such as turmeric-ginger tea (which involves a teaspoon of each, grated, in a cup of boiled water; using ground spices requires a third of a teaspoon per cup.)

Note that the benefits of these foods — virtually every food, actually — come from the foods themselves — not a supplement or drug made from them.

Here are two more reasons these superfoods may make you raise your eyebrows: You'll find that in most stores, these amazingly healthy offerings from the earth are quite inexpensive, even if they're organic — and organic is always the better buy.

Another surprise may come when you learn how lovely these three foods taste together. So what singular benefits do these three superfoods impart?

Tapping into Turmeric

Turmeric, aka *Curcuma longa*, is a tropical and subtropical rhizome, meaning the root contains the spice, although the leaves are also used in Chinese and East Indian Ayurvedic medicine.

It's famous for its healing qualities, but there's also the brilliant yellow hue, and the curry produced from turmeric that gives Indian and Chinese dishes such unmistakable piquancy. Turmeric has no seeds; the roots are used for propagation. Curcumin is probably the most important active ingredient in this powerful spice, giving it its impressive medicinal clout.

In fact, this compound has been estimated to contain around 150 different therapeutic benefits, including boosting your immunity, protecting your heart and moderating the effects of autoimmune diseases. Here are a few more of the benefits you gain when you ingest turmeric.

- **Alzheimer's disease:** Research indicates turmeric may reverse cognitive decline and dementia. One study on three Alzheimer's patients who took turmeric powder capsules for 12 weeks showed remarkable improvement.

Researchers said, “Both the pa-

tients' symptoms and the burden on their caregivers were significantly decreased.”

- **Heart health:** Three studies at a Japanese university determined that daily curcumin supplements could improve the risk factors for cardiovascular health to the same degree as moderate aerobic exercise.

“Our results indicated that curcumin ingestion and aerobic exercise training can increase flow-mediated dilation in postmenopausal women, suggesting that both can potentially improve the age-related decline in endothelial function.”

- **Joint pain:** Helping to relieve stiffness caused by arthritis is one of the main benefits of this spice.

- **AIDS:** Studies demonstrate the remarkable potential turmeric has for AIDS patients, as turmeric is both an antioxidant and antimicrobial. Research suggests it may help heal skin wounds, inhibit infection-promoting enzymes and proteins, reduce infected cells, and block multiplication of infected T-cells, without the side effects of conventional drugs.

- **Epilepsy:** Scientists found curcumin to have a neuroprotective

CONT.ON P7

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**Moshe's CROSSWORD** By Yochai Ben Yitzchak Dov

1	2	3	4	5	6	7	8	9	10	11
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**Across**

- 1) French buddy
- 4) Party
- 8) Military supplies
- 12) Writing tablet
- 13) Aloud
- 14) Brad
- 15) Sign up again
- 17) Floor covering
- 18) Chile's mountains
- 19) Greeting word
- 20) She, to Pierre
- 22) Fire alarm
- 24) Luau necklace
- 25) Serious
- 29) School assignment
- 33) Serious injury
- 34) Clothes cabinet
- 36) Chafe
- 37) Shallow dish
- 39) Swine
- 40) Host \_\_\_ King
- 43) Necklace part
- 45) Concept
- 46) Briefest
- 49) Unkind
- 50) Retained
- 51) Cry of surprise
- 52) Capital of Norway
- 53) The \_\_\_ of March
- 54) Butterfly catcher
- 11) Butter substitute
- 16) Wind direction (abbr.)
- 19) German mister
- 20) “\_\_\_ Enchanted” (movie)
- 21) Ogle
- 23) Ship deserter
- 26) French, e.g.
- 27) Arrogant
- 28) File labels
- 30) High voice
- 31) Greasy
- 32) Gun org.
- 35) Engraved
- 38) Secretly marry
- 39) FDR's successor
- 40) Star's car
- 41) Fruit beverages
- 42) Not imaginary
- 44) Humanities
- 46) Enjoy the slopes
- 47) That gal
- 48) Create lace

**Down:**

- 1) Rainy mo.
- 2) \_\_\_ West of Hollywood
- 3) High-mindedness
- 4) Prospector's quest
- 5) Zodiac sign
- 6) TV pooch
- 7) Key near the space bar
- 8) TV attachment
- 9) Send a letter
- 10) Grinding machine

**ANSWER TO THIS WEEK'S CROSSWORD ON PAGE 25**



**MERCOLA**

CONT. FROM P6

affect on epilepsy and related disorders.

One of turmeric's disadvantages is that curcumin is not quickly bioavailable, meaning that once ingested your body is unable to quickly absorb it to access the benefits. Interestingly, studies show accessibility is increased when you add, say for a cup of tea, a teaspoon of a fat such as coconut oil or flax-seed oil.

Generous Dividends Generated by Ginger

Ginger (*Zingiber officinale*) is essentially the part of the stem that grows underground — hence the name ginger root. It originated in Asia and spread to Europe via Roman traders, making a name for itself as both a medicine and flavor enhancer.

Ginger is potently aromatic with a warm, “zingy” essence, which has made it one of the world's most sought-after spices. Just a few thin slivers make an incredibly healing tea. Ginger is often ground to a powder for easy sprinkling and can be added to nearly every type of food — soups to cookies to stir fries.

The most powerful compound in ginger, aptly, is gingerol, the oil that also imparts the fragrance. One article notes that studies show: “...Ginger extract may be an even more effective anti-cancer agent than chemotherapy drugs, killing cancerous cells while leaving healthy ones untouched. Its anti-inflammatory properties might also help prevent the progression of precancerous cells to cancer.”

Here are a few more advantages:

- **Inflammation:** Even pain from different types of arthritis is lessened by ingesting ginger, by drinking ginger tea or adding a generous sprinkle on foods.

Participants in numerous studies reported reduced muscle soreness, improved agility and movement, and reduction in swelling, such as knee pain, when using ginger regularly.

- **Nausea:** Besides aiding digestion and soothing the tummy trouble known as colic, ginger is known as being able to relieve nausea.

This includes morning sickness and motion sickness, and it's even been used successfully for patients after surgery or undergoing chemotherapy. The George Mateljan Foundation reported:

“In herbal medicine, ginger is regarded as an excellent carminative

(a substance which promotes the elimination of intestinal gas) and intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract) ...

A clue to ginger's success in eliminating gastrointestinal distress is offered by recent double-blind studies, which have demonstrated that ginger is very effective in preventing the symptoms of motion sickness, especially seasickness. In fact, in one study, ginger was shown to be far superior to Dramamine ...”

- **Diabetes:** Researchers conducted a study to investigate the effects of ginger on the fasting blood sugar of 41 participants. The end result of the randomized, double-blind, placebo-controlled clinical trial showed that just 2 grams of ground ginger decreased the patients' fasting blood sugar by 12 percent.

- **Memory:** Ginger has been shown to improve memory; in one study, 60 healthy, middle-aged women underwent doses of either plant extracts or a placebo over a two-month period.

After being evaluated for their memory and cognitive function, researchers concluded that ginger extract “enhances both attention and cognitive processing capabilities, with no side effects.

**Carrot Capabilities**

From the Umbelliferae family, carrots are a go-to veggie for innumerable hearty dishes, as well as a handy, crunchy snack. I generally recommend eating carrots in moderation because they contain more sugar than any other vegetable aside from beets.

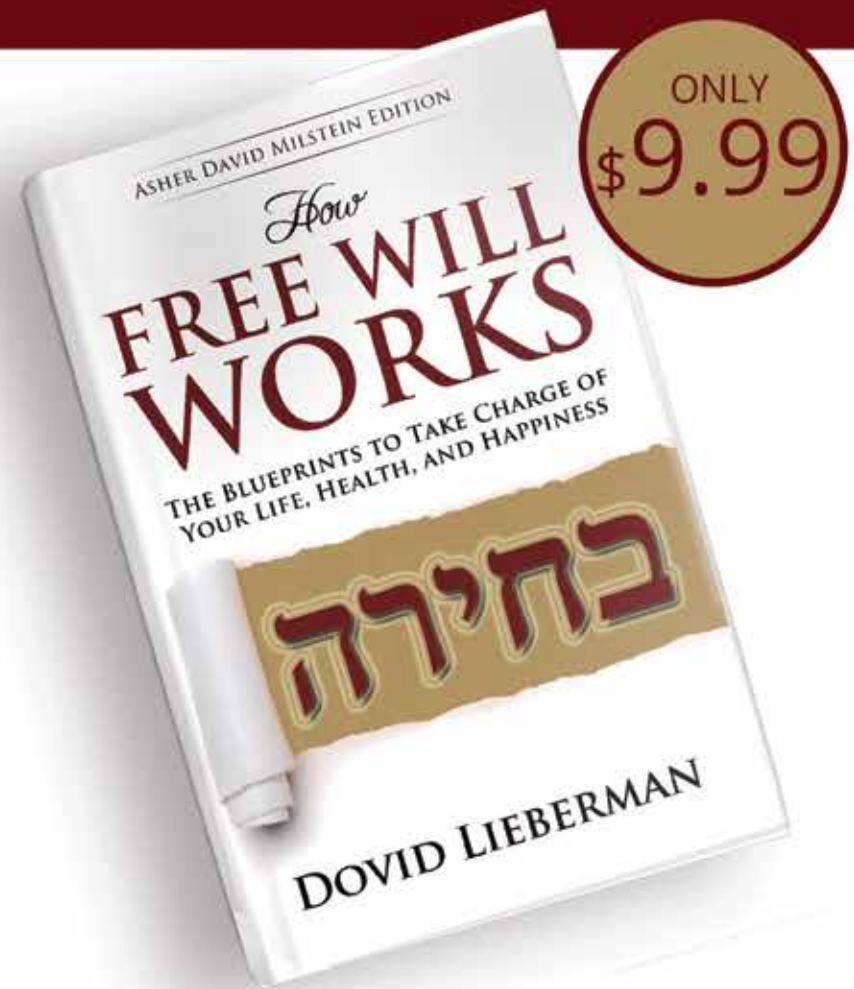
However, when eaten as part of an overall healthy diet, the nutrients in carrots may provide multiple health benefits. Beta-carotenes (named after carrots), their most prominent nutrient, aren't manufactured in your body, so they're required in your diet. One article adds:

“... Beta-carotene maintains vision, regulates the growth of cells in your skin, keeps membranes lining your nose and respiratory tract healthy and helps control the production of proteins. All carotenoids, including beta-carotene, also possess antioxidant abilities.”

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CONT.ON P10





## Roy Neuberger

### SPILLING DROPS OF WINE

My dear friend, Rabbi Reuven Cohen, Rosh Kollel of Zichron Yosef in Kiryat Sefer, brought to my attention a *Zohar* (Parshas *Tazria*) which sheds great light on a point I have discussed in the past in connection with *Yetzias Mitzraim* and the *Geulah Shelemah*.

The *Zohar* reveals “*ma’ase avos siman l’banim*” even within the *Chumash* itself. When Paro tried to attack Sarah, she commanded a *malach* to strike him ten times. In her *zechus*, the *esser makkos* were inflicted upon a later Paro who tried to attack her descendants. Paro released Avraham Avinu and Sarah with gifts, which foreshadowed the events which occurred when their great grandchildren were released during *Yetzias Mitzraim*.

The *Avos* and *Imahos* created *zechusim* for their descendants, and these descendants participated in similar events but on a much larger scale. Paro released only Avraham and Sarah from captivity, but over a million of their descendants were released during *Yetzias Mitzraim!*

I saw a staggering commentary concerning the drops of wine we spill from our cup at the mention of the *esser makkos*. According to *Talmud Yerushalmi* (*Pesachim 10:1*) and the *Be’er Miriam* (which I saw in the Artscroll Interlinear Haggadah), these drops indicate the magnitude of *Yetzias Mitzraim* as compared to the *Geulah Shelemah*.

Just imagine the scale. We take a few drops out of the *kos*. The remaining amount, even if it is a small *kos*, is staggering compared to the tiny amount we have removed. The scale of what remains in the cup compared to the amount we have removed is overwhelming, and this hints at the magnitude of the *Geulah Shelemah* as compared to *Yetzias Mitzraim*.

Please listen to the words of the *Zohar* (paraphrased): “*Come and see the difference between Yetzias Mitzraim and the future redemption: in Mitzraim there was one king and one kingdom, but in the Final Geulah all the kings of the world will fall just as Paro fell*

*in the days of Mitzraim, and the entire world will come under the rulership of Hakadosh Baruch Hu!*”

Is this *Zohar* not a corroboration of the words of the *Yerushalmi* and the *Be’er Miriam* concerning the scale of *Yetzias Mitzraim* versus the *Geulah Shelemah*?

We really must try to open our eyes to reality. We live in a world in which an insane ruler in a distant land is capable of sending across thousands of miles weapons of such power that they can initiate worldwide destruction. We see insane behavior on a daily basis all around us, and there is absolutely no reason why these rulers cannot, on a whim, initiate these actions. What is stopping them? In other words, what is stopping the imposition of earth-shaking *makkos* on a worldwide scale?

And then, when and if the kingdoms of the contemporary world engage in suicidal behavior, what will happen to the kings of those kingdoms? Is it not logical to think that the entire structure of the present world system may collapse just as *Mitzraim* collapsed in Biblical times? The *Zohar* seems to be telling us that this is precisely what will happen!

I am on the mailing list of one of the colleges of Oxford University. Every year, I receive their annual report, in which alumni recount their achievements. These are the cream of the academic, political and cultural world. A 1956 graduate wrote several years ago, “My book ... has been selected as a Scientific American Book Club choice. This book describes not only what we know, but how we came to know it.... Topics covered include the evolution of photosynthesis and color vision [with explicit rebuttal of the claims of intelligent design].”

“Explicit rebuttal of the claims of intelligent design...”

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controlling the universe. He, of course, is very intelligent, but there is no intelligence higher than his. Yes, my friends, we are living in a new “*dor haflaga*,” which is trying with all its might to build a tower from which it can attack the Ruler of the Universe.

Be careful, world, “*for behold, the day is coming, burning like an oven. All the wanton ones and all the evildoers will be stubble and the coming day will set them ablaze, says Hashem, Master of Legions ... but for you that revere My Name a sun of righteousness will shine forth, with healing on its wings....*” (*Malachi 3:19ff*)

The nations of the world think that if they can lick global warming then everything will be all right. But the *Novi* tells us that global warming is just the beginning. Things are getting hot, my friends, very hot. The world is shaking, the way a volcano shakes before eruption, and there is only One Place where we can hold on, only One Place that will offer us stability and salvation in the days to come. Torah and acts of kindness are our refuge. We are counting the *Omer* and we have to

take seriously what happened to the *talmidim* of Rabbi Akiva. All we have to hang onto is Torah and *chessed*. There is nothing else!

The nations of the world strive mightily to deny that *Hashem* is real, and, among *Am Yisroel*, there are fools who strive mightily to imitate them. Is this not like Paro, who claimed “I created myself!”

*Lishuasecha kivisi Hashem ... For Your salvation do I long, Hashem....*” (*Bereishis 49:18*) May we see the *Geulah Shelemah* soon in our days!

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



# "THE SHMUZ"



## Rabbi Ben Tzion Shafier YOUR GASHMIUS IS MY RUCHNIUS PARSHAS EMOR

"And when you gather the cuttings of your land, do not cut the corner of your field when you harvest, and the fallings of your harvesting do not gather. For the poor man and the convert, you should leave them." — Vayikra 23:22

The Torah reading on the first days of *Sukkos* outlines the *yomim tovim* of year and their sacrifices. In the middle of the detailing of all the holidays, the Torah repeats the *mitzvah* of *leket, shikchah, and peah*, the commandment to leave a portion of your harvest for the poor. Rashi is troubled by the placement of this in the middle of the descriptions of the holidays. He explains that the Torah is teaching us if someone gives *leket, shikchah, and peah* to a poor person properly, it is as if he built the Holy Temple and brought all of his sacrifices there.

This Rashi is very difficult

to understand. What possible comparison is there between this simple *mitzvah* of leaving a portion to the poor man and the colossal *mitzvah* of bringing all of the sacrifices on each holiday? Even more, how can giving charity be equal to the building of the *Bais Hamikdash*?

### The Heart of Our Nation

The center point of each *moed* is the *Avodah* done in the *Bais Hamikdash*. It is difficult for us to imagine the holiness invested and the spiritual accomplishments attained when the *korbonos* are brought.

A *kohain* is a holy Jew who spends his life dedicated towards spirituality. From his earliest youth, he is trained in learning to eventually join the ranks of the Torah teachers in Israel. Only when he is twenty-five is he ready to begin his

apprenticeship as a *kohain*. He will spend five years learning, preparing, practicing, and then he may finally serve, but only for the next twenty years. As there were thousands of *kohanim*, each *kohain* would only get to do limited parts of the actual service, and even that for only two weeks out a year.

For each *yom tov*, a team of hundreds of the holiest people of the generation were involved in the preparations and the actual service. With the *levi'im* singing, and the rest of the Jewish nation waiting, the assigned *kohain* goes through the actual process. Scripted from beginning till end, he must maintain the exact intentions throughout the service and follow the procedure to the letter.

These *korbonos* affect both the upper worlds and the physical world in a profound manner. The *Gemara* tells us that if the gentiles would have known the impact of the sacrifices, they would have surrounded the *Bais Hamikdash* with armies and not allowed anything to interfere.

So how can Rashi say that when a man leaves part of his produce for the poor man, it is equivalent to all of this? All he did was refrain from

picking up the droppings from his harvest and leave a corner of his field to the poor. In what way can this be compared to the spiritual impact of having built the Holy Temple and bringing all the sacrifices?

The answer to this can best be understood by focusing on a concept that *Chazal* share with us.

### The Great Opportunity to Help Another

"More than what the rich man does for the poor man is what the poor man does for the rich man." (*Medrash Rabba Rus: 5:9*).

The reason behind this *Chazal* is based on very purpose of Creation. *HASHEM* created man to give to him. By placing man in this world

CONT.ON P11

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## SOCLOF

CONT. FROM P1

Whatever the reason, children are stressed out and it can be tough for parents to manage and help their child overcome their big worries like family discord, separation anxiety, terrorism, “bad guys” or monsters under the bed. Teens fret about not doing well in school, not getting into college, or not fitting in.

How can we help our kids stop worrying? Here are 5 simple stress busters that work:

### 1. Teach them what stress is:

Kids often don't know that the physical symptoms that they're experiencing are due to their worries. In order to deal with stress you need to be able to recognize that you are under stress. Our bodies are created in such a way that they signal to us that we are tense and under pressure. We need to interpret the signs.

When we worry, our breath and heart rate increases and we feel like we have butterflies in our stomach. Depending on our level of stress, our faces turn red, our muscles tense and our body feels hot. Children can have a hard time understanding something inside the body that cannot be seen

or touched. It can be helpful to have your child run in place for 30-60 seconds and then ask them to think about how his or her body feels in terms of the body signals. You can then discuss how your body feels similarly under stress.

### 2. Your mind is under attack:

Your body is not the only part of you sending warnings. Your thoughts are also being assaulted. Stress can be a result or exacerbated by negative thought patterns. Children, teens and even adults, will find that if they examine their thinking when worried, their thoughts sound something like this:

- “I can't do it!”
- “It will be awful!”
- “I'm so stupid!”
- “I hate doing homework!”
- “My friends will just ignore me!”
- “I am dumb!”
- “I can't do anything right!”
- “I give up!”

We can teach children to replace their negative thoughts with more positive ones:

- “Take it easy”
- “Stay cool”
- “Chill out”

## MERCOLA

CONT. FROM P7

Research has found that the more carotenoids you eat, the longer your life span! Here are some of the health benefits carrots offer:

- **Antioxidants:** According to the George Mateljan Foundation: “The many different kinds of carrot antioxidants are most likely to work together and provide us with cardiovascular benefits that we could not obtain from any of these antioxidants alone if they were split apart and consumed individually, in isolation from each other. The synergistic effect of carrot antioxidants is a great example of a whole food and its uniqueness as a source of nourishment.”
  - **Heart disease:** A 10-year study from the Netherlands showed carrots can help prevent cardiovascular disease. The research focused on the color of foods: green, purple/red, white and yellow/orange. The latter showed the most benefits. In decreased heart disease risk; patients who ate more carrots had a 32 percent reduction rate.
  - **Cancer:** Phytonutrients in carrots such as falcarinol and falcarindiol have been shown to prevent inflammation, possibly by clumping red blood cells to cut the risk of developing full-scale cancerous tumors.
  - **Digestion:** Pharmanews says, “Regular consumption of carrots helps in preventing gastric ulcers and digestive disorders.”
  - **Vision:** Beta-carotenes convert to vitamin A, which is important for vision, especially if you have a vitamin A deficiency; eating carrots helps prevent such a deficiency.<sup>16</sup> Studies also indicate that beta-carotene protects against cataracts and macular degeneration.
- Superfoods Are Cancer Killers  
Here are three excerpts from studies showing how these three

superfoods were effective in both treatment and prevention of several cancers:

### Ginger:

“Although the medicinal properties of ginger have been known for thousands of years, a significant number of in vitro, in vivo, and epidemiological studies further provide substantial evidence that ginger and its active compounds are effective against wide variety of human diseases including GI cancer. Ginger has been found to be effective against various GI cancers such as gastric cancer, pancreatic cancer, liver cancer, colorectal cancer, and cholangiocarcinoma.”

### Turmeric:

“Curcumin is among the more successful chemopreventive compounds investigated in recent years, and is currently in human trials to prevent cancer. The mechanism of action of curcumin is complex and likely multifactorial. We have made the unexpected observation that curcumin strikingly modulates proteins of iron metabolism in cells and in tissues, suggesting that curcumin has properties of an iron chelator.”

### Carrots:

This study has shown that extracts from carrots can induce apoptosis and cause cell cycle arrest in leukemia cell lines.

And now for a simple dish to get all three of these foods on one delicious plate: Steam a few cups of carrots in a few tablespoons of water, just until tender-crisp. Add a few teaspoons of butter, sea salt to taste and a half-teaspoon each of grated turmeric and ginger (or half that amount of the ground variety). To serve, mash lightly or serve whole for a wildly healthy, delicious side dish.

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

“Take some deep breaths”  
“I'm getting tense so I need to relax.”

“I'm going to be okay”  
“It's okay if I'm not good at this”

“I'm sad that she doesn't want to hang out with me, but other people like me”  
“I'll just try my hardest”

3. Think good and it will be good:

Children will benefit from learning the connection between thoughts, feelings and behaviors. For example:

Unhelpful thought: He is so unfair to me=Negative Feelings: Anger=Unhelpful Behavior=Yelling and calling names

Helpful thought: He is usually a good friend=Positive Feelings=Happy Helpful Behavior=Talk out a disagreement

Unhelpful thought: I always screw up math=Negative Feelings=Sadness=Unhelpful Behavior=Don't try with math

Helpful thought: I'll try my best with my math=Positive Feelings=Confidence=Helpful Behavior

CONT.ON P17



**SHMUZ**  
CONT. FROM P9

and giving him free will, HASHEM allowed him the opportunity of perfecting himself so he could enjoy the greatest pleasure: basking in HASHEM's presence forever. In accordance to the level of perfection that he reaches here, he will be able to enjoy closeness to HASHEM.

The measure of all perfection is HASHEM. The more like HASHEM a man is, the more perfect he is, and the closer to HASHEM he is. The Torah is the system of spiritual perfection. Its *mitzvos* bring a person nearer to HASHEM by making him more like HASHEM.

HASHEM needs nothing and does nothing for Himself. This entire Creation and everything in it was fashioned to benefit others. HASHEM is the Benefactor. And so, the more of a giver a person is, the more like

HASHEM he is, and thereby, the more perfect he is.

**HASHEM is Perfect**

There is, however, one critical observation that bears mentioning. HASHEM is very good at doing what He does. He doesn't need help running the world. And He has lots and lots of money. If HASHEM wished it to be, there wouldn't be poor people. Even more, the entire concept of poverty and wealth wouldn't exist. HASHEM created a world with different sorts of people. Some are strong, and some are weak. Some are brilliant, and some are not. Some are wealthy, and some are poor. But it wasn't by accident, and it wasn't because HASHEM ran out of money. HASHEM created the world this way to allow people the opportunity to use their strengths and talents, their resources and situations.

If man uses his opportunities wisely, not only does he grow, but he is credited with the accomplishment.

If a wealthy person sustains a poor man, it is considered as if he gave life to that person. Even though it's HASHEM's world, and even though HASHEM gave wealth to the rich man, if the wealthy man gives to the poor man, he is credited with saving him.

This seems to be the answer to the Rashi.

Granted, when the *kohanim* brought the *avodah*, it was a spiritual act of extraordinary impact. But the source and measure of all holiness is HASHEM. The way that HASHEM shows Himself in this world is through giving. When man gives to others, he is acting as HASHEM does. There can be nothing holier.

The Torah is teaching us that when you leave over your *leket* and

*shikchah*, you are acting as much like HASHEM as you possibly can. When I take care of another's needs, that is spirituality. It's not second rate, not some add-on. This is the highest level of spirituality.

This concept has particular relevance, as we find much of the spiritual aspirations today are focused on certain *mitzvos*. While all *mitzvos* are holy, we need to remain cognizant that their aim is to bring us closer to HASHEM. The way we do that is to be like HASHEM as much as we are able. The more that we are focused on the needs of others, the more like HASHEM we become.

**For more on this topic please listen to Shmuz #187 - G-d for the Perplexed**

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**THE WRITE STUFF**

ALAN MAGILL

Do you know of someone in your community who doesn't get out much due to health issues. While he or she may have attended your shul, now they are out of their social loop and are spending a lot of time looking at their four walls.

There are two opposite sayings that may describe one's relationship with such an individual -- "Out of sight, Out of Mind," and "Absence Makes the Heart Grow Fonder." Surely, the role the person had played in the community, the importance of what he did and the friendships he had could dictate how much people stay in touch with him. But whether he was Mr. Popularity or a quiet Jew who had minimal interactions with others, it is still very important to let that homebound person know that they are still an impor-

tant part of the community and that they are missed.

I know of a man who had occasionally invited an elderly man with limited fluency in the English language back to his apartment for Shabbos meals with him and his wife. Although it was a slow-go in communications, the smile on the man's face -- that universal language -- that let the couple know that what they were doing was important.

Then the man took ill and had difficulty walking and he spent most of his time in his apartment with his family. Since he was not a member of the shul he went to only once a week, there were limited connections he had there. People could think, 'Perhaps he had moved out of the neighborhood.' 'Found another shul.' If they thought about him at all.

But the man who had invited him for meals missed him and inquired about his situation and found out about his illness. So the challenge was what to do to make him feel that he was missed?

It was difficult to get mass visitations for someone most people hardly even knew. Then the man came up with his answer. Pesach was coming so he got a Passover card and brought it to shul and explained to the gabbai that he wanted people to sign it for the man who was homebound. An announcement was made about the card, and many people signed it. Some asked who the man was and when they were informed and still didn't know they signed the card anyway. As important or maybe even more important than the man knowing who the signatures were from was that THERE WERE A LOT OF SIGNATURES.

A few days before Pesach, with the card filled with signatures and well wishes for a good

Yom Tov the man went to visit his homebound friend. To be sure, the language barrier made it difficult to communicate. But the real ice-breaker was when the man took out the card and gave it to the intended recipient. . . The homebound man understand exactly what it was about and seeing all those names was like seeing manna falling from the heaven. He took the card and with a big smile on his face he kissed it. He may have recognized two or three names, but he recognized something far more important than that -- THAT PEOPLE CARED and that HE WAS NOT FORGOTTEN.

There are many ways to make a person still feel like a part of the community when they are going through a difficult time. One powerful and effective way is to have a number of people sign a get well card or a Good Yom Tov card. In numbers, there is strength.

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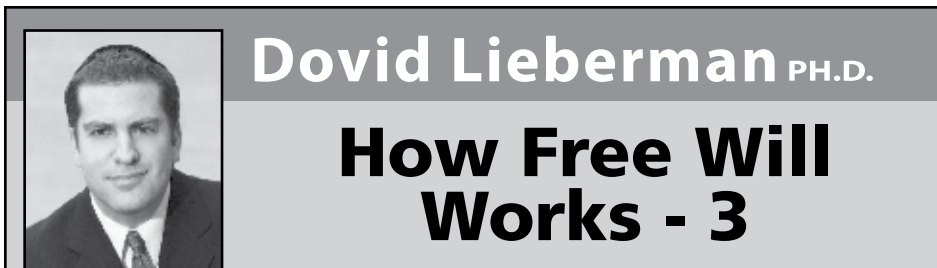
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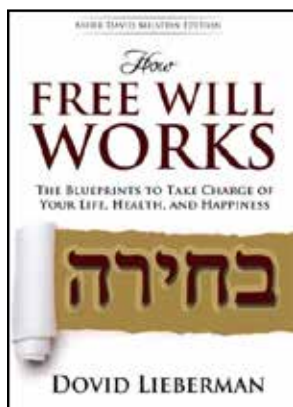
## How Free Will Works - 3

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### Roots of Unhappiness

On a conscious level we cannot easily admit to ourselves that we are selfish or lazy, much less a failure or flawed. The ego is thus equipped with an elaborate array of defense mechanisms to thwart the harshness of reality. As these defenses emerge, instability, which can be seen as the chasm between the truth and our ability to accept it, develops. Defense mechanisms are categorized based on how they affect an individual's functioning:

Level III—Neurotic defenses (i.e., intellectualization, reaction formation, dissociation, displacement, repression, rationalizing). These neurotic mechanisms are



fairly common and cause greater challenges for those who default to them regularly.

Level II—Im-

mature defenses (i.e., fantasy, projection, passive aggression, acting out). These mechanisms temporarily lessen distress and anxiety provoked by an uncomfortable situation and, with constant engagement, lead to serious problems in a person's ability to develop genuine coping strategies with minimal distortion of the facts.

Level I—Pathological defenses (i.e., psychotic denial, delusional projection). The mechanisms on

this level are severely pathological and effectively recreate external experiences to do away with the need to cope with reality.

Our ego colors the world, so that we are not tarnished. Before we airbrush reality, however, a collision occurs in the unaccessed caverns of the unconscious, between truth and falsehood—producing the psychological phenomenon cognitive dissonance: the feeling of uncomfortable tension and stress that comes from holding two contradictory ideas simultaneously. From a Torah standpoint, cognitive dissonance is the by-product of tension between the yetzer tov ("soul") and yetzer hara ("ego")—a choice to either accept reality or reduce dissonance by any of the above-mentioned mechanisms. The most common of these are (a) avoidance, (b) denial, or (c) justification.

Smoking offers a classic illustration of cognitive dissonance. The smoker may acknowledge that cigarettes cause a wide range of negative health effects, but he probably also desires to be healthy. The tension produced by these inconsistent ideas can be reduced

by (a) not thinking about it; (b) disputing or denying the evidence; (c) justifying one's smoking ("A bus could come and hit me tomorrow," "I need to smoke, or I'd gain too much weight"); or (d) accepting the truth, and taking steps to quit.

Physiologically speaking, research shows that "reasoning areas of the brain virtually shut down when we are confronted with dissonant information; and the emotion circuits of the brain light up unreservedly when consonance is restored." Similarly, our Sages say, "There is no happiness like the resolution of doubt," which is why the ego seizes any opportunity to reconcile the internal conflict. The following anecdote typifies this process, particularly when our self-image is on the line.

There was a man who woke one day convinced that he was a zombie. When he told his wife he was a zombie, she tried to talk him out of this outrageous opinion.

"You are not a zombie!" she said.

"I am a zombie," he answered.

CONT.ON P13

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# SUDOKU PUZZLE

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ANSWER TO THIS WEEK'S SUDOKU ON PAGE 36



# Rabbi Jonathan Gewirtz

## "The Observant Jew"

### Close Call

When "someone" dropped my phone, cracking the screen, I knew I'd have to keep my eye out for a good deal. In the past, I'd gotten a promotion for a phone with upgraded memory and extra data in the plan. As I often use the phone for Waze, the popular traffic-sniffing but data-munching GPS program, that comes in handy. I figured I'd hold out until I got something worthwhile then go for it. Unfortunately, the phone must not have known that was the plan as it cracked further and then stopped responding to touch. I managed to get it backed up but it was a goner.

I went to a store one evening in Florida, where I was visiting at the time, and told them which phone I wanted. There were no deals going on and because they were not a Verizon store, but only a reseller, I was stuck when they told me their price was \$10 higher than the price I'd seen Verizon advertise.

When I asked him to match it, he said he couldn't do it, but I was getting faster service than I would at the store. It was late in the evening and I didn't want to run all over town. I took it, although I was a bit annoyed. But it got worse.

A few days later, when I was back in New York, I got a call from the store. They'd misplaced my paperwork and needed me to send it to them. Needless to say, I hadn't brought the paperwork back with me. A few minutes later, my phone was out of service! I was very upset by this and called Verizon from another phone. It took perhaps an hour, but they reconnected my phone to the network and determined that the contract didn't cause the problem.

The store called me back and said he had an idea but would have to reach out to his sales rep at Verizon the next day. He e-mailed me the contract which I signed and submitted a day later. He made

some calls on his end, I turned off the phone, and half an hour later the ordeal was over.

However, because of the delay, a promotion was now going on, and because my contract was just signed, I was eligible for the new deal!

I thought about the situation and realized that if I'd have had the opportunity to wait for the new promotion, I wouldn't have realized how HaShem was orchestrating everything. How often does it happen that a store loses the paperwork? That never happens! And yet, in this case, I couldn't get the deal through my own efforts, but I got it nevertheless so I would recognize that the "deals" I get don't come from my own acumen, but from my loving Father who is always working for me.

It reminds me of a story I'd heard some time ago:

A wealthy wood merchant came to R' Chaim of Volozhin for advice, explaining that all his wealth was in danger of being lost. He had sent a huge ship laden with wood to a foreign country, but the authorities were not allowing the wood to enter the country. In fact,

they were threatening to sink the ship if it didn't leave the border of the country. R' Chaim reassured the man, "Don't worry, you'll see. The salvation of Hashem is like the blink of an eye!"

On that day, the price of wood rose dramatically, and later that day, the authorities finally allowed the merchant's ship to enter the country. The wealthy man returned to R' Chaim, beaming with happiness. He said, "Rebbi, today I experienced hashgacha pratis (Divine intervention)! If the authorities hadn't delayed me, I would have received the original price for the wood. The delay actually turned out to be beneficial; I ended up earning significantly more money because of it."

R' Chaim sighed, "This is the difference between a rich man and a poor man. The poor man sees the hashgacha pratis of Hakadosh Baruch Hu every day. The rich man, only once every few years."

Hashgacha pratis really means that HaShem is, in fact, micromanaging our lives, but in a good way. He doesn't just 'let nature take its course' but rather ensures that we

CONT.ON P17

### LIEBERMAN

CONT. FROM P12

"What makes you think you are a zombie?" she asked rhetorically.

"Don't you think zombies know they are zombies?" he answered with great sincerity.

His wife realized she was not getting anywhere, so she called his mother and told her what was going on. His mother tried to help.

"I'm your mother. Wouldn't I know if I gave birth to a zombie?"

"You didn't," he explained. "I became a zombie later."

"I didn't raise my son to be a zombie, or especially to think he is a zombie," his mother pleaded.

"Nonetheless, I am a zombie," he said, unmoved by his mother's appeal to his identity and sense of guilt.

Later that day his wife called [a psychiatrist].

The wife was given an emergency appointment, and within the hour the husband was in the psychiatrist's office.

"So, you think you are a zombie?" the psychiatrist asked.

"I know I am a zombie," the man said.

"Tell me, do zombies bleed?" the psychiatrist asked.

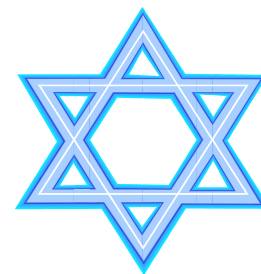
"Of course not," said the man. "Zombies are the living dead. They don't bleed." The man was a little annoyed at the psychiatrist's patronizing question.

"Well, watch this," said the psychiatrist as he picked up a pin. He took the man's finger and made a tiny pinprick. The man looked at his finger with great amazement and said nothing for three or four minutes.

"What do you know," the man finally said, "zombies do bleed!"

The length to which people will go to avoid facing the truth is nothing short of staggering. But as we'll see in the next installment, denying reality does not come without a price.

To be continued...



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**REVIEWS | Daniel Keren**

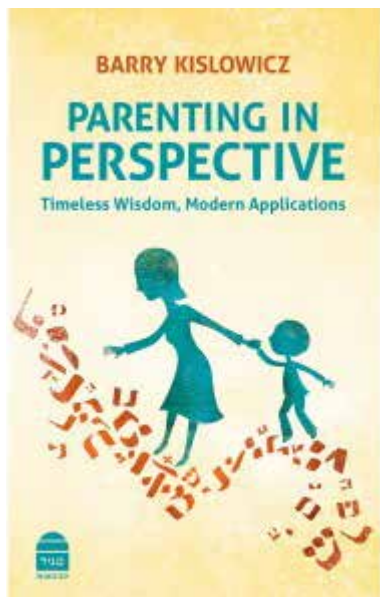
**Two New Books on How to be a Better Parent and Spouse**  
By Daniel Keren

“Parenting in Perspective: Timeless Wisdom, Modern Applications” by Barry Kislowicz, 171 pages hardcopy, Maggid Books, 2016)

“That’s Why I Married You!: How to Dance with Personality Differences” by Chana Levitan, MSc, 197 pages softcover, Gefen Publishing House 2016.)

Perhaps the two most difficult social applications for anybody to carry out properly is that of being a good spouse or a good parent. The rules seem to keep changing and if one tries to

imitate what one’s parents did, the results might not be the same. On the other hand as Jews we have to realize that G-d set us apart from



the other nations of the world to be kodesh, holy. How the other nation handle important family relationships should not be the barometer for us. Yet, the major challenge throughout our history since leaving Mitzrayim more than 3,300 years ago is to not be influenced by the non-Jewish environment around

us.

Therefore instead of turn-

ing to the so-called “academic” experts whether they be gentile or even secular Jews; it behooves us to deal with guidance that comes from those who believe that our world was created by a Master Planner whose manual is the Torah we received at Har Sinai, an event that we continue to celebrate today as we count the Sefirah each night towards the coming Yom Tov of Shavuos.

The aim of “Parenting in Perspective” by Rabbi Dr. Barry Kislowicz was to create a book containing more Modern Orthodox ideas for members of that community. The author is the father of four children and four the past 12 years was associated with Fuchs Mizrahi School in Cleveland, OH where he rose to the post of Head of the School.

At present he and his wife are intending to make aliya with their four children. He received his rabbinic ordination from Yeshiva University and also earned a doctorate in education from Columbia University Teachers College.

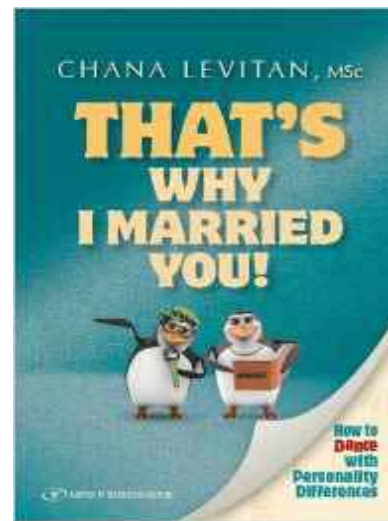
To make his case, the author introduces to the reader to two families – The Abrams who seem to have great success in raising their children to be shining example of menschlekeit and the Steins, who well seem to have children who are what seems more normal – selfish or self-centered.

In the ten chapters that follow, we will return to the symbolic Abram and Stein family as Rabbi Kislowicz focuses on how parents can put the proper perspective into helping raise and guide children. In Chapter One, the author declares “All that we pour into our children will fall flat if we make the mistake of seeing them as passive objects at the center of our lives. To place children at the center in a meaningful way, we must view them not as objects in our lives but as the subjects of their own.”

Later on in Chapter Five, Rabbi Kislowicz points out: “The fact that we identify as mothers and fathers, however, does not automatically translate into a relationship with our children. We become parents when our

children are born, and we remain their parents (as we often like to remind them) even when they are grown. But relationships with our children must be built consciously and continuously through interactions spanning years and decades.”

Ultimately as the author notes in his conclusion “As much as we might like to, we cannot direct or control them [our children.] Our role is to extend ourselves in order to support and facilitate their growth. Effective parenting is as challenging as it



is important, but if we can truly put our children at the center, our reward will be to watch as they lead amazing lives of their own creation.”

And with that thought it mind, we come of Chana Levitan; “That’s Why I Married You!: How to Dance with Personality Differences.”

Just as a good parent should realize that one’s child, ultimately will choose his or her lifestyle based on the influence and prayers of the parent; one who gets married should do so with the realization that one’s spouse is a “complicated” human being with his or her attitudes to life.

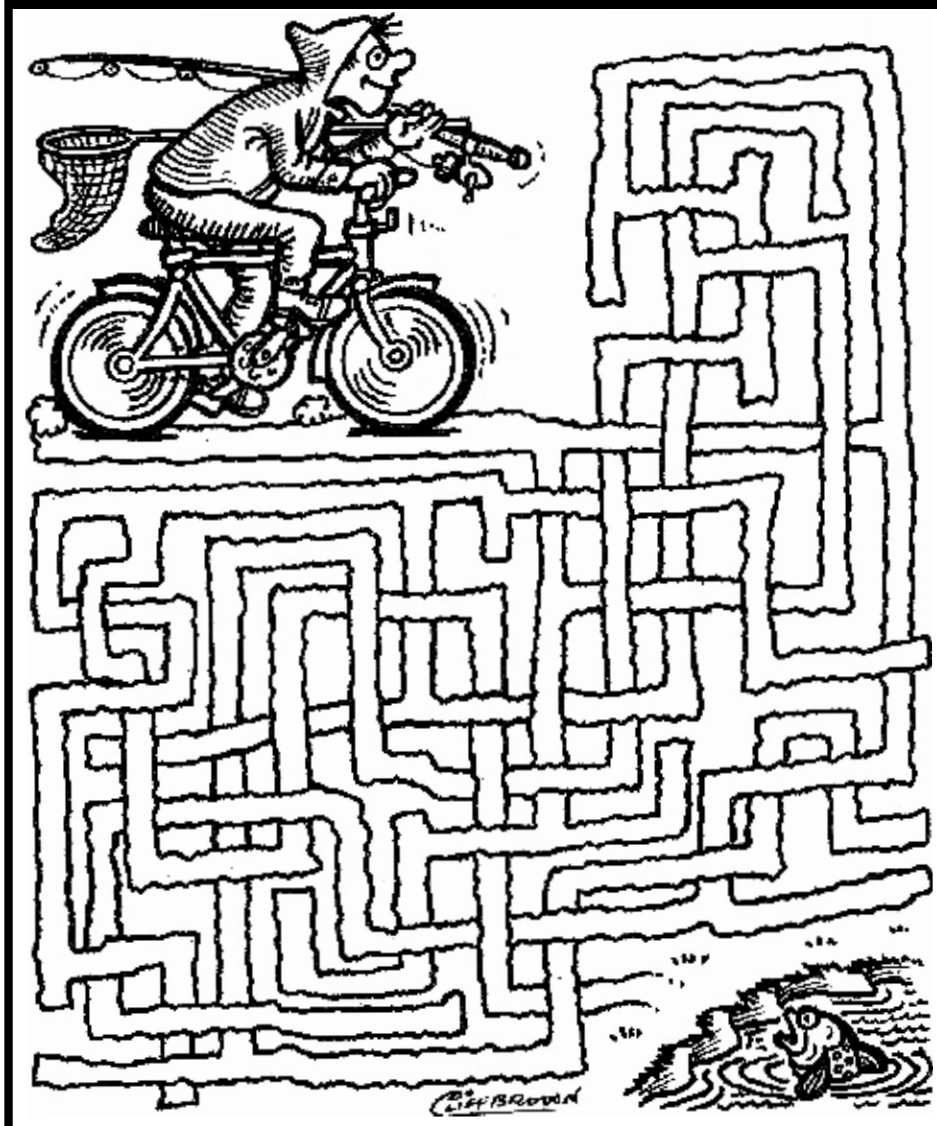
Unlike a child who goes on to lead his or her destiny; a married couple, if they are to be successful are going to have to make “compromises.” But according to Mrs. Levitan if at least one of the partners can focus on the personality differences and make accommodations accordingly, many of the difficulties that couples have in relating to each other could be alleviated as spouses come to understand and even appreciate the different styles of their “better half.”

Mrs. Levitan is an educator, speaker and marriage therapist with more than a quarter-of-a-century’s experience. She is the author of a popular book “I Only Want to Get Married Once” that was based on her counseling thousands of men and women on dating and marriage.

Perhaps the greatest strain on a marriage is when one partner attempts to “help” the other

CONT.ON P15

**MAZE**



ANSWERS ON PAGE 36



**FAMILY MATTERS | Dr. Ari Korenblit**

**Shidduch Matters: Marriages Are Made In Heaven But The Match On Earth**

It is a matter of faith that marriages are made in heaven, with cheery visions of heavenly hosts laboring full time directing the cupid's arrow targeting the fortunate. If the imagery is so sugary sweet, why is there so much angst, pain and – yes-- torture invariably experienced by men and women on the road to the canopy? Certainly, there are myriad theological explanations for solace, but what would be the psychological understanding?

In my practice, I devote many hours each day to help singles navigate this period in their lives

when they are desirous of getting married. Leaving aside the major issue of the calamitous singles situation at present, I will analyze the dynamics that transpire when boy and girl meet. The overwhelming terror that pervades the encounter is **the fear of rejection**. This informs so much of the dating process and has powerful ramifications. The most immediate impact is the hesitation to even begin the process. If you don't go out, you can't face rejection. Others will turn down a date/match lest they be rejected -- reject first before the other party can do it to you. Another factor is the reality of being

evaluated, looked up and down and examined like a veritable CAT scan. Prior to this, one can live with their own image of themselves garnered from school, work and friends/community. Essentially, one can maintain any image of themselves no matter how subjective. They can perceive their looks, communication skills, and level of achievement however they choose. This is the first time that one truly faces a probe more thorough than any credit check. It can buckle the knees of even the most confident. It is not surprising to find many who are extremely successful and confident in life, suddenly lapse in confidence when it comes to dating. The culprit is both the intensity of the vetting process, as well as the lack of confidence fostered in this setting.

The most important factor of all is that it is rarely an objective choice that is made as to the one we marry, but one that is a direct result of a template already formed in our mind. Consider a young lady who prides herself in working out, maintaining good health and diet and who all would consider slim. A young man might find her highly unappealing, because his template is set for an obese woman. This preference might have been influenced by a maternal image, a sister, or his own girth. For centuries, obesity was considered a sign of health, and held immense appeal.

Consider a young man who is extremely considerate, soft-spoken and most solicitous of his date, only to find himself rejected. The reason being, her template found him unappealing precisely because of the very attributes he possessed. Her preference was for a loud, outspoken, opinionated, headstrong man who made all the decisions and never considered her needs. This might be due to a parental image, a rejection of that personality in a parent, her own personality or another factor.. Why someone would prefer a critical, sarcastic, bombastic unemployed man over the opposite is the stuff of psychology. Why someone would prefer a woman who is ostensibly appealing over someone who has no regard for hygiene, diet, personal grooming, is the stuff of psychology. (Admittedly, every man and woman certainly possesses an inner beauty and G-dly soul.) Nevertheless, it boggles the minds of those who are dating, and results in soul-searching. The bottom line is that it is not the man or woman that is necessarily viewed and considered in an objective fashion, but a choice that is extremely subjective, and fashioned by this crucial template.

**Dr. Ari Korenblit is a licensed psychotherapist and marriage counselor working with children, adolescents, singles and couples with offices in Brooklyn and Manhattan. Phone consultations are also available. 718-258-3735 dr.arikorenblit@gmail.com**

**KEREN**  
CONT. FROM P14

spouse by getting the "deficient" one to correct him or herself. In Chapter 8, the author writes of her conversation with Vivian concerning the temptation to change Brett.

"CHANA: Vivian, did you ever try to change your husband?"

"VIVIAN: Oh many times. A whole lot of my time went into changing him..."

"CHANA: How did that go? Did you get some good results?"

"VIVIAN: Nooo, absolutely not. Two years ago – after many years of futile efforts to change him – I realized I'd better change myself. Now the things that used to bother me just don't bother me.

I just told myself, 'It's his character, that's it.' The alternative – to focus on what I think he needs to change – is like asking for pain. You lose your peace of mind, your energy. Nothing good comes out of it. I've learned that it's better to be wise – to focus on your own stuff, to work on yourself instead of trying to change the person. And I have plenty of my own stuff. The more I remember this, the better our marriage is."

Besides being available in Jewish bookstores, one can also order the reviewed books from the publishers by clicking [www.korenpub.com](http://www.korenpub.com) for "Parenting in Perspective" by Barry Kislowicz or emailing [orders@gefenpublishing.com](mailto:orders@gefenpublishing.com) for "That's Why I Married You!" by Chana Levitan, MSc.

**MEDOFF**  
CONT. FROM P4

"Even his conversation at the table [can] serve the vital end of character education for himself, his wife, his children, and his guests... The stories he tells, the gestures he makes, the conversation he chooses and avoids, can all show that he has at least some notion of what life, America, and freedom are about," he said, adding that in the office, a businessman's decisions should be based on "expert advice on ethics," and that he "should put moral health on the same level as mental and physical health, indeed above them."

Jacobs concluded by alluding to the reluctance of Moses to assume the burden of leadership. "The American businessman, who at his best embodies man of the Prophetic virtues, must also shoulder a unique burden of responsibility," Jacobs told his audience. "The fate of the world hangs on his decisions, for above all the world needs ethical leadership from those it respects as supremely practical." Maybe Harold Jacobs would not have been surprised that some of this year's American voters seem attracted to a particular candidate for the same reasons they were once fascinated by television shows such as "Lifestyles of the Rich and Famous." Certainly Jacobs would not have seen anything wrong with admiring people who are successful. His quarrel would have been not with the acquisition of mansions and private jets, but rather the ways in which they were acquired. And the ways used by some of today's political leaders seem questionable at best.

**Dr. Rafael Medoff is the author of 16 books about Jewish history.**

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## Rabbi Naphtali Hoff



### COUNTING FROM THE HARVEST UP

Pesach ended and the immediate, desperate reaction from Jews worldwide was Cookie Monster-esque. "Chametz!"

Lest the reader think that I am some cave-dwelling hermit that subsists on potato starch and macaroons all year 'round, allow me to share that I also love a good slice of pizza, particularly when I have been fed a wide range of matzah-based concoctions for eight consecutive days. So I get the fact that chametz is tastier and a much sought-after post-Pesach treat. But do we really need to ingest a double-zayis of leaven within 15 seconds of havdalah?

Think about it. You just spent the past month or more readying for and then experiencing Pesach. Countless hours of preparation were invested to ensure that we spend a week or more in a leaven-free (and, as most of our wives would have it, dust-free and gunk-free) environment. We celebrated a holiday of freedom by underscoring the importance of con-

trolling our impulses and deflating our egos, as symbolized by Hebraic alacrity in the face of Hashem's swift and complete victory over Pharaoh. And within but a few moments we are ready to throw it all away?

That's one reason as to why Hashem gave us the mitzvah of sefirah.

You see, Pesach does not really end with that final havdalah. In fact, our sages teach us that Pesach is just the beginning of a spiritual odyssey that culminates with Shavuos. It is then, following weeks of counting and (hopefully) growing that we stand before our Maker ready to receive His Torah anew. As Rav Samson Raphael Hirsch points out, we begin count from the day that we offer the korban omer (which marks the first, barley harvest) to underscore the fact that material goals are not ends to themselves, but the start of a nobler quest. You can have your cake (or pizza) and eat it too, so long as you make sure to recite the proper

blessings with fervor.

When Israel has already reached the point which for other peoples represents the ultimate goal of nationalist endeavor, when it already has freedom and independence, land and soil, fruit and grain on its own fields and meadows, at the stage where others cease to strive further and to count, there Israel first begins to count, both days and weeks. And it goes on counting up to the day when it celebrates the bestowal of (the Torah). (Collected Writings Volume I, Feldheim, p. 114)

Sefirah presents a paradigm shift, one that strikes at the core of national identification and achievement. For the other nations, a booming harvest is alone a reason to rejoice. Farmers invest much time and effort into its success, and entire nations rely on it for their collective sustenance. But the Torah, in instructing us to count from the day of the harvest, reminds us that it is just the beginning, the means through which we can begin to focus on our loftier purpose, receiving the Torah.

This is the deeper connection between Sefirah and the period that links Pesach Shavuos. Rav Hirsch writes in Horeb (pp.84-90) that each of the festivals represents a different

aspect within the development of the Jewish nation. On Pesach our nation experienced its physical birth; for the first time we began to develop as an independent nation. Shavuos, on the other hand, represents our nation's spiritual birth. Only with the acceptance of the Torah could we recognize our true, spiritual essence, fundamentally separating ourselves from all other nations.

The true fulfillment of Pesach occurs through its Atzeres, Shavuos. It is then that we infuse deeper meaning to our national identity, well beyond the limitations of physicality and material bounty. But we cannot simply "arrive" at this level of sanctity. It takes continuous work and effort, a step by step approach that elevates us from the spiritual dregs of Egypt to the loftiness of Sinai. That's where the upward counting of Sefirah comes in.

May we merit utilizing the Sefirah period properly, to focus ourselves on our true purpose, a spiritual climb that will bring us, be"H, to the loftiest levels of sanctity and holiness.

**Rabbi Naphtali Hoff is an executive coach and consultant and President of Impactful Coaching & Consulting (www.impactfulcoaching.com). He can be reached at nhoff@impactfulcoaching.com.**

## Ambassador (ret.) Yoram Ettinger

### Second Thought: America- Israel Initiative Palestinian Arab refugees – whose responsibility?

According to the first US Ambassador to Israel, James McDonald's My Mission in Israel (published in 1951, pages 174-6): "The refugees were on [Arab leaders'] hands as a result of a war, which they had begun and lost.... Most Arab governments show no real concern for the refugees...."

The Cyprus-based British Near East (Arab) Broadcasting reported on April 3, 1949: "The Arab Higher Committee encouraged the refugees' flight from their homes." The Commander-in-Chief of the invading Arab military force, Fawzi el-Kaukji, a known Nazi collaborator, threatened in August, 1947: "Should the UN vote the wrong way [to establish a Jewish state], we will initiate a total war... murder, wreck and ruin." On November 24, 1947, the Acting Chairman of

the Palestinian Arab Higher Committee, Jamal Al-Husseini threatened: "Palestine shall be consumed with fire and blood if the Jews get any part of it."

The saga of the 1948/49 Arab refugees has been systematically sustained, distorted and abused - by the Arabs, the UN in general and UNRWA in particular - in order to dehumanize Israel.

Unlike the 320,000\* Arab refugees of 1948/49 - who have been sacrificed by the Palestinian Authority, the PLO and the Arab regimes on the altar of Israel's delegitimization - about 100 million refugees from Europe, Asia and Africa have been integrated into their host countries since the end of WW2.

Moreover, 300,000 Palestinians were expelled from Kuwait in 1991, following their

CONT.ON P17

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**ETTINGER**  
CONT. FROM P16

collaboration with Saddam Hussein's invasion of Kuwait; 200,000 Palestinians fled Syria due to their close ties with the Assad regime; and 50,000 Palestinians fled Iraq, fearing retribution for their alliance with Saddam Hussein. None of them triggered UN resolutions, global identification and staggering financial assistance, as has been the case with the 1948/49 Arab refugees.

According to testimony by General Alexander Galloway, the UNRWA Director in Jordan, at a May 25, 1953 hearing of the Near East Senate Subcommittee: "The Arab states do not want to solve the refugee problem. They want to keep it as a weapon against Israel. Arab leaders don't give a damn whether the refugees live or die."

Actually, Jordan was the only Arab country to accept the January 26, 1952 UN Resolution #413, which approved a 3-year-

\$200MN plan proposed by the UN Secretary General, Dag Hammarskjold, to integrate Palestinian refugees into their host Arab countries. On January 3, 1950, UN Secretary General, Trygve Lie said: "The refugees will lead an independent life in the countries which shelter them.... The refugees will no longer be maintained by an international organization...." However, as reported by the NY Post on June 11, 1959, Dr. Elfan Rees, an adviser on refugees to the World Council of Churches, contended that due to Arab deception and pressure, "the UN Relief and Work Agency (UNRWA) is feeding the dead and non-refugees."

UNRWA was established on December 8, 1949 as a temporary, 2-3-year relief agency,

but became permanent, the largest UN agency, overstaffed, featuring a \$1 BN pension fund, and used as a dagger aimed at Israel. UNRWA deals only with Palestinian refugees, employing 30,000 people, compared with 6,400 people employed by the UN High Commissioner for Refugees (UNHCR), which deals with 60 million refugees. The UNHCR terminates refugees' status, while UNRWA perpetuates and exacerbates refugees' status and inflates their numbers.

In contrast to the UNHCR, which adheres to the 1951 UN Convention on Refugees - refugee status is not inherited by descendants - UNRWA applies refugee status in perpetuity, with no serious scrutiny, to Arabs

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**GEWIRTZ**  
CONT. FROM P13

get exactly what He wants us to get at every moment.

The reason the "rich man" sees this less often is because he sees his efforts and he sees success. He correlates the two. Therefore, HaShem sends reminders every so often that the success is not because of your brilliance but because of His beneficence.

That's the message I got from my phone. And you know what? I'm glad I made the connection.~

**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](http://www.facebook.com/RabbiGewirtz), and follow him on Instagram @RabbiGewirtz or Twitter @RabbiJGewirtz. 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](mailto:info@JewishSpeechWriter.com) and put Subscribe in the subject.**

**SOCLOF**  
CONT. FROM P10

ior=Good effort with math

We can help children move through their difficulties by gently questioning their attitudes and moving them through their worries.

Here is an example of how this can work:

"I can't read! I am stupid!"

Are you thinking unhelpful thoughts?

"Yes, I am thinking I am stupid!"

Are these thoughts going to help you?

"No it makes me feel like giving up."

What is a different and more helpful way I can think?

"I can do this. I can ask for help or think of a better strategy to do this."

4. Develop healthy habits:

To help decrease worrying over all it is helpful to develop a healthy lifestyle. Try to build into your family life regular exercise, good sleeping habits, a healthy social life, and regular routines. Those are the fundamentals that help life go smoothly.

5. Get help:

If you feel like your child's worries are affecting their everyday functioning, reach out to a professional. Healthy families get help when they need it.



# Gedolei Yisrael Attend Dirshu Daf HaYomi B'Halacha Siyumim Throughout Eretz Yisrael

## CHAIM GOLD

“A person who learns *Gemara* with *Tosafos* for three hours a day but does not learn practical *halacha* has not fulfilled his obligation of *talmud* Torah. The obligation to learn Torah must include *halacha l'maaseh!*” Those were the powerful words of HaGaon HaRav Yosef Shalom Elyashiv, *zt"l* as quoted by his close *talmid*, HaGaon HaRav Yosef Yekusiel Efrati, at Dirshu's Daf HaYomi B'Halacha *siyum* on *Chelek Aleph* of the *Mishnah Berurah* held on *Motzoei Shabbos Parshas Kedoshim* in Kiryat Sefer.

The *siyum*, held at the Heichal Haneginah Hall in Kiryat Sefer and attended by more than 1,500 people, was one of many major gatherings held in Eretz Yisrael in honor of the milestone of finishing *Chelek Aleph* of *Mishnah Berurah*. In addition to Rav Efrati, the *siyum* was also

addressed by HaGaon HaRav Shmuel Yaakov Borenstein, *shlita*, Rosh Yeshiva, Yeshiva Kiryas Melech of Bnei Brak, and HaGaon



HaRav Shmuel Eliezer Stern, *shlita*, Rav of Western Bnei Brak and a *talmid muvhak* of HaGaon

HaRav Shmuel Wosner, *zt"l* and Rav Dovid Hofstedter, *shlita*, Nasi, Dirshu.

Milestone *siyumim* were similarly held at the main Vizhnitzer Beis Medrash, where the Vizhnitzer Rebbe, Rav Yisroel Hager, *shlita*, addressed more than 1,500 *Chassidim*; in *Kehillas Hamasmidim* where HaGaon HaRav Eliezer Yehuda Finkel, *shlita*, Rosh Yeshivas Mir Yerushalayim, spoke; at the Toldos Avrohom Yitzchok Beis

Medrash, where the Toldos Avrohom Yitzchok Rebbe, *shlita*, attended and addressed the crowd; and in the Vizhnitz Monsey Beis Medrash of Eretz Yisrael where the Rebbe's son HaGaon HaRav Boruch Shimshon

Hager, *shlita*, addressed the crowd.

**Rav Shmuel Eliezer Stern Highlights Rav Wosner's Role in Dirshu**

Rav Shmuel Eliezer Stern described the special place his *rebbe muvhak*, Rav Shmuel Wosner had in his heart for Dirshu and the deep personal bond that he shared with Dirshu's Nasi, Rav Dovid Hofstedter. When referring to Rav Dovid, Rav Wosner would always quote the *passuk*, “And Hashem was with him.” He referred to Dirshu as the largest yeshiva in the entire world.

Dirshu's Nasi, Rav Dovid Hofstedter gave a comprehensive address. He opened his remarks by pointing out the profound *simcha* that is gripping *Yidden* throughout the world at this pivotal accomplishment of finishing *Chelek aleph* of *Mishnah Berurah* by learning one page of *Mishnah Berurah* daily. He said, “From Yerushalayim to Monsey, from Johannesburg, South Africa, to Buenos Aires, Argentina, from Paris, France to Gateshead, England and from Melbourne, Australia to Providence, Rhode Island *Yidden* are celebrating a tremendous accomplishment that is a testament to the eternal nature of Klal Yisroel!”

**Rav Shmuel Yaakov Borenstein: “Halacha L'maaseh Offers Clarity that Infuses the**

**Learner With *Simchas HaTorah*”**

The climax of the event in Kiryat Sefer was the moving address of Rav Shmuel Yaakov Borenstein, Rosh Yeshiva of Yeshiva Kiryas Melech.

Rav Borenstein pointed out that learning *halacha l'maaseh* offers a clarity that infuses the learner with *simchas haTorah*. When a person has *simcha*, that *simcha* brings him to *dveikus* in Torah and a love of Torah that serve as a catalyst for increased *kabbolas ol malchus shomayim* and *kabbolas ol mitzvos*. Rav Borenstein explained that learning *Chelek Aleph* of *Mishnah Berurah* is truly a manifestation of *kabbolas ol malchus shomayim*. One learns the *halachos* of the morning *brachos*, *tzitzis*, *tefillin*, and then the *halachos* of *kriyas shema* and *tefillah*, all of which are *halachos* that depict how a person is constantly cognizant of Hashem's presence in his life throughout the day!

**The Vizhnitzer Rebbe and 1,500 Chassidim Celebrate Siyum on Chelek Aleph**

One of the most heartwarming *siyumim* was the *siyum* in the main Vizhnitzer Beis Medrash in Kiryat Vizhnitz, Bnei Brak attended and addressed by the Vizhnitzer Rebbe, *shlita*. Over 1,500 Vizhnitzer *Chassidim* from all over Eretz Yisroel converged on the *beis medrash* for the event.

In his remarks, the Rebbe said that every *chossid* should have a pocket copy of the *Mishnah Berurah* in his *tefillin* or *tallis* bag so that he can constantly reference the *Mishnah Berurah* when faced with a *halachic* question. The Rebbe encouraged all the *Chassidim* to join the Daf HaYomi B'Halacha. In fact, the greatest testament to the Rebbe's deep bond with the program is the fact that his own son, HaRav Yaakov Mordechai Hager, *shlita*, delivers a daily one hour *shiur* on Daf HaYomi B'Halacha in the main Vizhnitzer Beis Medrash in Bnei Brak.

**Rav Eliezer Yehuda Finkel Addresses Kehillas Hamasmidim Siyum**

The Kehillas Hamasmidim, led by Rav Aryeh Leib Minzberg, also encouraged all of its affiliated *battei medrash* to learn Daf HaYomi B'Halacha. Their *siyum* merited to hear *divrei chizuk* from HaGaon HaRav Eliezer Yehuda Finkel, *shlita*, Rosh Yeshivas Mir Yerushalayim. Rav Finkel could

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**GOLD**  
CONT. FROM P18

not stop expressing his admiration at how the entire *kehillah* joined the program and merited finishing *Chelek Aleph*.

**Toldos Avrohom Yitzchok Rebbe:**  
“Everyone Who Has A Connection To This *Beis Medrash* Should Learn The Daily *Mishnah Berurah*”



The Toldos Avrohom Yitzchok Community similarly held a beautiful *siyum* in their main *beis medrash* in Yerushalayim. At the *siyum* the Rebbe said that it is an *eitzah tova*, a good idea, that everyone who has a connection to this *beis medrash* should learn the daily *Mishnah Berurah*.

The Vizhnitz Monsey Kehilla of Eretz Yisrael also held a *siyum* led by their Rav, HaRav Baruch Shimshon Hager, *shlita*, son of the Vizhnitzer Rebbe of Monsey and son-in-law of the Vizhnitzer Rebbe, Rav Yisroel Hager of Bnei Brak. Rav Hager encouraged all *Chassidim* to join the program.

During Rav Hofstedter’s visit to Eretz Yisrael to celebrate the *siyumim* he paid a visit to the Belzer Rebbe, *shlita*. The Belzer Rebbe conversed with Rav Hofstedter at length about Dirshu’s worldwide activities and expressed his deep admiration and *bracha* for the worldwide *harbotzas haTorah* which is to Dirshu’s credit.

**The Daf HaYomi B’Halacha Revolution in South Africa**

The *siyumim* were not limited to Eretz Yisrael. One of the most beautiful, heartwarming *siyumim* was the *siyum* held in Johannesburg. The festive occasion celebrated the community’s embrace of the program and each participant received a soft cover *Mishnah Berurah* on the first part of *Chelek Beis* as well as a Daf HaYomi B’Halacha calendar. The pure joy on the faces of those in the community who - for the first time in their lives - had the experience of completing an entire *Chelek* of *Mishnah Berurah* was palpable throughout the hall. In fact, one participant said, “I never knew how much my life could change

simply from attending a daily, half hour *shiur!*” That thought is being echoed by people across the entire Jewish world!

**ETTINGER**  
CONT. FROM P17

(including foreign laborers) who were in Palestine for only two years before the 1948 war. In 1978 and 1986, UNRWA aborted Israeli offers to co-fund the resettling and re-training Arab refugees in Gaza, Judea and Samaria.

In 2012, UNRWA employees elected candidates affiliated with Hamas terrorists to 25 out of 27 seats on a union board that represents ten thousand UNRWA workers. Furthermore, UNRWA facilities were used by Hamas in its 2014’s war against Israel.

The American taxpayer funds 33% of UNRWA’s budget.

Had Arab countries refrained from invading the newly-established Israel in 1948, and had Israeli Arabs refrained from collaborating with the invasion - which was driven by the Islamic doctrine that the entire Middle East was divinely and exclusively ordained to Muslims - there would not have been war in 1948-49 nor 820,000 Jewish refugees from Arab lands and 320,000 Arab refugees. Had the Arabs accepted Israeli offers to resettle and job-train Arab refugees, there would not be any refugee left.

In fact, the most authentic, rogue and sadistic nature of the Palestinian Authority and

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## STRATEGIES | Rifka Schonfeld

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

### YES YOU CAN

*"You miss 100% of the shots you don't take"*

– Wayne Gretzky, Hall of Fame Hockey Player

"I can't seem to focus."

"For as long as I can remember, I have been struggling with organization."

"I'm really bad at sitting still."

"I just can't lose weight."

"I will never make it to the dinner on time."

"I am not good at math."

Perhaps because of their previous experiences, my clients often begin their conversations with me listing what they "can't do." Of course, they are coming to me in order to help them improve their lives and it makes sense that their focus is what they are struggling with, but one of the first steps towards improving their lives is refocusing their attention away from their struggles and onto their successes.

A few years ago, a female tennis

player who had been stuck in the middle of the tennis rankings for several seasons switched coaches and began to steadily win matches and move up within the top five female players in the world. When a reporter asked her coach why she was suddenly becoming a superstar under his tutelage, he responded, "In the past, her coaches focused on what she could not do, and tried to improve those areas. While her game got better, she would often become frustrated and nervous when on the court and one of her problem areas came up. My approach is very different. We focus on what she can do and work to improve those areas. Then, when she gets into those situations on the court, she is confident and prepared."

This coach's method is a hugely important one within education and life as well. A "can't do" attitude or a focus on the negative only helps reinforce those destructive ideas in

the mind of the sufferer. So, what are some ways that you can cure that "can't do" attitude?

- Set "Can Do" Goals.

Regardless of the disability or struggle, you should identify where you want to be. This way, you can create a step-by-step plan of how to get there. Breaking apart a long-term goal into multiple shorter steps can help the task seem more manageable. For instance, if you would like to declutter your home, that might trigger the response, "I just can't do it. There is too much. I don't know where to start." Instead, break the goal into smaller pieces: "First, I am going to declutter my living room. I am going to start with the bookshelves and then move to the newspapers and magazines next to the couch." Once you accomplish that small step, you can move to the next room.

- Concentrate on the positive. So much of what we hear on the news and in the world around us is negative. The key to success is focusing on the positive in our daily interactions with others. For those dealing with disabilities, focus on the things you can do, for instance, people with ADHD are generally very creative and out of the box thinkers. Instead of focusing on the difficulties paying attention, those with ADHD should channel their energy into their creativity. Even something as small as an intentional smile can set you on the right path. Research in the Journal of Personality and Social Psychology found that smiling can actually make you less anxious and self-doubting. When you use the muscles in your face to smile, those muscles trigger hormones in your brain that make you more relaxed and happy.

- Surround yourself with support. If the people around you don't believe in you, there is no way that you will learn to believe in yourself. Therefore, separate yourself from your "friends" who put you down or underestimate your abilities. Instead, cultivate friendships with people who support you and your strengths. If your friends and family believe that you can do it, eventually you will start believing it too!

- Fake it until you make it. Often, success is about going through the motions no matter how many times you have failed in the past. Regardless of whether you believe that you are going to succeed, you "talk the talk and walk the walk" as if you will succeed. You have a much better chance at success if attack the problem with gusto and confidence than if you do not approach it at all.

### Learning Disabilities and "Can Do Attitudes"

Children and adults with learning disabilities (LD) often encounter problems with tasks that "regular people" find simple and undemanding. These struggles can often make those with LD believe that they cannot succeed at most endeavors, no matter how hard they try.

While the above tips hold true for all people suffering from a "can't do" attitude, there are specific tips that can help parents of children dealing with LD:

- Instill social skills. Not surprisingly, if children with LD feel confident socially, they will be more likely to foster a "can do" attitude academically. Therefore, it is essential to help your child with LD master social skills in order to provide him with an area of his life that is easy and enjoyable.

- Model confidence. If you show your child that you believe you can conquer the world, ultimately, you are teaching him to act in the same way. Remember, from a very young age, your child follows your lead. If he sees you believing that you will succeed even at difficult tasks, he will be more likely to believe in himself.

- Set realistic expectations. While it is important to be positive and proactive, do not push your child well beyond his capabilities. While he needs to believe he can do difficult tasks, if he constantly fails at his goals because they are impossible for him, he will not be able to gain a "can do" attitude.

### Just remember, you can never succeed if you don't at least try!

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

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## Walnut Gremolata

### Ingredients:

- 1/2 cup California walnuts
- 1/2 cup parsley sprigs, lightly packed
- 1 medium lemon, zested
- 1/8 teaspoon minced or pressed garlic
- 1/8 teaspoon Kosher salt
- 1/8 teaspoon Ground black pepper

### Preparation:

1 Preheat oven to 350°F. Finely chop walnuts to the size of rice grains, to make about 1/3 cup.

2 Place on a dry baking sheet. Bake 5-7 minutes until lightly toasted, stirring once or twice. Cool.

3 Rinse parsley and pat dry between sheets of paper towel. Finely chop to measure 1/4 cup. Place in a small bowl.

4 Remove yellow part of lemon zest with a zester or fine grater. Add to parsley.

5 Stir in cooled walnuts, garlic, salt and pepper.



## Shakshuka

*Shakshuka is an Israeli dish of eggs poached in a spicy tomato sauce and often served with Haloumi or Feta cheese inside. A delicious and healthy breakfast that can really be eaten at any time.*

### Ingredients:

- 2 tablespoons olive oil
- 3 jalapeños, stemmed, seeded, and finely chopped
- 1 small yellow onion, chopped
- 5 cloves garlic, crushed
- 1 teaspoon cumin
- 1 tablespoon smoked paprika
- 1 28-ounce can whole peeled tomatoes, undrained
- salt, to taste
- several slices haloumi cheese (optional)
- 6 eggs
- chopped parsley for garnish

### Preparation:

Heat oil in a large skillet over medium high heat. Add peppers and onions and saute until soft and golden brown. Add garlic, cumin and paprika and cook 2 more minutes.



Open can of tomatoes and pull out the whole tomatoes onto a cutting board. Cut them up and pour them into the skillet with the remaining liquid. Reduce heat to low and simmer adding water if it thickens too quickly. Season to taste with salt and cook for 15 - 30 minutes until desired texture is achieved. Not too thin and not too thick.

If using, place haloumi cheese into the sauce, then crack the eggs over sauce one at a time around the pan. Cook until yolks are just set. Sprinkle with parsley and serve. Most like to eat it with fresh pita, but any bread would work.

## Spray on nail polish - does this really work??

RACHELI FRIED

Who has time for anything these days? With all the modern day conveniences, you would think we would have hours upon hours of relaxation time to just sit, polish our nails and sip coffee. Under a palm tree. While reading a newspaper. I know I don't...but I want to look polished and manicured at all times. (And by all times-I mean at least 80 percent of the time or at least when I have a simcha or have to see people.) I end up doing my own nails at night right before bed because who has time to go to the store and sit and wait for the polish to dry? Not me! And naturally, my nails smudge about 2.5 seconds after I leave the store while buckling my seat belt or reaching into my handbag for something.

Doing my nails at night is typically when the house is quiet and no one is asking me to do anything for them and

the chances of ruining my fresh manicure are slim. I go as far as turning down my bed, plugging in my phone and doing every single last minute preparation so that the chances of nicking my nails or



smudging even a little bit won't happen. I imagine I look quite funny as I climb into bed and use my wrists or elbows to tuck myself in and smooth my covers over me just so. I try to fall asleep with my hands straight on either side of me

like a soldier and by the time I fall asleep, my nails are usually about 80% dry. I know it's going to be a good day when I wake up the next morning to a perfect shiny manicure but on occasion I find that I must have moved and my nail gets a lacy or creased "design" from the linen. Oh the struggle:)

So imagine my excitement when I came across a new spray on

nail polish product that promises perfect results in under two minutes. It looks like a can of cooking spray and all you do is spray the product onto the fingertips and the polish adheres to the base coat it comes with.

So first you apply a base coat, spray the polish and it gets onto both your nails and skin on your fingertips. To remove any excess polish around the nails, you either wash with water or cleansing wipes. The product also promises that you will achieve perfectly applied polish instantly for a glossy finish that lasts up to three days. How could I not give this a try? I read reviews, I googled it. I plotted out how to use this product for maximum success. After meticulously following instructions, I had a light pink set of nails with little residue on my skin. Good to go, right? Enter one hour later. Chips on two fingers. Two hours later? Nearly every nail chipped. So sad! I was so hopeful! I'm sure by the time you have finished reading this...about ten other companies have made their own version and let's hope they have made improvements because it's such a great concept. I guess I'm back to using my elbows and wrists for now. At least while I sleep I can dream about that coffee and palm tree...



## Detox Smoothie

Serves 4

Green and so good!

1 cup filtered or mineral water  
 1 handful fresh flat-leaf parsley sprigs  
 1 handful chopped romaine  
 1 handful baby spinach  
 1 handful kale  
 1 mini cucumber or 1/2 large cucumber, cut into 2-inch pieces  
 1 green apple, halved  
 1 banana, halved  
 Juice of 1/2 lemon  
 Great additions and substitutions: Mint, agave, lime, ginger, watercress, ground flax seeds, avocado, jalapeno and pineapple  
 Special equipment: a high-powered blender, such as a

Vitamix

Combine the water, parsley, romaine, spinach, kale, cucumber, apple, banana and lemon juice in a high-powered blender and process until smooth. Drink immediately or refrigerate in an airtight container up to 24 hours.



## TRUE HEALTH | YAEL TUSK THE FIRST TWELVE HOURS OF YOUR BABY'S LIFE

A couple of years ago I overheard a conversation between two women sitting next to me at a social gathering. One of the women mentioned that she left the hospital right after her baby was born. When she told the hospital staff that she wanted to leave, they put up quite a fight. After she received her release papers, a pediatric nurse, who was among those pushing her to stay, approached her and quietly said, "Between you and me, the hospital is the worst place for a newborn, I also leave as soon as I can!" She worked in the nursery, so she knew first hand.

Aside from understaffed and overcrowded nurseries, babies are administered a lot of medicine during their first few days of life. I always had my reservations about these preventative interventions. Not knowing the true benefits or risks of these procedures prompted me to do a lot of research, so that I could make more educated decisions.

Many people believe that whatever intervention modern medicine has to offer can be only beneficial. This could not be further from the truth; in fact the majority of interventions performed today are not based on sound scientific evidence; often findings contradict the procedures.

In the childbirth classes I give, I have observed that many mothers

share my concern about the risks they are exposing their newborns to. So for the sake of all future infants (whose parents read this book), I have provided some research so that you can make informed decisions, should you desire to do so. I have compiled a list of some commonly performed hospital procedures that your newborn will invariably be exposed to, and included their purpose as well as the risks involved.

### Antibiotic Eye Ointment

This procedure is used to prevent chlamydia and gonorrhea infection from passing to the baby's eyes. Gonorrhea is a bacterial infection that is sexually transmitted. If there is any reason to suspect that the mother is infected, she can be tested. In other words, your baby is unnecessarily given a preventative treatment for an infection that mother can easily be screened for.

The risks of this treatment appear to be low, but include eye irritation and blurred vision. Excessive use of antibiotics may also contribute to the development of antibiotic resistant bacteria. Balance this against the fact that the benefits for most babies amount to zero, if the mother is not infected. (1)

### Hepatitis B Vaccine

Hepatitis B is a rare viral infection. It is spread through blood and body fluids (not sneezes) and primarily affects IV drug users and promiscuous individuals. It is rarely

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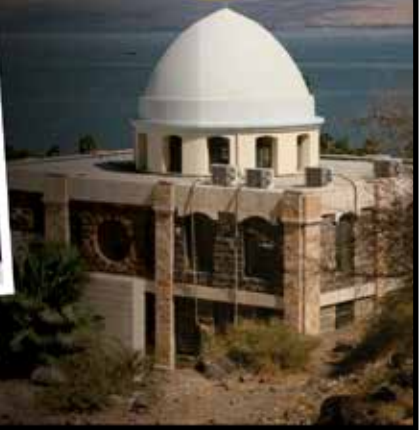
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found in children. The only babies who are at risk of contracting it are those whose mothers carry the disease, or in the unlikely event that they receive a blood transfusion from an infected donor. The vaccine has been administered to infants less than a day old since 1991.

Why are babies given this vaccine?

The vaccine manufacturers admit that they give the shot to babies because they were unsuccessful in accessing the population actually at risk of contracting the disease! In the words of GlaxoSmithKline, infants are vaccinated for Hepatitis B "because a vaccination strategy limited to high-risk individuals has failed," (2) and children are "accessible". (3) So in essence, infants are exposed to the risks of a vaccine for a disease irrelevant to them ostensibly to protect IV drug users, etc.

I'd rather not put up a fight—can't I just let them do it anyway?

I mentioned the above information during a childbirth class that I was teaching. One mother called me after the birth of her baby to tell me the great news. She mentioned that her husband did not want to fight the medical staff, and preferred to take the vaccine.

Not every hospital will give you a hard time if you choose to reject this injection. However, even if they do give you trouble; you might decide that it is still worth it. Consider the following: the National Vaccine Information Center has received reports of many adverse reactions to this vaccine including, severe dermatological disease, seizures, arthritis, autoimmune disorders, diabetes and infant death. According to researcher, J. Barthelow Classen, M.D. the vaccine causes approximately 10,000 cases of diabetes in the U.S. each year.

When information from the U.S. government's Vaccine Adverse Event Reporting System was analyzed, the number of serious adverse reactions to the vaccine in children, by far outnumbered cases of the disease. (4) In 1993, Pediatrics magazine reported that according to surveys, up to 87% of pediatricians did not believe that the vaccine was appropriate for their newborn patients. (The results would likely be different today as the vaccine's administration has become so widespread, that doctors have probably forgotten who is truly at risk of contracting this disease.)

This is another disease where

CONT.ON 24



## TUSK CONT. FROM P23

the mother can easily be screened during pregnancy for the presence of infection. It is less invasive to screen mothers for the disease, than to inject billions of babies without regard to the mother's infection status.

### Immune Suppression

Despite what is commonly believed, vaccines act as immunosuppressants. An infant's immune system takes about 3 years to develop fully. The changes made during these early developmental stages can have lifelong ramifications. In the short-run, this injection, among others can threaten the immune system's ability to deal with other foreign invasions, possibly rendering innocuous microorganisms deadly. Depressing an infant's immature immune system is a dangerous game. In the long run, the possible harm is unknown, because long-term studies are never done!

### Vitamin K Injection

It is believed that 1 in 10,000 babies have some form of bleeding during the first few weeks of life due to vitamin K deficiency. In just over 5 out of 100,000 infants, bleeding

in the brain occurs, usually 3 to 7 weeks after birth. Forty percent of these infants suffer permanent brain damage or death. Bleeding in the brain is usually a result of undetected liver disease, where the liver is unable to manufacture blood clotting factors out of vitamin K. Infants exposed to drugs or alcohol, are at the greatest risk of liver disease. Babies have a higher risk of bleeding if their mothers took medications, including antibiotics and epileptic drugs while expecting.

Additional vitamin K will help these 5 children. However, some studies show that injecting a dose of vitamin K that is 20,000 times the newborn level, may cause an 80% increased risk of developing childhood leukemia. "Extracting data from available literature reveals that there are 1.5 extra cases of leukemia per 100,000 children due to vitamin K injections, and 1.8 more permanent injuries or deaths per 100,000 due to brain bleeding without injections." (5)

### Dangerous Ingredients?

Further research uncovered that the injection given in the hospital contains other ingredients aside from a mega-dose of vitamin K. Depending on the manufacturer,

it may contain hydrochloric acid, aluminum, or benzyl alcohol which has been associated with toxicity in newborns. According to package inserts, "Hyperbilirubinemia has occurred in newborns following the administration of vitamin K injection" (jaundice).

[Note: in researching this article, I came across compelling evidence that the vitamin K shot, which contains legume oil, may be one of the causes of the modern-day peanut allergy epidemic. This subject is addressed further in the chapter on food allergies.]

### Other options

While the numbers seem to favor vitamin K supplementation, there are other options aside from a huge overdose through a possibly dangerous injection at birth. Firstly, formula is supplemented with large doses of vitamin K, making supplementation unnecessary for formula fed infants (I do not advocate formula, unless unusual circumstances necessitate it).

Interestingly, colostrum (first milk) contains larger amounts of vitamin K than the milk that follows. One study found that infants who were allowed unrestricted nursing during their first 24 hours of life did not suffer from bleeding. (6) Other researchers found that mother's milk has the highest levels of vitamin K on days 7 and 8 after birth, right around the time of circumcision!

For babies who nurse and did not receive the shot at birth, if the mother is concerned, she can take a one milligram vitamin K supplement daily for 10 weeks. This will provide a cumulative extra 1 milligram to her infant over that crucial period. Or the infant can be given a low oral dose of 200 micrograms liquid vitamin K9, once a week for 5 weeks, totaling 1 milligram. (5)

### Take care of your health

Experience shows that when illness happens, causative factors are almost always present; the main factors are what we call in Chinese Medicine deficiency or excess. Meaning nutritional deficiencies, or excess toxins. These problems do not occur spontaneously without underlying causes. The best way to prevent bleeding is for mom to eat well, and avoid pharmaceutical drugs, and other toxins. Nursing mothers will have more vitamin K if they consume leafy green vegetables. (6) True preventative medicine means taking care of your health to prevent illness from occurring in the first place.

### Soap Box Alert

Before taking any presumed safe medical intervention for yourself or your children, I encourage you to do your own research. The information out there is just endless. Many have a mistaken notion that only professionals are capable of understanding health issues and treatments. It even makes some doctors uncomfortable when patients gather their own information. Many would prefer that you just follow the doctor's orders.

Before taking any medication, read the package insert. If you see side effects that disturb you, don't brush them aside as rare complications. Ask yourself: do the benefits truly outweigh the risks? Is this drug potentially more harmful than the ailment it is treating? As a health practitioner, my experience has been that the damage pharmaceuticals can do is quite severe. In fact it is rare to see patients who do not experience side effects from the drugs they are taking. Why is this acceptable?

I applaud those of you who question, research, and seek out safer alternatives to potentially risky treatments. The patients who come to my clinic are an intelligent lot. They are advocates for their family's health and they are able to differentiate between harmful and beneficial treatments. I believe that every individual is capable of discerning truth from falsehood if they take the time to investigate. Ultimately, it is your decision what interventions you and your family receive. Make it an educated one.

1. Rebecca Dekker, PhD, APRN. Is Erythromycin Eye Ointment Always Necessary for Newborns? 2012

2. GlaxoSmithKline Biologicals. Engerix-B [Hepatitis B vaccine (recombinant)]. Product insert (December 2006)

3. Schaffner W, Gardner P, Gross PA. Hepatitis B immunization strategies: expanding the target. *Annals of Internal Medicine* (Feb 15, 1993); 118(4): 308-309.

4. Miller, Neil Z. Vaccine Safety Manual for Concerned Families and Health Practitioners, 2010 p. 91

5. Linda Folden Palmer, DC, International Chiropractic Pediatric Association Newsletter, September/October 2002 Issue, UPDATED May 19, 2004

6. Joanna Karpasea-Jones, "Vitamin K: Does Your Baby Really Need It? Vitamin K Injection: is it really just a vitamin?"

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

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# Building Our Sanctuaries

by Bracha Goetz

Some major construction was going on,  
That a passerby was viewing.  
Then he got up the nerve to ask one guy  
About what he was doing.  
"I'm just drillin' some holes  
In this wood here," the worker darkly grumbled.  
Then the onlooker walked a few more feet.  
He paused, and then he mumbled:  
"What you up to, young fella?"  
To a worker standing near  
Who was wielding a hammer.  
The fellow answered loud and clear:  
"I'm making the frame of a building,"  
The man declared with pride.  
The passerby smiled, then walked on more,  
Still not satisfied.  
So he asked another worker,  
Also drilling away,  
About what he was doing,  
How was he spending his day?

His entire face was beaming,  
And he responded with great joy,  
Even though his sweat was streaming:  
"I'm helping build a synagogue!  
So I like my job a lot.  
Me - building a House for G-d!  
It's a holy job I've got!"

How do I view all that I do,  
Seeing value in each chore?  
And do I see its highest purpose,  
Imbuing each job with much more?  
Changing diapers, or driving carpools,  
Shopping for food, or paying bills,  
Can be demeaning or uplifting,  
Like hammering nails or using drills.

But the same work can send us sparkling,  
From an enlightened inner core,  
Each time that we can focus  
On what we're doing all this for.

**Bracha Goetz is the author of 30 Jewish children's books, including Let's Stay Safe, Aliza in MitzvahLand, and Hashem's Candy Store that can be found here: <http://www.amazon.com/author/spiritualkidsbooks-brachagoetz>.**

The man looked up, eyes sparkling.

# Five Towns Teens Pays it Forward with Charitable Fund to Benefit Bar Mitzvah Boys

SANDY ELLER

Like so many other successful ideas, the Bar Mitzvah Fund, a charitable organization that raises money to mark thirteen year old boys' coming of age with appropriately memorable celebrations, began

CONT.ON P28

## ETTINGER

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other Arab regimes - and a key obstacle to peaceful coexistence - is reflected by their hate-education and opposition to the resettling of Arab refugees. They are determined to sustain the campaign to delegitimize, dehumanize and eventually eradicate the "infidel" Jewish state.

In 135 CE, the Roman Empire renamed/misrepresented Judea as Palestina - a derivative of Phillistia/Philistines, who were not Arabs, but an Aegian (Greek) Sea tribe - in an attempt to eradicate Judaism from human memory. In 2016, the saga of the 1948/49 Arab refugees is dramatically misrepresented, as a tool to eradicate the Jewish State.

\*800,000 Arabs in "pre-1967 Israel" before the 1948/9; 170,000 at the end of the war; 100,000 absorbed by Israel's family reunification gesture; 100,000 middle/upper class Arabs left before the war, integrated in neighboring Arab countries; 50,000 migrant laborers returned to their Arab countries of origin; 50,000 Bedouins joined their tribes in Jordan and Sinai; 10,000 war fatalities; 320,000 refugees.

Wishing you Shabbat Shalom and a gratifying weekend,

**Yoram Ettinger, Jer usa lem, Israel, "Second Thought: US-Israel Initiative," [www.TheEttingerReport.com](http://www.TheEttingerReport.com), Facebook Twitter Mini-seminar (in process) on US-Israel relations and the Mideast: <http://bit.ly/1ze66d5> All security and personal concierge services while in Israel: [www.barhomesecurity.com](http://www.barhomesecurity.com)**

# CROSSWORD ANSWER

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Petite DJF looking for a SJM age 62-66. Me I am 4'11 so looking for a person who is 5'5 to 5'7. If interested e-mail me at smurfettecss@aol.com

Gentleman, very active, alone, no children, vegan, non-resident U.S.A. engineer is looking for lady 65-70, interested in traveling, dining, concerts and friendship. 347- 578-0512 or eddy.a11219@gmail.com

Srugi divorced, 55 years young, mentally and physically, easygoing and optimistic guy who would like to have a child(ren). I live in Israel in a historic religious Yishuv, here on short visit, financially secure, seeking girl 35- 44 who would like to start a family. Email: jjacobovits@hotmail.com

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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.

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

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

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

## Legal Notices

Notice of formation of Oasis Day Care LLC Art. Of Org. filed with Sec. of State of NY 1/07/2016. Off. Loc.: Richmond Co. SSNY designated agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 160 Park Hill Ave. Apt. 4H, Staten Island, NY 10304. Purpose: Any lawful act or activity.

NOTICE OF FORMATION OF Super Health Pharmacy LLC. Articles of Organization filed with the Secretary of State of NY (SSNY) on 4/11/2016. Office location: RICHMOND County. SSNY has been designated as agent upon whom process against it may be served. The Post Office address to which the SSNY shall mail a copy of any process against the LLC served upon him/her is: 225 East 36th St. Apt 10-0, New York, NY 10016. The principal business address of the LLC is: 6400 Amboy Road, Staten Island, NY 10309. Purpose: any lawful act or activity.

Notice of formation of Life After Exercise LLC Art. Of Org. filed with Sec. of State of NY 4/19/2016. Off. Loc.: Richmond Co. SSNY designated agent upon whom process against it may be served. SSNY to mail copy of process to The LLC, 74 Ferndale Ave., Staten Island, NY 10314. Purpose: Any lawful act or activity.

Notice of formation of INVEST-RITE PROPERTY HOLDING LLC. filed w. Secy of State of NY (SSNY) on 04/15/2015. Office loc: Richmond County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail copy of process to: P.O.BOX 90574, Staten Island, NY 10309. Purpose: Any lawful activity.

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.

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## Miscellaneous

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**ELLER**  
CONT. FROM P25

with nothing more than a simple conversation between two people. What was a little unorthodox (if you'll pardon the pun) about the Bar Mitzvah Fund is that the idea came from a grade schooler.

Avi Faivish, a Five Towns resident, was in the eighth grade and had recently celebrated his own Bar Mitzvah when the idea for the fund first began to grow in his head approximately two years ago. He had been discussing what to do with the maaser money from his own bar mitzvah when the conversation with his father, Dovi Faivish, took a turn in a different direction.

"Avi noticed that there were boys in his class whose parents couldn't afford to make them a bar mitzvah," said Dovi Faivish. "One day they were 12 and the next day they were 13 and that was it. Avi asked me if maybe we could start some kind of fund to help them out."

Inspired by his son's thoughtfulness, Dovi Faivish contacted Avi's then-rosh yeshiva, Rabbi Yaakov Bender of Yeshiva

Darchei Torah. Not only was Rabbi Bender on board with the plan, he suggested taking it to all of the elementary schools in the area, all of whom were interested in putting Avi's idea into play. The Faivishes set up a 501C3 and using Avi's maaser money and contributions of their own, the Bar Mitzvah Fund was officially born, sponsoring its first affair in March 2014. While the parents of the bar mitzvah boy knew that the Bar Mitzvah Fund had contributed to their simcha, the guest of honor had absolutely no idea.

"I walked in just for a minute to see what it looked like but I didn't want anyone to see me," said Avi. "It was surreal and pretty amazing."

Word began to spread about Avi's fundraising efforts after that initial simcha.

"We were at a bar mitzvah and I told one person about it and he pulled me and Avi over and another four or five guys and he said to them, 'You see what this kid is doing? I'm sponsoring a bar mitzvah, are you?'" recalled Dovi Faivish. "We had four or five

people right there just asking who to make the checks out to."

Avi, the oldest of four children and now a tenth grader in Mesivta Ateres Yaakov in Lawrence, said that his biggest concern was that as a 13 year old, no one would take his fundraising efforts seriously. In reality, his age actually proved to be a point in his favor.

"People were shocked that a kid could do something like this," said Avi. "I was nervous about it but it paid off. People understand that I am a teenager and they are super impressed."

Typically the Bar Mitzvah Fund contributes approximately \$2,000 for a simcha, supplementing whatever funds parents have available for the occasion. The maximum donation of \$4,000 to \$4,500 is given in extremely difficult situations, depending on whether or not money is needed to buy tefillin for the bar mitzvah boy.

"That amount will usually cover food for 100 people, a photographer, and either a DJ or a one man band," said Dovi Faivish.

Word of mouth brought the Bar Mitzvah Fund to other neighborhoods with the father sons teams of Yoel and Chaim Zagelbaum and Levi and Zecharia Eichenstein taking charge of the Brooklyn area. Purim 2015 had two groups of boys collecting in the Five Towns and Brooklyn for the Bar Mitzvah fund, raising approximately \$20,000. Faivish estimated that this year there were seven groups of boys collecting for the fund on Purim in the Five Towns, Brooklyn and Great Neck, raising approximately \$40,000.

"It was pretty historic," observed Faivish. "We had one group from HAFTR in the Five Towns, the first time ever since the school started that they had kids going around collecting on Purim."

Bar mitzvah boys have joined Avi in his effort, pledging their support in a variety of ways. The diversity among those young men is a fringe benefit of the project.

"It shows that it doesn't matter who you are and where you go to school," said Faivish. "We are one."

That theme of unity was

echoed at the WeR1 pre-Purim Hakhel concert held at Brooklyn College. Faivish estimated that over 2,000 people came to the concert which generated awareness for the Bar Mitzvah Fund and starred Gad Elbaz, Chasidic rapper Nissim Black and superstar Lipa Schmeltzer. A video titled Bar Mitzvah Time, featuring both Schmeltzer and Black was released in conjunction with the concert and has been viewed more than 54,000 times on YouTube, creating even more buzz for the Bar Mitzvah Fund. Other events to raise both money and awareness have included a Super Bowl party, which drew over 100 boys from all walks of life, and a post-Pesach mock bar mitzvah/siyum that was open to seventh and eighth graders from all six yeshivas located in the Five Towns.

"The point was to show all the boys that a bar mitzvah is a huge event in their lives and that everyone is entitled to feel special," said Faivish. "It was also important to inspire the kids and let them know that there is nothing that they can't do."

Faivish said that there has been interest in opening up divisions of the Bar Mitzvah Fund in both Toronto and in Israel and he hopes to generate interest at the corporate level as well.

"No matter what or where we are, we are all Jewish and one nation," said Faivish. "Every boy should know about this. We hope to get major companies to partner with us and reward the kids who are becoming leaders at this young age. The sky is the limit."

To date, the Bar Mitzvah Fund has made over 100 bar mitzvahs. Faivish said that he and his wife Tzipi are both inordinately proud of their son whose efforts have far surpassed even their wildest expectations. Avi admits to being overwhelmed by the response they have received so far.


"I wanted this to be something big but I never expected anything like this," admitted Avi.

To find out more about the Bar Mitzvah Fund, visit them online at [www.thebarmitzvahfund.org](http://www.thebarmitzvahfund.org).

**Sandy Eller is a freelance writer who writes for numerous websites, newspapers, magazines and many private clients. She can be contacted at [sandyeller1@gmail.com](mailto:sandyeller1@gmail.com).**

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# Rabbi Aharon Ziegler

## PARASHAT EMOR 5776, 2016 CHAG SAMEI'ACH!!

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“VA'YEDABER”

Having just observed the Mitzvah of “Ve'higadeta Le'vincha” of teaching our children about Yetzi'at Mitzrayim at the Seder of Pesach, the Torah now instructs the Kohanim to teach their children about the unique Mitzvot pertaining to Kohanim

Our Parasha begins with HaShem commanding Moshe to instruct the Kohanim (21:1) “EMOR EL HA'KOHANIM\_BNEI AHARON VE'AMARTA ALEIHEM” SAY TO THE KOHANIM, THE SONS OF AHARON, AND TELL THEM NOT TO CONTAMINATE THEMSELVES TO A DEAD

PERSON AMONG THE PEOPLE”. There is an obvious redundancy in these instructions, for Moshe is told twice, “say to the Kohanim” and then “tell the Kohanim”, “Emor” and “Ve'amarta”.

Ramban maintains that we often encounter the phrase “Daber [speak] el Bnei Yisrael[to Children of Israel] “ and then followed by “Ve'amarta Aleihem” [and say to them]. The Torah uses the double expression in order to stress the importance of the commandment, of if it involves an activity which runs counter to an accepted norm. Rashi, however, cites the Gemara Yevamot [114a] which derives from this redundancy that the Kohanim are being instructed twice, once in regard to themselves and once in regard to their children: “Lehazhir

gedolim al ha'ketanim” - to caution adults regarding their children. It is interesting to note that the words “Emor-Ve'amarta” allude to the instruction of children, while no such conclusions are drawn from the words “Daber-Ve'amarta”?

According to Rabbi Yochanan Zweig, the difference between “amira” and “dibur” is as follows: “amira” is the relaying of information without any imposition by the person conveying it, while “dibur” imposes the will of the speaker upon the listener. A parent pressuring his child to behave in a manner different from his peers will most likely fail, unless the parent is able to convey the message that such behavior is in the child's best interest. The only way this can be successfully accomplished is if the parent himself willingly performs that which he is requesting of his child. The problem with “Do as I say, not what I do” is that if the child perceives the parent is reluctant to willingly perform that which he requires of the child, the

child will feel that such behavior is NOT in his best interest.

“Lehaz'hir Gedolim al haketanim” –does not mean that adults should caution their children, rather that the adults themselves are being cautioned to perform the Mitzvot without any sense of imposition but out of a deep love for HaShem. By doing so, the children will perceive that following their parents' example is indeed in their best interest. Thus, the Torah specifically uses the expression “emor-Ve'amarta” and not “daber-ve'amarta”, for “daber” implies imposition. Therefore, when requiring the Kohanim and the sons of the Kohanim to behave in a more restrictive manner than their non-Kohanim peers, it was essential that the message they convey is that following the Mitzvot of HaShem is, and always will be, “In our best interest.

Shabbat Shalom from  
Yerushalayim

Rabbi Aharon Ziegler



# Rabbi Dr. Bernhard Rosenberg

## FORGIVE YOURSELF

From one 2g to another. I have been an orphan too long. My dad died over 30 years ago, my mother over 20. Recently I discovered that in addition to the death of most of my family in the Holocaust, I also had two half sibling. My story is similar to many of yours. I ask that G-d comfort us today as we remember parents and other love ones. For those who possess holocaust guilt I pray you will listen to me. Most of us were too young to understand the misery experiences by our parents, we could not empathize nor did most

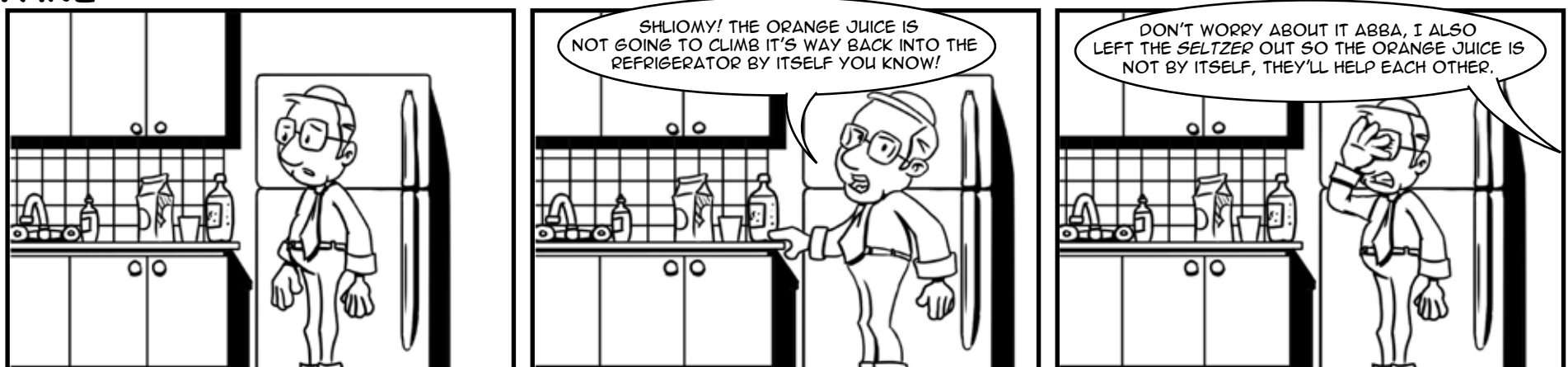
of us ask the questions we could have. We simply were afraid of hurting our parents and could not bare seeing them suffer. I have spent a life time trying to find out what I simply could of asked them about our family. I am certain many of you are in the same boat. I beg you, your parents and mine lived for us. They sacrificed everything for us. REMEMBER the good you experienced with them. I will say Yizkor and Kaddish for those of you who can not go to a synagogue. Love your families and your children and grand children.

Look at them and have nachas. For those who do not have children or family, please seek friends today and give and receive love. For those who had a different experience, one filled with only joy and good memories, you are very fortunate.

For those who experience pain and still do, I pray for you. G-d bless you all and may our loved ones rest in heaven. They already experienced Hell. If you still have holocaust survivors who are alive give them a hug and a kiss. G-d granted me a beautiful wife, 4 children and so far 9 grand children . I only wish my parents were alive to witness this nachas. I am not a psychologist but merely a 2G still struggling. Many of you still have pain because you think you could have done more to help

your parents or acted differently towards them. I learned years ago not to generalize 2Gs. It is very dangerous since some become very upset so I will only speak about myself. My personality manifests itself in my always having to be in control of every situation. When my father was dying thirty years ago I thought I could save his life by literally asking him to live for me. My parents sacrificed everything for me. He died and I still have not forgiven myself for not producing a miracle. Regarding my mother, after my father's death I did everything possible for her; she lived with us for many years, but I still feel I could have been more understanding and patient with her. Please forgive yourselves Your parents would not want you in anguish.

### TANI





**JNS.ORG: FULL NEWS COVERAGE**

**Israel to clear landmines from Christian holy site near Jericho:**

Qasr al-Yahud, a site just north of the Dead Sea near Jericho where many Christians believe Jesus was baptized, will be cleared of landmines a half-century after Israel took control of the area during the 1967 Six-Day War. The Israeli Defense Ministry will carry out the clearing operation together with the HALO Trust, which describes itself as “the world’s largest humanitarian mine clearance organization.” The area includes ancient churches and monasteries that have been deemed unsafe because they are surrounded by landmines. About 247 acres are set to be cleared. “The HALO Trust has secured approval from the Israelis, Palestinians, and religious denominations to remove the landmines so that people can explore the area in safety,” the trust said in a statement on Monday. “Clearing minefields at the baptism site not only removes a deadly legacy of conflict; it helps build bridges between fractured communities. Once we have cleared the land, the churches can be refurbished and the land and churches along the western bank of the Jordan River can be visited once more in safety.” According to Jewish tradition, the site lies in the general area where Joshua led the Israelites into Canaan. It is also considered holy by Muslims.

**Israeli security forces arrest Hamas weapons smuggler who posed as fisherman:**

Israel’s Shin Bet security agency announced the arrest of a Palestinian man who had been attempting to smuggle weapons to the Gaza-based Hamas terror group by posing as a fisherman. Salim Hassan Na’aman, 39, from the Shati Refugee Camp in Gaza, was arrested in a joint operation by the Shin Bet and the Israel Police after he violated the maritime zone permitted for Palestinian fishing boats. According to the Shin Bet, Na’aman was allegedly attempting to smuggle ammunition and liquid fiberglass that is used to build rockets. “It emerged that for a lengthy period, he was

involved in sea-based smuggling of weapons and other items for Hamas and other terrorist elements in the Gaza Strip,” the Shin Bet said in a statement. The Shin Bet added that the smuggler was attempting to take advantage of a recent policy change by Israel regarding the Gaza blockade. In April, Israel extended the permitted distance of Gazan fishermen from six to nine nautical miles.

**Comedian Louis C.K. to perform in Jerusalem this summer:**

The popular American comedian Louis C.K. is set to perform in Israel on Aug. 18 at Jerusalem’s Pais Arena. Known for his dark, self-deprecating, and observational humor, Louis C.K. initially announced his plans to perform in Israel during an interview on Howard Stern’s radio show last month. The official details of his Jerusalem show were released Monday. “I’m going to Israel and doing a show like at a soccer stadium or something there and I’ll get as much money over there as I would here at home,” Louis told Stern, referring to the financial difficulties resulting from the fact that his self-financed show, “Horace and Pete,” has not fared as well as he expected. Born Louis Szekely, the comedian was raised Catholic, but his paternal grandfather, Dr. Geza Szekely Schweiger, was a Hungarian Jew whose family immigrated to Mexico.

**Federal judge rules in favor of congregants in Touro Synagogue dispute:**

A United States federal judge ruled in favor of the congregants of the 250-year-old Touro Synagogue in Newport, R.I., in an ownership dispute that threatened to shutter the historic building. U.S. District Judge Jack McConnell on Monday awarded Newport-based Congregation Jeshuat Israel control over the historic Touro Synagogue, America’s oldest Jewish congregation, while rejecting arguments from New York City-based Congregation Shearith Israel—which has acted as a trustee of the synagogue for nearly 200 years—that it is the rightful owner of the building,

the Associated Press reported. The dispute between the two congregations dates back to 2012, when Jeshuat Israel, facing financial difficulties



that threatened to shutter the synagogue, attempted to sell a set of bells from Torah Scrolls to Boston’s Museum of Fine Arts for \$7.4 million in order to remain open. But Congregation Shearith Israel, which became a trustee of the synagogue in the 1820s, rejected the move and said it was the rightful owner of the bells. Yet in Monday’s 106-page decision, McConnell said he considered the intentions of the synagogue’s founders in his ruling. “The central issue here is the legacy of

some of the earliest Jewish settlers in North America, who desired to make Newport a permanent haven for public Jewish worship,” he wrote. “The effort to evict the Rhode Island congregation has been thwarted, and an important piece of American history and of Jewish history has been preserved,” Gary Naftalis, the lawyer for Congregation Jeshuat Israel, said in a statement.

**Roman treasure discovered in cargo of sunken ancient ship off Israel’s coast:**

The Israel Antiquities Authority (IAA) announced Monday that two divers discovered the cargo of an ancient Roman merchant ship off the coast of Caesarea, Israel, during the recent Passover holiday. The ship sank during late Roman period 1,600 years ago. Divers Ran Feinstein and Ofer Ra’anani immediately contacted the IAA after their discovery. A subsequent dive with IAA

CONT.ON P31

**DOVIE'S ATOMIC 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.

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

BORON	LEAD
CADMIUM	LIVERMORIUM
CALCIUM	NEON
CALIFORNIUM	NICKEL
CARBON	NIOBIUM
CERIUM	NITROGEN
CESIUM	OSMIUM
COBALT	PRASEODYMIUM
CURIUM	PROTACTINIUM
DARMSTADIUM	RADIUM
DUBNIUM	RADON
GOLD	RHODIUM
HASSIUM	SILVER
HOLMIUM	SULFUR
INDIUM	THULIUM
IODINE	UNUNOCTIUM
IRIDIUM	XENON
IRON	YTTRIUM
KRYPTON	ZINC

**ANSWERS ON PAGE 36**



**JNS**  
**CONT. FROM P30**

archaeologists led to the further discovery of numerous items that had been in the ship's cargo, many of which were very well-preserved. The items include a bronze lamp depicting the image of the sun god Sol, a figurine of the moon goddess Luna, a lamp in the image of the head of an African slave, animal statues, and two metallic lumps made from thousands of coins in the form of the pottery vessel in which they had been transported. The unique metallic lumps weigh about 44 pounds, while many of the coins themselves bear the image of the Roman emperor Constantine the Great, who is known for being the first Roman emperor to convert to Christianity and make it the official religion of the empire. "These are extremely exciting finds, which apart from their extraordinary beauty are of historical significance. The location and distribution of the ancient finds on the seabed indicate that a large merchant ship was carrying a cargo of metal slated recycling, which apparently encountered a storm at the entrance to the harbor and drifted until it smashed into the seawall and the rocks," said Jacob Sharvit, director of the IAA's Marine Archaeology Unit, and Dror Planer, the unit's deputy director. The findings "are in an amazing state of preservation—as though they were cast yesterday rather than 1,600 years ago," they added.

**Ya'alon to IDF officers: don't shy away from publicly disagreeing with government:**

Israeli Prime Minister Benjamin Netanyahu and Defense Minister Moshe Ya'alon worked out their differences after a disagreement on comments by Ya'alon that military officers should speak their minds publicly even when they go against the government's positions. The prime minister summoned the defense minister for a clarification meeting on Monday after Ya'alon asked Israel Defense Forces officers at an event in Tel Aviv on Sunday to "keep saying whatever is on your mind...even if your ideas conflict with the ideas and positions adopted by the high command or the government." Netanyahu's associates stressed that the prime minister is not planning on

reprimanding Ya'alon. After the meeting on Monday, Ya'alon and Netanyahu issued a joint statement saying that "our differences have been ironed out. There is no argument that the military is subordinate to the government and that IDF officers are free to express their opinions in the appropriate forums." Referring to how IDF Deputy Chief of Staff Yair Golan—who recently compared Israeli society to Nazi Germany on Holocaust Remembrance Day—was widely criticized for speaking his mind, Ya'alon had told the military officers on Sunday, "I once again demand that you and the soldiers under your command keep saying whatever is on your mind. Do it even if what you have to say is not part of the mainstream, and even if your ideas conflict with the ideas and positions adopted by the high command or the government. A good military is a military whose commanders, no matter their rank, feel secure in their ability to speak their mind at any time, knowing that it will not come back to bite them.... Continue acting on your human conscience and moral compass, and don't blindly follow the direction of the wind."

**Israeli military introduces more advanced UAV for brigade commanders:**



The Israel Defense Forces is currently in the process of incorporating the Skylark 20 miniature tactical unmanned aerial vehicle (UAV), and intends to make it available to commanders on the brigade level. The Skylark 20, manufactured by Elbit Systems, is the next generation of the Skylark 10, which has been available to battalion commanders. The upgraded model, earmarked for use by brigade commanders, is capable of staying in the air longer with a longer range and can operate in difficult weather conditions. Unlike the previous model of the Skylark, which was capable of staying in the air for just two hours at a range of 12

miles, the Skylark 20, designed for brigade commanders, has twice the range and can fly for six hours. The IDF has acquired three Skylark 20 systems, which will likely become operational toward the end 2016 and the beginning of 2017. "The Skylark 20 can work 24 hours a day, seven days a week, without the need to stop and refresh the operating crew or replace the aircraft," Maj. Shlomi Buskila, head of the IDF's GOC Army Headquarters' Tactical UAV Division, told Israel Hayom.

**Top Hezbollah commander Mustafa Badreddine killed in Syria:**

Top Hezbollah commander Mustafa Badreddine was killed in what was described by the terror group as a "major explosion" at Damascus International Airport on Friday. Badreddine, 55, was the commander of Hezbollah's contingent that had been fighting in support of Syrian President Bashar al-Assad's government against opposition forces and Sunni terror groups such as Islamic State and the Nusra Front. In the announcement on his death, Hezbollah said, "He

said months ago that he would not return from Syria except as a martyr or carrying the flag of victory. He is the great jihadi leader Mustafa Badreddine, and he has returned today a martyr." The Beirut-based Al Mayadeen satellite TV network, which is sympathetic to Hezbollah, initially reported that Badreddine was killed in an Israeli airstrike. But the network later removed that report from its website. Iranian Foreign Minister Mohammad Javad Zarif extended his country's condolences to Hezbollah leader Hassan Nasrallah. "Badreddine was all passion and devotion in defending the ideals of Islam and the resistant Lebanese people in their fighting against terrorism," Zarif said, Iran's Fars news agency reported. Badreddine has been linked to nearly every high-profile Hezbollah terror attack over the last 30 years, including many against Israel and the 2012 attack on Israeli tourists in Bulgaria. He was behind the 1983 bombings of the U.S. and French embassies in Kuwait, where he was imprisoned until 1990, and is also believed to have masterminded the assassination of former Lebanese

**CONT.ON P32**

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## Hope Solid Lotion: Lotion for Life

HADASSAH CHAYA PARDO, PHD

Hope Solid Lotion is a small, woman-owned skin care company founded in 2011 and dedicated to bringing beauty to those who have difficulty finding care products for their sensitive skin. After being plagued with serious illness and chronic skin conditions, I could not find lotion free of my many allergens, free of carcinogens, and free of junk I wouldn't put in my mouth, let alone on my skin. Even the 'all natural' stores were a bust. Not one lotion fit my skin care needs! What was a girl to do?

If you're me, you find a way to make lotion yourself. Armed with a cosmetology license and knowledge from a college Cosmetic Chemistry class, I had a basic understanding of what goes into making lotion. After carefully researching ingredients to ensure everything used is safe, effective, and edible, I was ready to begin formulating! But wait-- why edible? Lotion goes ON your body, not IN your body, right?

Well, wrong! The most important thing I learned about lotion is now my service mark: If you can't eat it, don't put it on your skin!©

Here's the thing about lotion: Water-based lotions MUST contain preservatives as water carries pathogens that can contaminate lotion and make people ill if not treated. However, oil-based lotions need no preservatives as they contain no water! Hope Solid Lotion contains no water, so it needs no preservatives. Only organic, unprocessed oils, butters, and waxes from seeds, fruit, and plants find their way into our Solid Lotion Bars. If you can't eat it, don't put it on your skin!©

Hope Solid Lotion is Lotion for Life©! No matter what your lotion need, we got you covered. Try Healing Jennie, our Signature Solid Lotion Bar, for skin that needs special attention. Organic lavender, clary sage, and rosemary

essential oils mingle with hemp oil and butter, organic mango seed butter, unrefined golden jojoba oil, and amazing NYS beeswax to create a luxurious solid texture. Healing Jennie goes on dry! Or if you have a little one who is lacking in baby soft skin, try Cocoa Bee. Cocoa Bee is the simplest of the solid lotions with just three ingredients—NYS beeswax, unrefined cocoa butter, and unrefined hemp oil. The result is a Solid Lotion Bar that smells just like a chocolate bar! Of course, it is edible, but don't eat it. It's lotion. Maybe you need help with your pucker—Hope Solid Lotion is proud to offer four different lip balms, including Peppermint Ice, Tangerine Scream, Hippy Lips and Cocoa Mint. What makes our lip balm a cult favorite? Besides the fact that it goes on silky smooth, Hope Solid Lotion Lip Balm contains no sweeteners or flavors, only pure, therapeutic essential oils. Why do other lip balm companies use sweeteners and flavors? So you lick your lips and have to

reapply more often, followed by buying more lip balm to lick off. Hope Solid Lotion respects your hard earned money and uses no sweeteners or flavors. That yummy smell comes from essential oils. If you can't eat it, don't put it on your skin!©

Some things, besides water, that you will not find in Hope Solid Lotion: No soy. No coconut. No nuts. No kidding. Of course, there is potential to be allergic to any ingredient, Hope Solid Lotion stays away from those that irritate, annoy, and inflame. If you or someone you know suffers from sensitive skin, don't despair! Now you have Hope--Hope Solid Lotion has your back (and any other part with skin!). Hope Solid Lotion is a local Brooklyn, NY, business. We wish you good health and good skin. Remember: If you can't eat it, don't put it on your skin!©

You can find Hope Solid Lotion at Organic Circle, 1415 Avenue M, Brooklyn, NY 11230, or online at [hopesolidlotion.com](http://hopesolidlotion.com). Check out our Facebook page at [Facebook.com/hopesolidlotion](https://www.facebook.com/hopesolidlotion). Questions? Email Hadassah Chaya at [hopesolidlotion@gmail.com](mailto:hopesolidlotion@gmail.com).

### JNS CONT. FROM P31

prime minister Rafik Hariri in 2005.

#### Second British university cuts ties with student union over anti-Israel president:

The United Kingdom's Newcastle University became the second school to cut ties with the country's National Union of Students (NUS) following the election of an anti-Israel president. On Thursday, Newcastle University's student union voted in favor of disaffiliating with the NUS in a two-thirds majority vote. The disaffiliation vote came just days after the student union at the U.K.'s Lincoln University also voted in favor of leaving the NUS. The decision by the two schools follows the April 21 election of Malia Bouattia as president of the NUS. Bouattia, who is a Muslim, has said that boycotts against Israel should come in conjunction

with "Palestinian resistance." She has also criticized her alma mater, Birmingham University, for being a "Zionist outpost in higher education," lamenting that it has "the largest Jsoc (Jewish student society) in the country," The Telegraph reported. Additionally, she has opposed a motion condemning the Islamic State terror group over fear that the motion would increase Islamophobia. "It is clear that



our students feel that the NUS no longer represents their views, does not prioritize correctly, and is not effective at achieving change," said Dominic Fearon, president of the Newcastle student union, according to The Telegraph.

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**Saul M. Berger** CFE, CPA, CFF  
**PROTECTING YOURSELF FROM FRAUD LIARS**

Last Shabbos in Shul, we read Parshat Kedoshim. Among the myriad of mitzvos contained in that sedra, a couple stuck out for me; “do not place a stumbling block in front of a blind person” (lifnei eivar lo sitain michshol), in other words, “don’t commit fraud”, and the second one, “don’t lie”, (lo sishakru). In a way, someone who has committed a fraud has in one form or another, lied in the perpetration of the fraud. So, I got to thinking (between aliyos, of course) of the bombshell report that might go down as the biggest lie in modern American history. President Obama actually created a ruse in order to sell the public and Congress on the Iran deal.

A story in last Thursday’s New York Times, Ben Rhodes, the deputy national security adviser for strategic communications, boasted that the White House (ie: Obama) manipulated and exaggerated to journalists talking points regarding the Iran Deal. Rhoades is the co-writer with Obama on all his foreign policy speeches. He also plans his trips overseas and is in charge of the communications strategy for the White House. According to past and present White House insiders, Rhodes is the single most influential voice shaping American foreign policy aside from the president himself!

In the article, Rhodes said that newspapers used to have foreign bureaus but today, most of the world’s events are reported on from Washington, D.C. by twenty seven year old reporters who “literally know nothing”. He admitted in the interview that his team fed the storylines to the liberal media, who then took their marching orders loyally and validated the government’s narrative. Many of the ‘talking points’ were flat out lies. Now, it seems quite clear why Obama disrespected Benjamin Netanyahu and made a big stink over the Prime Minister’s speech to Congress regarding the Iran Deal; he knew that Netanyahu was right, and was afraid that the public

and media might see through this monstrous fraud perpetrated on the American people! Not only that, but the disrespect shown to the public that correctly protested the deal, is unforgivable.

**Where else have we seen this play out? OBAMA (DOESN’T) CARE!**

All the warning and predictions that we were warned about are coming true. It’s literally imploding as insurance company after insurance company drop plans and raise annual rates in double digits! Jonathan Gruber, a key player in creating Obamacare, bragged about how the law was written in such a way that the Congressional Budget Office (CBO) would not be able to “score the mandate”; in other words, written in a manner that would not be able to be understood! Gruber went as far as saying that “the big lie is a big political advantage”, in addition to his calling of the American people stupid.

Folks, this lack of transparency are brought to you from the president that claimed that his administration would be the most transparent ever. Well, on second thought, I guess Obama WAS transparent when he said that he would “fundamentally transform America”. Did the media question what he was referring to with that quite ambiguous and scary statement? What about the liberal media asking follow-up questions about anything put out by the White House? The daily White House briefing is key is spreading Obama’s lies to the media and public. Most journalists are handpicked to ask easy, softball questions. Any time real questions are asked, and followed up by additional questions that threaten the White House’s agenda, the Press Secretary, Josh (Notso) Earnest, dismisses the journalists’ questions by cutting them off and either calling on a questioner, or ends the press conference abruptly.

If you want to know what is fueling the sudden rise of Donald Trump, quite possibly our next president, just take a look at the current one. The American people have become sick and tired of politicians lying to them. These leaders have come to believe that they are above us, when in actuality, they were appointed by us to work for us! This isn’t to say that Trump doesn’t lie, but his embellishments, exaggerations, and walking back of stupid statements doesn’t even begin to compare to those of Hillary Clinton! (Don’t get me started there).

The main reason for the majority of the country voting for “outsiders” in the primaries is based on our current lawless government. Our country was set up as a republic, built on the notion of a civil society. Leaders of a republic are supposed to defer to the public. The basic idea was that if you are in a position of public trust, you must take into consideration the view of the people, while at the same time, promoting your personal views; hence, we have elections.

So therefore, you can understand the tremendous uproar when certain states decided to not hold primaries but to simply appoint delegates. The public became outraged at the very thought and notion that the bigwigs know better, so therefore, your personal vote is meaningless, and therefore not necessary. When you are told by Obama in his first State of the Union speech (the last one I ever listened to) that obviously he didn’t do a good job in explaining to you, the public, his health care proposal, because if he did, of course you’d agree with him, you realize that he doesn’t even consider the possibility that maybe the public are not as stupid as he thinks. That was only the beginning, because afterwards we received the “if you want to keep our doctor, you can keep your doctor” lie, as well as Pelosi’s famous moronic claim that “you have to pass it in order to see what’s in it”. The rest is history

**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 sbergercfcpa@gmail.com or 516-225-6594.**



**NEXT WEEK! YAD L'ACHIM VILLAGE RESCUER AND MISSIONARY CULT SURVIVOR COMING TO THE FIVE TOWNS, QUEENS (OTHER PLACES TOO)**

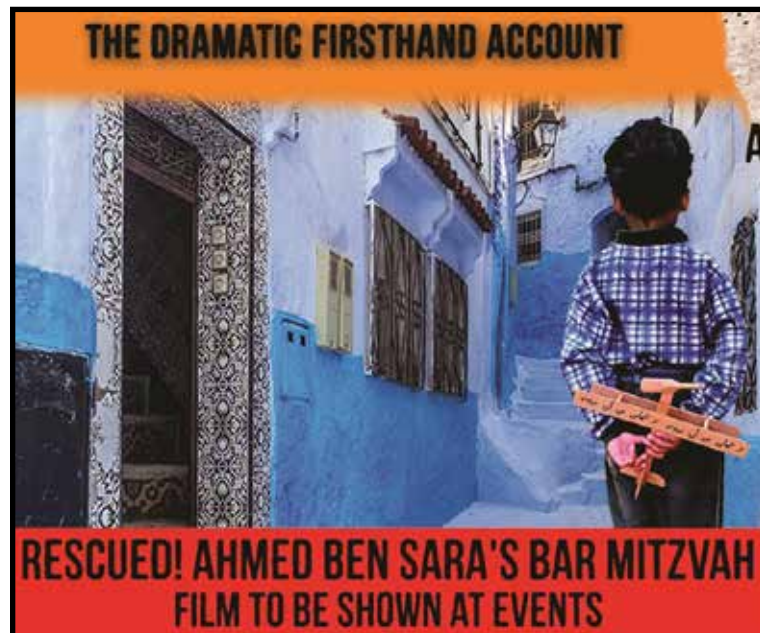
**Don't miss these important community events taking place in your neighborhood (Brooklyn, Monsey, Five Towns and Queens), arranged by Yad L'Achim.**

For the first time in the United States, Yoav Goldfein from Yad L'Achim, an expert in counter missionary tactics and the deceitful practices of cults, will present the firsthand dramatic stories of rescue – the mitzvah of Pidyon Shvuyim. You will learn how the behind-the-scenes look during the tense operations. The captivating stories are sure to leave a lifelong impression on all attendees. A short film depicting an actual rescue will be shown during the event as well.

The same evening will feature A. Schiff, "THE MAHARAM SCHIFF'S GRANDSON WHO RETURNED." A. will share his personal story of how he became a missionary for the "Messianic Jews for J. Cult in Eretz Yisrael" and how he left.

Besides for the live presenters

there will be two special presentations as well. "Rescued! Ahmed Ben Sara's Bar Mitzvah" will highlight the journey of a young boy from an Arab



Village to a life of Torah and freedom. Plus "The Children of Yad L'Achim" where you will

get to see for the very first time, the angelic faces of hundreds of Jewish children rescued by Yad L'Achim

events, for both men and women will take place on SUNDAY, MAY 29th. (There will be a separate

The presenters will also share important advice on how to protect yourself and your children from the trials and tribulations of today.

These important

men's only and women's only event in Boro Park on Sunday, all other nights will be separate seating). On Sunday the men's event will begin at 3pm and the Women's event at 8pm at BAIS YAAKOV HIGH SCHOOL 4420 15th Ave. MONDAY MAY 30th in the FIVE TOWNS at the Young Israel of Lawrence Cedarhurst, 8 Spruce St – TUESDAY, MAY 31st in MONSEY AT YESHIVA OF SPRING VALLEY GIRLS, 142 GRANDVIEW AVENUE – WEDNESDAY IN FLATBUSH AT AGUDAH OF AVENUE L, 2913 AVENUE L - THURSDAY JUNE 2nd – in QUEENS AND YOUNG ISRAEL OF KEW GARDENS HILLS – all events begin at 8PM.

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## Assessing the growing sympathy with Palestinians among millennials and liberals

SEAN SAVAGE

Leading up to Election Day in November, American voters will likely continue to hear from presumptive nominees Donald Trump and Hillary Clinton about why either candidate would be the best president for Israel's interests. But how are voters trending on Israel to begin with?

Earlier this month, a Pew Research Center survey examining attitudes about foreign policy among the U.S. electorate found that

American sympathies continue to strongly favor Israel (54 percent) over the Palestinians (19 percent). Yet the survey also revealed a number of trends that suggest a possible erosion of the long-held bipartisan consensus on supporting the Jewish state.

Notably, while Pew found that sympathy for Israel has remained relatively consistent over the past few decades, the poll found a slight uptick

CONT.ON P36

## COJO-SI Honors UJA's Eric Goldstein At a Special Ceremony, Tuesday, May 16, 2016

Staten Island Council of Jewish Organizations (COJO-SI) the central coordinating and resource agency of Staten Island's Jewish Community, a constituency of 40,000 strong and growing honored today Eric Goldstein, the Executive Vice-President and Chief Executive Officer of the UJA-Federation of New York with the COJO Social Justice Award at a special ceremony held at the New York City headquarters of the UJA.

"Eric is an exceptional leader, a gentleman whose uncommon wisdom, collaborative style and staunch commitment to the mission of the UJA makes him one of the best leaders and advocates for our community" said Scott Maurer, CEO of COJO-SI. "The New York Jewish community takes for granted how well we flourish, but we must be mindful that we flourish in no small measure thanks to Eric's steadfast commitment to set

"Eric 'Ricky' Goldstein is respected as the symbol of a new generation of young energetic leaders taking on the mantle of leadership in Jewish Community" Said Mendy Mirocznik, President of COJO-SI. "We honor Eric with the Social Justice award for advancing further the Social Justice mission of the UJA as well as his placing a strong emphasis on building a Kehila, a community, in which all members of the diverse New York Jewish community can call home."



Mendy Mirocznik, President COJO-SI, Eric Goldstein, CEO UJA, Scott Maurer, CEO COJO-SI, Hon. Amir Sagie, Israeli Deputy Consul General, Andrew Gross,

the bar higher. Thanks to Eric's approach the Jewish Community of New York will lead the path and trail even to further heights of accomplishment."

Joining in honoring Goldstein was the Deputy Consul General of Israel in New York the Hon. Amir Sagie as well as his political adviser Andrew Gross.

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**SAVAGE**

CONT. FROM P35

in sympathy for the Palestinians—14 percent to 19 percent—from July 2014. While on the surface this gain appears to be modest, there was a substantial increase in sympathy for the Palestinians among respondents ages 18-29—also known as “millennials.”

At the same time, the partisan divide on Israel has become more apparent through Pew’s data. While Democratic sympathy toward Israel has remained steady over the last few decades—44 percent in 1978 compared to 43 percent today—this contrasts with the sharp rise in Republican sympathy for Israel, 49 to 75 percent, and even the modest gain among independents, 45 percent to 52 percent. Perhaps more troubling for supporters of Israel is that only 33 percent of liberal

Democrats sympathize with Israel, while 40 percent sympathize with the Palestinians.

“The results display the rapidly deteriorating position of the Israeli government in the eyes of liberal Democrats, the group who will broadly influence the next likely [U.S.] administration, assuming [Hillary] Clinton wins the election,” Dr. Steven M. Cohen, a research professor of Jewish social policy at Hebrew Union College - Jewish Institute of Religion (HUC-JIR), told JNS.org.

The survey revealed a further divide within the Democratic electorate itself. Clinton supporters were more likely to sympathize with Israel than the Palestinians, 47 percent versus 27 percent, while supporters of her Democratic primary opponent Sen. Bernie Sanders (Vt.) backed Israel at a rate of only 33 percent, compared with 39-percent sympathy with the

Palestinians.

“Evidence has been accumulating for some time of a division among Democratic voters over Israel. The left wing of the party is more critical of U.S. support for Israel,” Dr. Theodore Sasson, senior research scientist at the Cohen Center for Modern Jewish Studies and the Steinhardt Social Research Institute at Brandeis University, told JNS.org.

Dr. Jonathan Rynhold, director of the Argov Center for the Study of Israel and the Jewish People at Bar-Ilan University, said that generally, the American public’s sympathy toward Israel has been growing since 2000. Yet Americans have become more divided over policy on the Israeli-Palestinian conflict and those divisions “increasingly line up with the main ideological and political divides in America,” said Rynhold, author of the 2015 book “The Arab-Israeli Conflict in American Political Culture.”

Indeed, according to the Pew survey, sympathy with Israel has grown among conservative Republicans—from 56 percent in 2001 to 79 percent in the present—as well as among moderate/liberal Republicans, from 41 percent in 2001 to 65 percent in 2016. Further, conservative/moderate Democrats are also increasingly supporting Israel, from a 37-percent rate in 2001 to 53 percent today. Liberal Democrats were the only demographic for which sympathy dipped, from 48 percent in 2001 to 33 percent in 2016, with more liberals now actually sympathizing with the Palestinians (40 percent) than with Israel. Similarly, millennials of all partisan affiliations saw an increase in sympathy for the Palestinians, from 9 percent in 2006 to 27 percent today.

“Since younger Americans are more liberal, and each generation is more liberal than the previous generation, they are less sympathetic toward Israel and more inclined to believe that the U.S. should adopt an even-handed approach towards the conflict,” Rynhold told JNS.org. “They are also more critical of Israel’s use of military force against Hamas and Hezbollah.”

These trends, said HUC-JIR’s

Cohen, “parallel trends in Europe among people with a similar liberal view of the world.” This sentiment became evident during the summer 2014 Gaza war between Hamas and Israel, when anti-Israel protests erupted throughout Europe. Additionally, a number of European legislatures have symbolically recognized Palestinian statehood in recent years, while Sweden has become the only country to do so on the government level.

More recently, an ongoing scandal within the United Kingdom’s second-largest political party, Labour, has seen dozens of party members suspended for making anti-Semitic or anti-Israel remarks.

“I doubt the level of hostility [in America] will reach the levels we see in Europe,” said Brandeis’s Sasson, who noted that even the “current leader of the left,” Bernie Sanders, “proclaims himself to be pro-Israel.”

Rynhold echoed that sentiment, saying that the gap on Israel between the American left and the European left remains wide.

“American liberals are far more sympathetic to Israel than the European left,” Rynhold said. “The gulf remains huge. The debate in the U.S. is over siding with Israel or being even-handed, and that goes for the Democrats as well. Whereas on the European left, the debate is over [being] anti-Israel or even-handed.”


Cohen believes that much of liberals’ disillusionment with Israel can be traced to their opinions about the Israeli government’s policies on the Palestinians.

“One of Israel’s public relations strengths in the past was that it appeared genuinely interested in reaching a peace agreement with the Palestinians, if only Israel’s security needs could be addressed,” Cohen said. “The change in perception of Israel’s intent has fueled its abandonment by liberal-minded Europeans, Americans, and Diaspora Jews of similar political identities. A Labor-led government [in Israel] would change those perceptions and repair Israel’s image among the liberals in several societies.”

CONT.ON P39

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## ANSWERS TO THIS WEEK'S PUZZLES!

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

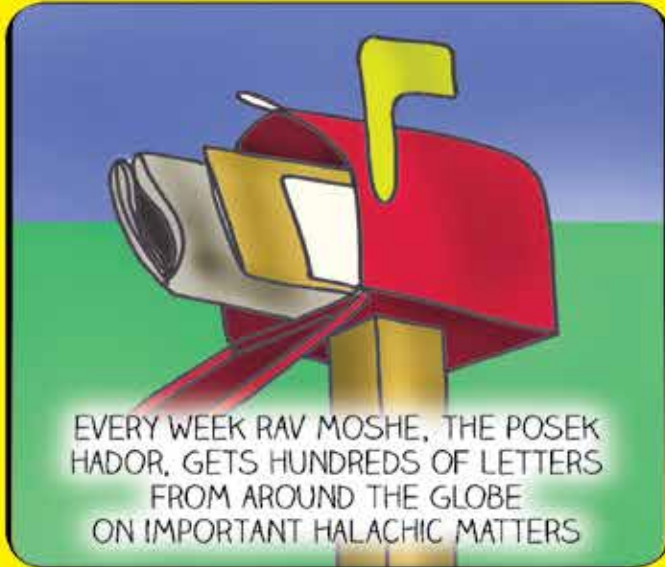
7	8	4	9	3	5	1	2	6
3	5	1	6	7	2	4	8	9
6	9	2	1	8	4	3	5	7
3	6	7	2	1	9	5	3	4
9	1	3	4	5	8	6	7	2
2	4	5	3	6	7	8	9	1
5	2	8	7	4	1	9	6	3
1	7	6	8	9	3	2	4	5
4	3	9	5	2	6	7	1	8



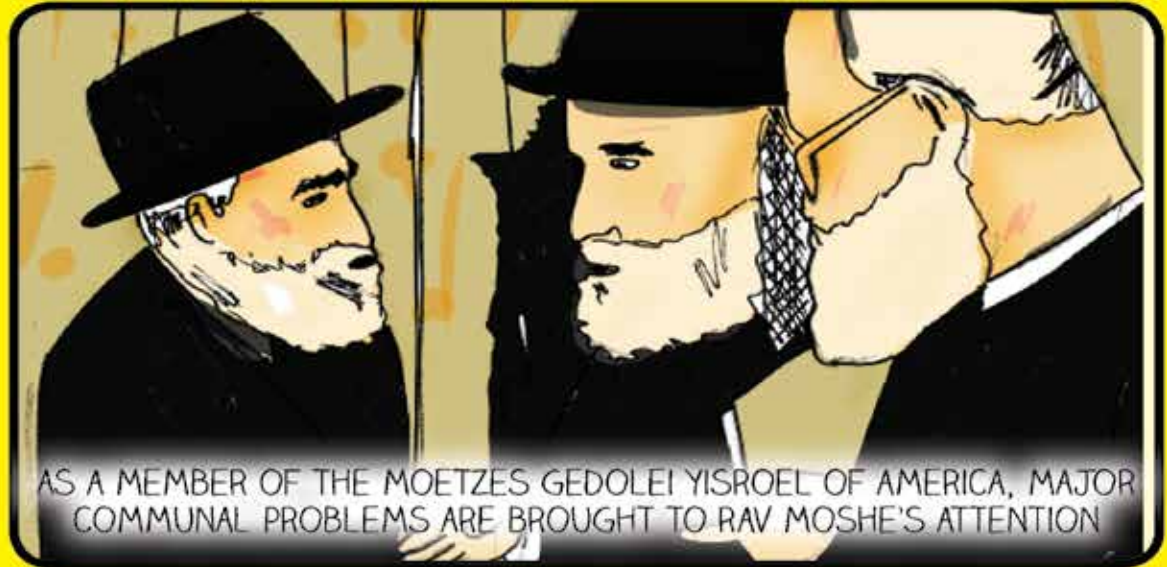



# Torah Connection

Written By: Daniel Keren  
Illustrated By: Tzai R. Pensky



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L-R: YRF Darca Gala Co-Chair Jeff Gimbel; Gala Honoree Bennet Rosenthal; and Gala Co-Chair Art Penn.



More than 450 supporters of Youth Renewal Fund (YRF) Darca packed the organization's annual gala at Tribeca's Spring Studios Monday night, raising over \$1.5 million to boost social mobility for lower-income students in Israel.



**SAVAGE**  
CONT. FROM P36

The growing partisan divide on Israel manifested itself last year when Israeli Prime Minister Benjamin Netanyahu addressed the U.S. Congress about the then-emerging Iran nuclear deal. Netanyahu's speech was boycotted by a number of liberal Democrats (including Sanders), who accused the Israeli leader of undermining President Barack Obama by accepting an invitation to speak from the House of Representatives speaker before the White House was aware of it.

While Netanyahu gave his speech before Iran reached the deal with world powers, U.S.-Israel tensions only grew amid a legislative struggle that ended in Republicans' failure to muster enough votes to defeat the agreement. As the Obama presidency winds down, the U.S. and Israel continue to forge strong ties—especially on the security front, with robust American funding for Israeli needs such as the Iron Dome missile defense system. Yet fears persist about the growing liberal electorate's views on Israel, especially among younger Americans.

"Over time, as the percentage of liberals among Democrats increases, the party's support for Israel could well become more conditional on what they perceive as Israel's

willingness to support a two-state solution and perceptions related to other liberal causes inside Israel," Rynhold said.

Rynhold believes that Israel can take a number of unilateral steps to gain more credibility among liberals, such as freezing settlement construction in order to demonstrate that it is "credible in its commitment to a two-state solution." A settlement freeze, he said, "will not prevent liberal criticism of Israel's security policy, but it will at least firm up liberal Americans' understanding of the debate as a reasonable one between two sides committed to the same values."

Taking the issue of settlements off the table, Rynhold said, would bolster the "growing sense among American liberals that the main threat or issue is Islamist radicalism in its various hues."

"This will refocus their political attention away from Israeli policies and might also make them more understanding of Israel's security dilemmas," he said. "In this regard, it is interesting that between 2009 and 2015, support for the creation of a Palestinian state among Democrats fell (according to Gallup's survey data). My sense is that ISIS's arrival on the scene may have affected that."

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