

מעגלי נופש

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citi

הדלקת נרות

ט' תמוז 9 Tamuz

Parashat Chukat

8:06 P.M. FIVE TOWNS
8:08 P.M. STATEN ISLAND
8:07 P.M. BROOKLYN
8:08 P.M. TEANECK, NJ
7:56 P.M. MIAMI BEACH, FLA.
7:06 P.M. JERUSALEM



Canadian Prime Minister Justin Trudeau visited Auschwitz with former prisoner Nate Leipziger who emigrated to Canada from his native Poland in 1948

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Will Theresa May, The UK's New Prime Minister Be Good For Israel?

In an increasingly anti-Semitic Europe, having a British PM who is supportive of Israel is very important. Many in the press have called Theresa May as “probably the most Jew-friendly prime minister in British history.” When she visited Israel two years ago, she felt very “enthusiastic” about her trip. Also, the fact that Israeli Prime Minister Benjamin Netanyahu is heartily supportive of her appointment gives us an impression that Ms. May would be pro-Israel.

Beyond the notion that “good for Israel” implicitly means “supportive of, or at least not in opposition to, the increasingly right-wing government and the occupation” — a problematic assumption in and of itself — it’s curious and, frankly, frustrating that the Jewish response to any political appointment is to ask how the politician will relate to Israel.

The new Prime Minister is certainly well versed on the threats facing the Jewish community in both the UK and

around the world. Indeed, Theresa has been a firm and consistent friend of the Jewish community and Israel, and I believe she will continue to stand up for Jews and the Jewish state as Prime Minister.

Theresa May already has a strong relationship with the UK’s Jewish community, having addressed a number of major communal events. She played a prominent role in reassuring the UK’s Jewish community in the im-

CONT. ON P39

After Christian Zionist lobby's call, GOP reinstates 'undivided' Jerusalem into platform

SEAN SAVAGE

The Republican Party has reportedly reinstated language endorsing an “undivided” Jerusalem into the party’s platform ahead of its national convention in Cleveland later this month.

According to CNN, which cited a first draft of the party platform that it obtained, the Republicans would reinstate a

CONT. ON P2

Breaking Our News Addiction

EMUNA BRAVERMAN

Can you go two weeks without following the news?

“The news is so bad,” a friend said to me the other day. “I’m really frightened and worried – but I need to know what’s going on.”

“Why do you need to know?” I asked. “Are you campaigning to be the next Prime Minister of Britain or President of the US (both jobs seemingly up in the air and available to just about anyone!)? Are you sitting on some important intelligence com-

CONT. ON P10

Dating with Dignity

5 ways to infuse your dates with the respect you both deserve.

SHIRA TEICHMAN

Sadly, too many singles have expressed to me how years of enduring undignified dating experiences has taken a toll on their self-image, happiness, and overall ability to continue putting their “best foot forward” in dating.

As I listen to their stories, I can’t help but empathize

CONT. ON P4

Why Alternative Health Is Booming

DR. JOSEPH MERCOLA

People in the U.S. spend around \$30 billion every year on alternative medicine, according to a newly published federal report from the 2012 National Health Interview Survey (NHIS), in which 44,743 individuals in the U.S. aged 4 and above participat-



CONT. ON P6

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SAVAGE CONT. FROM P1

reference to an “undivided” Jerusalem while removing a reference to “Palestine” in support for a two-state solution.

The Republicans’ move comes in the aftermath of advocacy on the issue by the lobbying affiliate of Pastor John Hagee’s influential Christians United for Israel (CUFI) non-profit. In a letter obtained by JNS.org that was sent to Republican convention delegates on July 6, former Ronald Reagan administration official Gary Bauer, director of the CUFI Action Fund lobby, called for the Republican Party platform to “strengthen its language in support for Israel with Jerusalem as Israel’s ‘undivided, enteral’ capital.”

The CUFI Action Fund is a 501(c)(4) organization, meaning that it has more leeway on political activities than the 501(c)(3)-status CUFI. The Action Fund’s call stems from a small, yet significant change in the Republican Party’s platform language on Jerusalem from 2008 to 2012.

In 2008, the GOP platform included the sentence, “We support Jerusalem as the undivided capital of Israel and moving the American embassy to that undivided capital of Israel.” But in the 2012 platform, that sentence was missing, and the platform instead mentioned “Israel with Jerusalem as its capital”—without the word “undivided.”

“Many analysts in the Middle

East saw this as a signal that even the pro-Israel Republican Party was in favor of the division of Jerusalem and supported awarding half of the city as a capital to a new Palestinian state,” stated the letter from the CUFI Action Fund.

Before the Republicans reinstated the language invoking an “undivided” Jerusalem, Bauer told JNS.org that he did not understand the GOP’s decision in 2012 to alter the language on the Israeli capital.

“It didn’t make any sense to do it,” said Bauer. “Certainly the current government in Israel has no intention of dividing Jerusalem, and from what I have seen in public opinion polls, there’s no real sentiment among the Israeli

people to do it either.”

As such, Bauer said the CUFI Action Fund considers it important that at least one of the major American political parties “make it clear that no part of Jerusalem is a settlement.”

“It is a city with roots in Judaism that goes back well before any current competitor could lay claim on it,” Bauer said, referring to the Palestinians’ demands to divide Jerusalem and establish their own capital in the eastern half of the city.

While the CUFI Action Fund pushed for changes on the Republican side, the Democratic Party is facing its own questions over its platform’s support for Israel. The Democrats are also holding their convention later this month.

There is growing concern over the Democratic Platform Drafting Committee members who have been appointed by presidential contender Sen. Bernie Sanders (D-Vt.). The committee members include pro-Palestinian activist James Zogby, who is pushing to insert language that is critical of Israel in the platform, such as “occupation.” Such language would break from the party’s longstanding pro-Israel stance. Another committee member appointed by Sanders is Cornel West, an activist in the anti-Israel Boycott, Divestment and Sanctions movement.

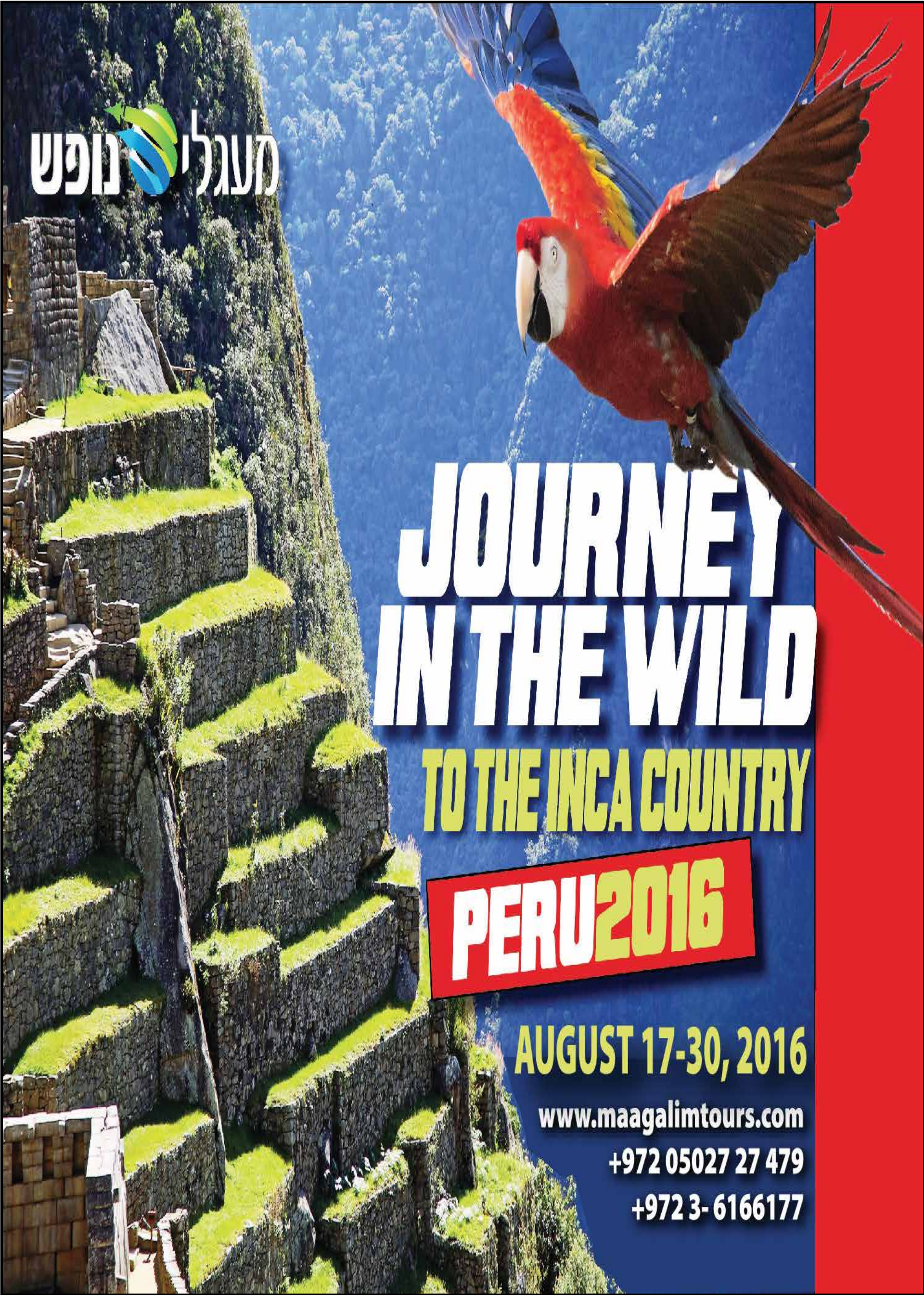
The Action Fund’s Bauer told JNS.org that while the Democratic Party is a “tougher nut to crack for us” as a lobby, there are “many members of the Democratic Party who are very pro-Israel and we may try to work through them to make sure that their platform is pro-Israel, too.”

While there is a growing divide among more moderate and liberal leaders on the Democratic side, presumptive Republican presidential nominee Donald Trump is also facing the challenge of uniting his own deeply divided party at its convention.

Bauer said he understood that this year’s Republican convention has its own “worries and challenges,” but that he felt there was a “solid majority in favor of this change” on the Jerusalem language.

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TEICHMAN CONT. FROM P1

with their pain, and understand why they would not want to invest themselves emotionally in yet another relationship that leaves them feeling so low.

Judaism teaches us that that the relationship of spouses to each other should be “to love her as much as he loves himself, and to respect her even more than he respects himself” (Yevamos 62b). As esteemed psychiatrist Rabbi Dr. Avraham Twerski noted in his article, Marriage That Endures: “It is of interest that Rambam, in citing the Talmud, reverses the order and places respect before love. Why? Because it is unrealistic to expect that one can have so intense a love from day one. It takes time for true love to develop. However, respect is something that can begin on day one.”

Reversing habits that are disrespectful to your date is key to both unlocking the real potential that exists between the two of you, and getting your relationship off to a healthy start. Here are 5 ways you can start off on the right track toward dating – and relating – in a dignified way:

1. Be curious: To build a real relationship, it isn't good enough just to hear the words your date is saying. Take genuine interest in who they are and respond with a sense of curiosity. This person is an entire world, with a unique history and set of life experiences. Ask yourself: What is their world about? What are their goals? What values do they stand for? What might they be trying to communicate to you? The answer to these questions aren't always apparent in the words that are spoken, but rather in the “subtext” of their words, their body language, and tone of voice. Don't just hear the words – try to experience the entire person in their essence.

2. Ask for clarification: Learn how to withhold judgment until you know the whole story. People often forget that they are entitled to ask questions rather than assume the worst. We tend to imagine that someone meant something far worse than they did, and our off-base assumption might lead to the demise of the relationship. Asking, “I'm curious. What did you mean by that?” can be a life-saver, simply because getting clarity on the intention behind

someone's comment often makes all the difference in how you feel about what they've said. Making assumptions about their intentions, on the other hand, could easily lead to a hasty negative reaction and/or premature dissolution of the relationship. So don't wonder what they meant – just ask!

3. Stay present: By being in the moment, you are giving your date the gift of having your full attention. So go ahead and silence your cell phone for a couple of hours. Not every text needs to be responded to immediately. Your sister got a splinter or your best friend passed her final exam? Get back to them a bit later. (If necessary, you may want to notify a few key people that you will be on a date and your phone will be off.) Unless it's a truly urgent matter or you're an ER doctor on call...it can wait!

4. Acknowledge your date's needs and preferences: If you are planning a dinner date and you know s/he is a vegetarian, don't make reservations at a steakhouse hoping s/he will be fine with ordering a salad. If you know s/he is giving a big presentation at work the next morning, don't buy sur-

prise tickets to a late-night show, assuming s/he wants to stay out til 2am. Being attuned to your date's needs indicates that you are paying close attention to what matters to them, which is an important aspect of dating with dignity.

5. Play it Safe – Literally: Too many women have told me disturbing stories about being left alone late at night at the end of a date. Gentlemen, even if you've already decided that the woman you're out with isn't for you, be a mensch! Escort her home at the end of the evening, even if it means you'll get home an hour or two later than you wanted to. Order a double espresso the next morning if you need it to get through the day. However tired you may be, her safety must take precedence.

And now, a word of caution: If these tips sound foreign or unimportant to you, or simply do not resonate, please use this article as a springboard for introspection about your own readiness to be in a long-term, committed relationship. These 5 tips are not meant to be used as superficial or temporary “strategies” for winning someone over (that's called manipulation).

CONT.ON P5

The Scandal-Ridden Chief Rabbinate Must Be Restructured

ISI LEIBLER

The scandalous depths to which the haredi extremists who have abused their rabbinical authority are sinking seem limitless. It is high time for Jews in Israel

an institution where corruption is rampant and jobs are provided as rewards for leading followers.

The power of the extremists derives from Israel's dysfunction-

al political system where the ultra-Orthodox political factions hold the balance of power and are in a position to extort.

The straw that may break the camel's back was the recent public disclosure that conversions conducted in

New York by Rabbi Haskel Lookstein, the revered patriarch of the mainstream Modern Orthodox community, were not recognized by the Petach Tikva Rabbinate which is under the jurisdiction of the Israeli Chief Rabbinate.

Lookstein's father, Rabbi Joseph Lookstein, was one of the early trailblazers of Orthodoxy in the U.S. and a stalwart in promoting the growth of Yeshiva University. A passionate religious Zionist, he was also one of the founders of Bar-Ilan University in Israel, over which he presided as president from 1957 to 1967. He founded the Ramaz day school in 1937 and on his demise in 1979, his son Haskel assumed his father's role and presided over the community, the synagogue and the school, which has now become a global model for the

Modern Orthodox day school.

He has also played a major Jewish leadership role on communal issues such as Israel advocacy and the struggle for Soviet Jewry, and symbolizes the best attributes of Modern Orthodoxy, influencing many thousands. Last month I was privileged to be present when this modest man was awarded a well-deserved honorary doctorate from Bar-Ilan University.

Thus, it can only be described as an abomination when a formal Orthodox conversion conducted by such a respected rabbi is considered ineligible in Israel on the grounds that the Chief Rabbinate decided to exclude him from their "list" of acceptable marriage celebrants.

This is completely unprecedented. The Chief Rabbinate was never intended to globally endorse the credentials of Orthodox rabbis on a Vatican-style register – especially not those in the Diaspora. In this case, the absence of transparency created further chaos with a spokesman from the Chief Rabbinate and the Petach Tikva Rabbinate making contradictory statements about

the issue. Ultimately Chief Rabbi David Lau approved Lookstein's conversions, despite the fact that they were rejected by the Petach Tikva rabbinical court - which is accountable to the Chief Rabbinate.

Former Chief Rabbis Isaac Herzog, Yitzhak Nissim, Shlomo Goren, and Benzion Uziel were deeply learned but also worldly and sought to reconcile Jewish law with the needs of a modern state. The stark contrast between them and their successors, many of whom are ignorant of the world in which they live, lack compassion and compete with one another to display greater stringency in interpreting Jewish law, conveys a totally distorted image of Judaism.

They have sought to impose their standards on all Israelis in relation to issues of conversion, marriage, divorce, and kashrut, bitterly opposing efforts to enroll their students to share the burden of defense, and in some cases denying them the opportunity of receiving an education, thus turning many of their graduates into permanent social welfare cases.

CONT.ON P15



Rabbi HAskel Lookstein

and the Diaspora to publicly vent their rage and insist that their shenanigans must cease.

The Jewish people can no longer remain hostage to a small group of unworldly ultra-Orthodox radicals who, with a total lack of compassion, monopolize control of Jewish life and seek to impose on the entire community stringent interpretations of Jewish law that even most observant Jews would consider excessive.

What makes this even more grotesque is that the ultra-Orthodox community has profound contempt for the institution of the Chief Rabbinate, which was initially harnessed to promote religious Zionism. It neither feels bound nor accepts the reliability of its supervision and merely exploits the institution to impose its stringent interpretations. It is also

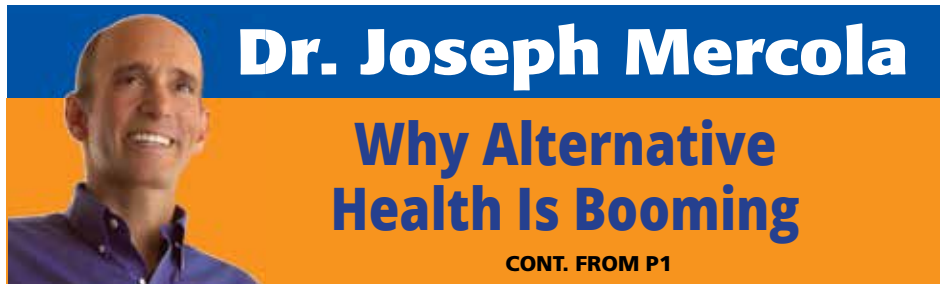
TEICHMAN
CONT. FROM P4

When they are exercised in a vacuum and do not reflect one's overall character, most of these practices are somewhat inconsequential at best – or at worst, they are downright deceiving. (Playing "the nice guy" (or girl) on dates #1 and #2 isn't going to cut it if "the real you" who isn't so nice, comes out on date #3!)

The pointers I've listed above

are meant to help you achieve a real, lasting relationship built on the foundation of respect, which can only happen if you are a sincerely respectful person! Therefore, internalizing the value of respect is an absolute prerequisite to using these tips effectively, both in your search for your soul mate and to keep things going strong long after the chuppah for many years to come.

Aish.com



ed. The figure is astonishing, but one has to wonder why people in America would spend that much money on what one prominent drug company referred to as “eclectic” and “unconventional” health approaches instead of mainstream (read: power broker) medicine.

According to a Time article covering the National Health Statistics Report (NHSR), which liberally used the term “complementary” as a nod to the quickly growing trend toward complementary and alternative medicine (CAM):

“Complementary medical approaches are alternative types of healing outside the realm of Western medicine, and they’re fairly popular in the U.S.

An estimated 60 million Americans spend money on them each year, and 4.1 million children have used some type of complementary

medicine, the report reveals. In all, the out-of-pocket costs for these types of therapies total \$30.2 billion.”

The study encompassed a wide range of alternative health care expressions:

The staggering thing is, \$30 billion is only around 1 percent, just the merest fraction, of what Americans spend every year on conventional health care!

Breaking Down the Dollars Spent on Health Care

Averaging the dollars spent on “complementary” health care in 2012, households with less than \$25,000 annual income spent \$435 a year, while families with an income of at least \$100,000 spent around \$590. Categorization included:

\$14.7 billion spent on alterna-

tive health care practitioners such as yoga instructors and chiropractors

\$12.8 billion on natural supplements such as ginkgo biloba, glucosamine and vitamin D (about 30 percent of what was spent on prescription drugs)

\$2.7 billion for CDs, books and self-help materials on the topic

It’s very telling that households making less than \$25,000 per year paid an average of \$435 for alternative health care including what they spend for natural supplements.

The interesting thing is, the money being laid out even by individuals on low incomes is not covered by insurance. They’re paying for it out of their pockets. Do they know something you don’t?

Why Americans Pay Out-of-Pocket for Alternative Health Care: ‘They Believe in It’

Study co-author Richard Nahin, Ph.D., from the U.S. National Center for Complementary and Integrative Health (NCCIH) said the amount of money spent in the U.S. by people who disregard their lack of health care insurance coverage in pursuit of alternative health mo-

dalities shows they have a greater amount of trust in them than conventional medicine.

Part of the reason alternative health care is expanding is because of the soaring costs associated with conventional medicine, but chronic pain is often a motivation.

You could say the money spent indicates in the most dramatic way possible that people either trust alternative health care options implicitly because it’s worked for them, or they’ve developed grave mistrust for the conventional medicine they’ve either seen practiced or experienced themselves.

In 2000, the Journal of the American Medical Association (JAMA) published an enlightening article revealing that, following heart disease and cancer, the American health care system is the third highest cause of preventable death in the U.S. According to The Commonwealth Fund:

“Despite having the most expensive health care system, the United States ranks last overall among 11 industrialized countries on measures of health system quality, efficiency, access to care, equi-

CONT.ON P7

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Moshe's CROSSWORD By Yochai Ben Yitzchak Dov

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Across
A1) Wind dir.
4) Large bodies of water
8) Agitate
12) Weeding tool
13) Peel
14) TV host Jay ____
15) Elation
17) “The Diary of ____ Frank”
18) Choice
20) Of course!
21) Shudder
24) ____ Kippur
27) BPOE member
28) Supplement
29) Stop ____ dime (2 wds.)
30) Thorny blooms
32) Shooter’s group (abbr.)
33) ____ Moines, Iowa
34) Choose
35) Small amount
36) Take for granted
38) 100%
41) Was grateful for
46) Circle sections
48) Paste, e.g.
49) Become weary
50) Juvenile
51) Once called
52) Encourage
53) Outcomes
54) Furthermore

Down
1) Citi Field predecessor
2) Spirit
3) Bawled
4) Mushroom “seed”
5) Works for
6) Operatic melody
7) City in Washington
8) Work hard
9) Slum building
10) Road house
11) Fish eggs
16) “You there!”
19) Irritates
22) Gumbo veggie
23) Enjoy a book
24) Jedi master
25) Till bills
26) “The Texas Chainsaw ____”
27) MA time zone
30) Frolic
31) Perform surgery
37) Distressed
38) Was sore
39) Mortgages
40) ____ Vegas, Nevada
42) Adam’s home
43) Rocker ____ Turner
44) Uniform
45) Exploit
46) “One Day ____ Time” (2 wds.)
47) Kid

ANSWER TO THIS WEEK’S CROSSWORD ON PAGE 25

MERCOLA
CONT. FROM P6

ty and healthy lives, according to a new Commonwealth Fund report.

While there is room for improvement in every country, the U.S. stands out for having the highest costs and lowest performance — the U.S. spent \$8,508 per person on health care in 2011, compared with \$3,406 in the United Kingdom, which ranked first overall.”

Iatrogenic Causes of Death: In a Hospital, the Worst Kind

The 2000 JAMA article, authored by the late Dr. Barbara Starfield, who was a co-founder of a scientific organization devoted to addressing inequity in health care, indicated that “fatal events” from iatrogenic causes — i.e., due to a physician’s or hospital’s activity, manner or therapy — are responsible for the deaths of 210,000 Americans annually.

Including deaths related to diagnostic errors, errors of omission and failure to follow guidelines, the number skyrocketed to 440,000 preventable hospital deaths each year. Starfield’s article asserted:

“The medical system has played a large role in undermining the health of Americans. According to several research studies in the last decade, a total of 225,000 Americans per year have died as a result of their medical treatments:

12,000 deaths per year due to unnecessary surgery

7,000 deaths per year due to medication errors in hospitals

20,000 deaths per year due to other errors in hospitals

80,000 deaths per year due to infections in hospitals

106,000 deaths per year due to negative effects of drugs”

These numbers at that time made iatrogenic deaths third in line behind heart disease and cancer. However in 2015, CNN reported the leading cause of (unintentional) death the previous year was from drug overdoses, a 14 percent increase since 2013. Overall, since 2000, opioid drug overdoses have doubled — twice. CNN reported:

“The biggest increase in deaths was from synthetic opioids, which went up 80 percent. According to the CDC, the increase in synthetic opioid deaths coincided with increased reports by law enforcement of illicitly manufactured fentanyl.

Prescription painkillers such as oxycodone and morphine are derived from the same poppy plants as heroin. Most heroin users initially start by using prescription painkillers.”

Another Shot of Cynicism Regarding Conventional Health: They Hide Death Data

As often happens in government-sanctioned entities, when the data becomes too bogged down with uncomfortable or potentially damaging information, the easiest thing to do is hide the statistics. Supporting that premise, USA TODAY reported in 2014:

“The federal government this month quietly stopped publicly reporting when hospitals leave foreign objects in patients’ bodies or make a host of other life-threatening mistakes.

The change, which the Centers for Medicare and Medicaid Services (CMS) denied last year that it was making, means people are out of luck if they want to search which hospitals cause high rates of problems such as air embolisms — air bubbles that can kill patients when they enter veins and hearts — or giving people the wrong blood type.

... Foreign objects may be retained after surgery twice as often as the government estimates, or up to 6,000 times a year. Sponges, which can embed in intestines, account for more than two-thirds of all incidents.

For patients who survive, the complications can last a lifetime, leading some to lose parts of their intestines.”

Whereas thousands of hospitals once made the number of “hospital-acquired conditions,” or HACs (such as MRSA or foreign objects left behind after surgery), available to the (savvy) public on the Hospital Compare website, that changed with the new government directives. Eight HACs were removed from the list completely.

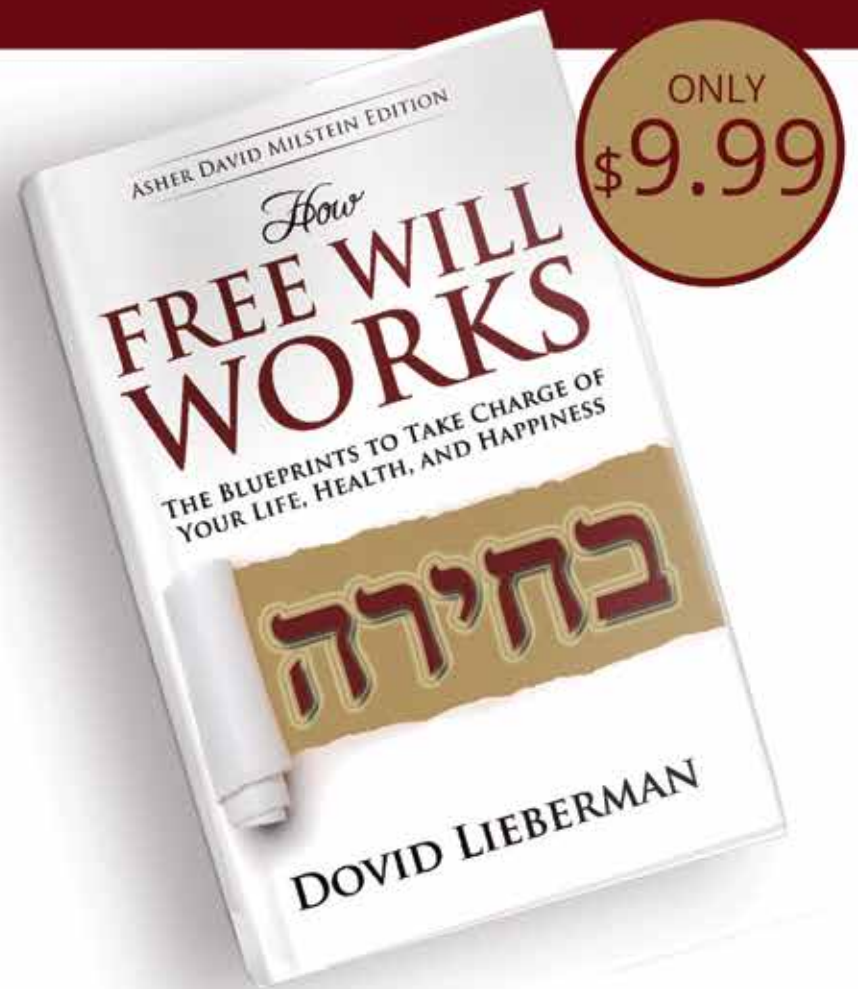
What You Don’t Know Might Kill You or Somebody Else

The Centers for Disease Control and Prevention (CDC) doesn’t hamper itself by publishing medical error information or making any provision for reporting iatrogenic causes for its mortality statistics. Those are circumvented completely, so it lists “respiratory disease” as the third most prevalent

CONT.ON P21

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Roy Neuberger

TRYING TO UNDERSTAND THE PARA ADUMAH

This week we are presented with the classic “chok,” a law which is seemingly incomprehensible. As the Artsroll commentary puts it, “The Midrash focuses primarily on one paradox in the laws of the para adumah: its ashes purify people who had become contaminated, yet those who engage in its preparation become contaminated.” (Introduction to Parashas Chukas, Stone Chumash) Shlomo Hamelech exclaimed concerning this mitzvah, “it is far from me.” (Koheles 7:23)

Yet we desire to understand! No matter how difficult, why should we not explore this mystery?

This is not an abstract issue. It happens that this mitzvah is vital precisely at this moment in history. Right now, we need the para adumah! We live in an era so complex that a way out seems impossible. The only yeshua involves the para adumah. We need that red cow to reach the Geula Shelema. For all these reasons, it seems vital to understand the process through which Redemption will come.

Let’s say that the para adumah is the essence of gashmius. She is completely red, the color of blood, fire, heat, violence ... the color of Esav! She has never had an “ol” upon her, meaning she has never been subject to discipline or restriction. No attempt has been made to channel the gashmius into ruchnius or ameliorate her animal nature.

Is it then so surprising that the one who shechts, burns, mixes the ashes with water becomes tamei? Why is that surprising? He is dealing with unadulterated gashmius, untouched by ruchnius! Gashmius is death. Its end is always dust and decay. Is this not the essence of tumah?

But how do the ashes of the para adumah bring purification from the very tumah which the animal represents? All gashmius is, by definition, mortal. Ruchnius is immortal. So how can that which dies save from the impurity of death? How do the ashes of the para aduma cure you?

You cannot be in Hashem’s Presence as long as you contain an atom of tuma. The Kohain Gadol on Yom Kippur cannot have one

impure thought when he is in the Kodshai Kodoshim! To be in Hashem’s Presence one must be completely free of rebellion or impurity; otherwise one would be burned to a state of nonexistence, as were Nadav and Avihu. Imagine what was on the Kohain Gadol’s head on Yom Kippur!

How is this possible? Not one stray thought! Utter purity! How? It is beyond human capacity! And yet it was done. How?

Like every korban, the para adumah was you! What happened to the korban was a reflection of what was happening to me. When the para adumah was shechted and burned, then death itself was being shechted and burned. Death was killed! As we say on Pesach, “Then came Hakadosh Baruch Hu and slew the angel of death Chad Gadya, Chad Gadya!”

When Am Yisroel made the eigel hazahav, Moshe Rabbeinu ground it into dust, and he made Am Yisroel drink the water containing the dust. When you destroy that which represents death, then you are overcoming death itself and elevating yourself to a level of ruchnius.

Idolaters try literally to kill the tumah within themselves, and they cannot succeed. They flagellate themselves. They become celibate and live as if they were dead, with the result that they become completely immersed in the very tumah they are trying to eradicate. Instead of shechting cows, they worship cows and flagellate themselves! Idolaters blow themselves up or throw themselves and their children into fires! They become depraved in their hopeless attempts to make themselves “holy” by eliminating what they feel is impurity within themselves. Since they believe that they themselves are intrinsically sinful the only way to eradicate sin is to eradicate themselves! In trying to become “pure” they become completely impure.

Lehavdil, the Ribono shel Olam has shown Am Yisroel a road to purification from the tumah of death. We take a para adumah, shecht it and burn it. We do not

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destroy ourselves, but we destroy the tumah itself, which is outside us, not inside us. We kill the red cow; in other words we kill gashmius itself, just as Hashem shechts the Malach Hamauves in Chad Gadya.

How does it help to sprinkle the ashes of the dead symbol of death on ourselves?

Water is life. You cannot live without water. But water is physical. How does physical water become spiritual life as well as physical life? By adding to water the ashes of the para adumah. When you “kill death” and you mix the ashes with water, then the physical application of water and the ashes of what was once tumah become a source of spiritual life, because by definition the death of death means eternal life.

There was no death in Gan Eden. Before sin, there was no death. The Bais Hamikdosh, where the Shechina dwells, is the earthly location of our ability to be in the Presence of G-d. To be there requires total purity, which comes about through the death of death. The ashes of the para adumah, mixed with water, are the physical means of our spiritual purification, which enables us to stand in the

Presence of the Shechina.

I don’t claim to understand what I just wrote, but it does seem to make some sense. In the days ahead, Hashem will reveal to us how this will work, because it seems clear that the chaotic world in which we live is going to have to be saved by a solution which is completely beyond our understanding until it happens!

Until then, let us hang on very tightly to Hashem and His Torah and soon we will see for ourselves how this Geula Shelema will unfold before our eyes!

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

"THE SHMUZ"



Rabbi Ben Tzion Shafier

THE EXTENT OF REWARD PARSHAS CHUKAS

HASHEM said to Moshe, "Do not fear him, for into your hands have I given him, his entire people, and his land; you shall do to him as you did to Sichon, king of Amori, who dwells in Cheshbon."

— Bemidbar 21:34

The Jewish nation had just defeated the Emorim and were preparing to conquer Bashan. Og, the king of Bashan, led his army out to meet the Jews in battle. Og was a giant of a man and was feared amongst the nations and Moshe Rabbeinu was reluctant to attack. HASHEM reassured him, saying, "Do not fear him."

Rashi explains that Moshe was not afraid of Og because of his physical stature, but because of his personal merit. Many years earlier, in the time of Avraham Avinu, a coalition of five kings ruled the world. Four competing

kings joined forces and waged war against these five kings and were victorious. During one of the battles, they captured Sedom, where Avraham's nephew Lot had been living. Og survived that battle and ran to Avraham to tell him that Lot was being held captive. Because Og did this favor for Avraham, Moshe was afraid that the merit of that act would allow Og to beat the Jews in battle.

This Rashi is very difficult to understand, as the Midrash also explains Og's motivation. Sarah Imeinu was one of the four most beautiful women who ever lived. For many years, Og had his eye on Sarah. The problem was that she was a married woman. With the capture of Lot, Og saw his moment. His plan was simple. He would tell Avraham that his nephew had been captured. Avraham, the altruistic tzaddik,

would go to save his nephew. The four kings, the most powerful force on earth, would never allow a captive to go free. Avraham would enter into battle with them and be killed. And along would come the gallant Og to save Sarah from her widowhood. With this plan in mind, Og arrived to tell Avraham the news.

Og wasn't engaged in redeeming a captive; he was manipulating events to cause the death of an innocent man in hopes of taking his wife. Why would Moshe be afraid of the merit of such an act? That act wasn't a mitzvah. If anything, it was a sin.

The answer to this can best be understood with a mashal.

What's your GPA?

Imagine that a recent college graduate applies for a job, and the interviewer asks him about his academic record. "So tell me, how did you do in school?" "Well, my first semester, I got an A in Chemistry, a B in Accounting, and a B+ in Economics. The next semester, I got..." "Okay, okay," the interviewer says. "You don't need to give me every detail. Just tell me your overall grade point average"

The employer doesn't want to know the minutiae. He's just looking for an overview. He wants to know in general terms whether or not this fellow is intelligent and hard-working. To find out, he asks for the cumulative average.

One of the reasons we don't fear being judged at the end of our lives is that we assume that the judgment will be like a GPA, an average of everything that we've done. "I'm not afraid because, on balance, I was a good guy. I'm not saying I was a tzaddik. I'm not saying I was perfect. But I did a lot of good things, accomplished plenty. Granted, I could have done more. Certainly there were some things I should not have done. But overall, I'm okay."

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TEICHMAN CONT. FROM P1

mittee or involved with strategic planning?”

Yes, we all believe that we need to know what's going on in the world. So we immerse ourselves in a constant barrage of information that damages our peace of mind, our ability to function and ultimately our trust in the Almighty. With the information overload and our relative inability to influence events, it's all too easy to give in to despair.

Here's a radical solution: Turn off the radio or television or computer – whatever is the source of your news. Yes, just turn it off. If you turn it on a week or two weeks later, you may have missed some specific events that someone will tell you about anyway, it's unlikely anything significant will have changed. And if anything significant changes, it's unlikely it will affect you. And if it affects you, it's unlikely you can do anything about it!

When we were living in Israel during the Gulf War, we were all glued to our radios. We were news junkies, awaiting minute by minute updates. We could rationalize our behavior (and thus our distraction

from more spiritually-oriented endeavors) by telling ourselves that we would hear the siren through our radios and of course we needed to hear the siren. Someone came up with a brilliant solution – a solution that allowed us to both hear the sirens on Shabbos and engage in our regular daily activities without fear of missing it: they created a radio station that was silent – unless there was a siren! No more wasted time listening to the 24-hour news cycle.

If you can't quite bring yourself to turn it off, then drastically limit it and tune in once a day. Don't make the news, especially the bad news, the background noise to your life. Even without this particular negative effect, there are so many reasons not to have the television or radio constantly playing. Get the information you (think you) need and then turn it off. And avoid talk radio at all costs!

This is a practical approach with spiritual benefits. Now that we have weaned ourselves from activities that take us down a dark path, we need to look for a positive response. In this I remind myself of the verse in Proverbs (21:1) that teaches us that the “heart of the king is in the hand of the Almighty”. It seems like

SEE THE WHOLE PERSON ALAN MAGILL

We were brought up with the adage, “Don't judge a book by its cover,” but sometimes it's difficult to put that into practice. We often make snap judgments based on what a person looks like, or how they dress, or how they speak, or where they work. When we do this, we cut ourselves off from getting to know the essence of so many around us. This can be particularly true when a person appears “different.” They may be in a wheelchair or have some other physical limitation, or they may have a mental issue that is dominant in first meeting them. To be sure, often it's not a looking down at people with issues, but rather a lack of confidence or knowledge of how to relate. And those other people may so very much be in need of human contact.

I remember the extreme frustration of a woman, who I'll call Sara. Who lived in a nursing home where I worked in recreation. Sara was in a wheelchair which she moved ever, ever, ever so slowly with her one good hand. Sara's mind was sharp and clear. There were a number of residents at the Home who exhibited various levels of confusion on up to advanced Alzheimer's Disease. It was easy (and unfortunate) for the staff to lump almost everyone together in the category of not knowing what they're doing. But if people would have taken the time to get to know Sara they would have seen how bright and motivated she was to pursue her varied interests.

Sara lived on the fifth floor and very few residents left their floor unless they were escorted by staff. But each floor was a world unto itself with a myriad of recreation programs and breakfast, lunch and dinner served in the day room. One day, the elevator stopped on the third floor and Sara, with great effort and with what looked like great difficulty slowly wheeled herself off the elevator. She was treated by a chorus of staff members calling out loudly, “You're on the wrong floor! You're on the wrong floor!” This agitated Sara to the extreme. She cried out, “I'm not on the wrong floor! I'm coming here for Alan's current events group.” Whatever pain she had in wheeling her chair down that hallway was magnified greatly by her perception that people were underestimating her, for not giving her credit for knowing what she was doing.

Contrasted with Sara was another woman I once provided recreation programs to at that nursing home who had both physical and mental limitations. I'll call her Lena. She sat in her wheelchair all day and did not attempt to move it. In the months prior to an incident I am about to describe, I never heard her say a word. She just stared straight into space. It would have been so easy to write her off as an extreme unfortunate who was no longer connected to the world. But my supervisor did not countenance writing ANYONE off.

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the world leaders are controlling the world but it is only an illusion. Nothing happens without the Almighty's acquiescence. He is pulling the strings. This is a comfort despite how dire events may look on the surface. He is running the world. It is all according to His master plan. I tell myself these ideas over and over and over all day, every day. They help me out when I get into a funk about challenges in my personal life and they enable me to move forward after I've broken my own rule and snuck a peak at the news!

Without this knowledge, I would be paralyzed, I would despair. With this knowledge, I have only hope. There may be challenging times

ahead (when have there not been?) but ultimately it will be good. I believe that most of us recognize this reality. It is what gives us the hope and energy to get out of bed every day and put one foot in front the next and keep moving.

It takes self-discipline not to watch the news. It can be an addiction, a bad habit like any other – but if there's anything that we really “need to know”, it's not what Anderson Cooper or Chris Matthews have to report; it's that this world is run by the Almighty who is a loving Father who only wants our good and that ultimately everything will work out

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SHMUZ
CONT. FROM P9

The Mesillas Yesharim (Chapter 4) explains that in the World to Come, the judgment isn't "on balance." Every act is judged separately. For every act that was meritorious, I will be rewarded. For every act that I should not have committed, I will be punished. But one doesn't cancel out the other. My mitzvos don't wipe away my aveiros, and my sins don't eliminate my mitzvos. Each one is weighed and measured, and rewarded or punished independently. Furthermore, just as each action is weighed separately, so to is each part of the action. If I volunteered to drive an elderly man to a doctor's appointment, on one hand it is a great act. I took off an entire afternoon to help a fellow Jew. For

that, I will be rewarded. But what if while driving, I couldn't help but feel a twinge of arrogance thinking, "Look at me. How many people are as good as I am? Come on, how many people selflessly, without any drive for honor, help an old man? Not many..."

So is this a mitzvah or an aveirah? The answer is both. The outer act was great. But the inner condition was flawed. For the act, I will be rewarded. The self-inflation, however, damaged me, and for that I need atonement. Each part weighs into the verdict.

This judgment is very different than the way we assess things in this world. When we judge others, we focus on their intention. Was he trying to help me or to harm me? Is he a friend or foe? HASHEM's ruling, however, is infinitely more exacting. There are

many dimensions to each act, and many factors to be considered. What were your motives? How pure were they? Where were you coming from? Was this easy for you or difficult? Each act is judged separately, and each part of the act is broken down as well.

Was the act a mitzvah or a sin?

This seems to be the answer to Og. Og was plotting an act of murder. But he was instrumental in saving Avraham's nephew. While his intention was evil, the act had merit; it helped a tzaddik. The precision of judgment is so great that nothing is overlooked. In most situations, an act like this, which was so devoid of purity, would have little weight. But this was the great Avraham that he had assisted. A favor to such a man, albeit a favor extremely damaged, has considerable merit. Moshe

was afraid because the Jewish nation was entering into war, and war is a time of danger. In a time of danger, the sins of the people might be revisited, and the fate of the nation might be re-examined to determine whether they deserved a miraculous victory. In such a calculation, Og's merit might tip the scale.

This concept is very illustrating. By seeing the extent of judgment, we come to understand the greatness of man. We recognize how significant our actions are and how great an impact they have on us and on the world.

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

For more on this topic please listen to Shmuz #51 - Bitachon and Hishtadlus - Finding the Balance

MAGILL
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One day I offered a sensory awareness program in the day room on Lena's floor. Lena was sitting further away from me than usual as I showed various pictures and got people to talk about them. After the 45 minute program in which I had elicited responses from a number of people, it was time for me to wish everyone well, gather my materials and take myself to a much needed lunch. Which is exactly what I was going to do until I noticed Lena out of the corner of my eye sitting quietly as usual, staring straight ahead. I became aware of not having shown Lena any of the pictures during the program.

The fatigue of my body - or my yatzer hora - was telling me, "What difference does it make? I could hold paintings right up to her face and she wouldn't even be aware of it." By thinking that I had reduced her to almost being an

inanimate object, which of course she wasn't. She was a person who was created by Hashem who deserved to be interacted with. So I took a painting of a gorgeous array of fruits in a basket and carefully walked around a number of people in wheelchairs and held up the painting in front of her eyes and said, "What do you think of this, Lena?" She looked at it with great intensity and interest and then said with enthusiasm, "Beautiful!" That was the first word I had ever heard her speak. I never heard her say another word again. But it was one of the most meaningful work experiences of my life. So if Lena deserves to be seen as a person with interests, as a person with an inner life, THAN WHO DOESN'T?"

In my years of work in recreation, I have seen many Yeshivas and schools send children to visit and cheer up the seniors at the numerous venues I have been employed at. For some of these

children, it could be daunting, to feel comfortable around someone who is much older and in a difficult physical condition. What could help these children is being sensitized at an early age that "different" doesn't mean "bad" and that the people with issues could not only gain much from interaction with children, the children themselves could learn a lot and have enjoyable experiences with the seniors. A children's book, "Let's Appreciate Everyone," by Bracha Goetz (recently published by Judaica Press) is a welcome offering to help young people learn how to better relate with those who are different. "The book sensitizes children (and adults) about disabilities and the importance of appreciating everyone and including everyone as much as possible," noted Goetz. "We all actually have disabilities and we all also have gifts that we bring to the world." Goetz added that the book "specifically teaches how to interact more effectively

with people who are in wheelchairs, people who are deaf, people who are blind and people who may have invisible disabilities and may be grumpy or standoffish. It gives examples of great people in the Torah who had disabilities. And it provides exercises for the children to experience what it feels like to feel different than others and left out, and shows them how to help people feel better and value them much more."

With greater understanding comes greater opportunities for meaningful interactions with others.

I can be reached at pr2hope@aol.com. The Shabbos Pirkei Avos shiur for women that I organize is scheduled to run through the Shabbos before Rosh Hashana at Congregation Tomchei Torah, 1966 Ocean Avenue, between N and O, Midwood, Brooklyn. For July 25 I will give a talk on Pirkei Avos at 5:00 p.m. followed by a talk by Ivy Kalazan at 5:20 p.m. on the Three Weeks.. The summer series features a variety of speakers and meets either in the Downstairs Social Hall or the Upstairs Ladies Section...I am Director of Recreation at Ateret Avot Senior Home of Midwood...I do customized picture/poems at reasonable rates.

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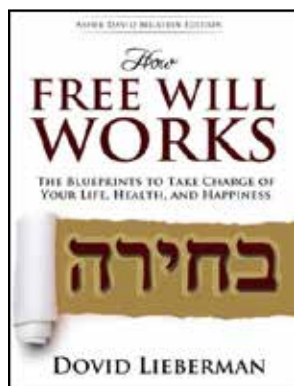
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How Free Will Works - 6

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which is in the center of the garden Hashem has said: 'You shall neither eat of it nor touch it, lest you die (Genesis 2:17).'

(Hashem had

commanded that she not eat from the tree, but she herself added the prohibition against touching it.) The serpent pushed her against the tree and said, "Just as you did not die from touching it, so you will not die from eating it (Midrash, Rashi on Genesis 3:3)." According to another tradition, it was Adam who expanded God's prohibition to include touching the tree, but he neglected to clarify this point with Eve. We see from this interpretation that falsehood

In the previous column we discussed that then our ego rules we become stuck in a perpetual cycle of bad decisions, such that we feel further compelled to justify our previous actions, regardless of the consequences; and our commitment to staying the course tends to become stronger once we have invested time, money, or energy into something—whether it's a tumbling stock, a doomed relationship, or a dead-end job.

In fact, irrational commitment was the opening salvo of the yetzer hara. Eve said to the serpent, "Of the fruit of the tree

is the opening to the yetzer hara.

The serpent ("ego incarnate") injected itself into her thinking, and because she did not want to retreat from her previous statement, she relented, accepting the logic put forth, even though she knew it was tainted by her own lie.

RIGHT TO THE END

Even after the facts become obvious, an intelligent but egocentric person may not only stay the course of a bad decision, but still persist in engaging in outright self-destructive behavior. The ego wants us to see ourselves as victims of fate, circumstance, or others' cruel behavior in order to avoid taking responsibility for our actions and our lives. We become locked into these patterns in order to manipulate reality and to cause it to unfold in accordance with our expectations. It's how we need the world to be.

Being right becomes more of an emotional priority than doing what is right. We act against our own best interest because, unconsciously, we need to prove to ourselves and to others that we have been damaged, and so

we perpetuate our own misery.

Renowned psychologist Dr. Nathaniel Branden writes,

I am thinking of a woman I once treated who grew up thinking she was "bad" and undeserving of kindness, respect, or happiness. Predictably, she married a man who "knew" he was unlovable and felt consumed by self-hatred. He protected himself by being cruel to others before they could be cruel to him. She did not complain about his abuse since she knew that abuse was her destiny. He was not surprised by her increasing withdrawal and remoteness from him since he "knew" no one could ever love him. They spent 20 years of torture together proving how right they were about themselves and about life.

When we suffer from low self-esteem, we often feel that something bad will happen to us after something good happens. When unexpected fortune comes our way, there is an anxiety brought on by this feeling of unworthiness. In order to reduce the emotional tension, we may even sabotage our success to

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LIEBERMAN
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fulfill our personal prophecy, which gives us a contrived sense of security. The world is as we predicted. Our beliefs—no matter how damaging and distorted—have been reaffirmed. We will be right, even if it kills us.

Chapter 4

The Lure of Conformity

In nonphysical space, closeness is measured in terms of similarities. Conceptually, the space between low self-esteem

(an egocentric mentality) and the yetzer hara is shorter—because it's more similar—than between someone with higher self-esteem (elevated presence of the soul) and the essence of the yetzer hara.

For what really is the difference between a self-centered person and his yetzer hara? This is why such a person can abruptly shift from being reasonable one moment to grossly reckless behavior in the next. He lives on the cusp of these intermingled forces.

To illustrate with a real-

world metaphor, all objects are attracted to each other by the force of gravity. The strength of the attraction depends on the size of the objects (mass) and the distance between them. The more we identify with the yetzer hara, the greater our attraction or susceptibility to unhealthy influences, because it is “heavier” and closer in proximity to the world of falsehood.

Simply, the less control we exert over ourselves, the more sway our surroundings hold over us. Simply, a person who does

not trust himself is unknowingly guided by the world—to tell him truth from falsehood. We must all, however, be vigilant. Because we are a mélange of body, ego, and soul, no one is impervious to the hidden force of social influence that imperceptibly recalibrates one's moral compass to accommodate the need for acceptance and recognition (and to sanction self-indulgence). In next week's column we'll take a look at some fascinating, though highly disturbing, studies on the sheer power of social influence. You don't want to miss this!

ALEC BORENSTEIN

What's Going On? A Lesson from Dallas

On Thursday night of last week I came home from playing basketball and I turned on Fox News and saw the horrific images out of Dallas. After a week of tragedies in Louisiana and Minnesota, the only question I could ask myself is: What's going on?

We have a nation divided. We have a nation in anger. One of our presidential candidates has a worse temperament than my 5 year-old son, and the other is basically a liar. I heard Trevor Noah, a comedian from the Daily Show, remark recently we should just not have an election. He's right, we shouldn't have an election. What's going on?

I don't need to mention ISIS bombings, killings in Israel, mass shootings in this country and around the world. All of which prompt us to ask: Is this really happening? Why is this happening? What's going on?

After asking myself these questions over and over again, I realized that I need to try something new. Perhaps the problem lies in the asking of the questions in the first place.

Tony Robbins, the founder of (life) coaching, has an amazing point related to questions. Tony says, the quality of the questions you ask will determine the quality of life you will lead. If you ask a question that empowers you, you'll get an empowering answer. If you ask a disempowering question, you'll

get a disempowering answer.

Think about this principle in your own life. Have you ever asked yourself: Why does this always happen to me? Why am I so stupid? When you ask a question like that, the response is often: Because you're an idiot or Because you deserve it or Because you're a terrible person.

On the other hand, when you ask yourself questions like: What is the best solution to this problem? Or How can I make this activity fun and exciting? - your mind will search for answers that get you excited.

At the end of the day, your mind is a faithful servant. If you set it up for success by feeding positive questions, it will bring you success. If you set it up for failure by asking for questions that call for a negative answer, you will get negativity.

Which is why, as a culture, we are asking the wrong questions. The more we ask the wrong questions the more we will get negative results. How do I know this? Because the proof is in the state of the world as we see it.

Thus, “what's going on?” is the wrong question. The right question is: How can we use the lessons of Dallas and Louisiana and Minnesota to fix the problem? Or perhaps, What can I do as a person to make this situation better? How can I be more loving to those who are different than myself to help solve these issues?

I do not believe that you

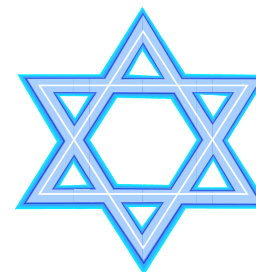
should bury your head in the sand. Yes, there are evil people out there and they need to be destroyed. ISIS is evil. But the racial fighting in this country is not the same thing, and we have to acknowledge that and do our part to be part of the solution and not part of the problem. And the right solutions come from the right questions.

As we go about our lives, notice when you personally ask yourself the wrong questions. And then start to ask yourself questions that empower you. Don't ask

yourself: Why am I so tired? Ask yourself: What can I do to be more energetic? Don't ask yourself: Why is the world such a terrible place? Ask yourself: What can I do to make it a better place?

Your brain always finds the answers. Better to ask it the questions to which you really want the answers.

Alec Borenstein, Esq., an estate planning attorney, is a Teaneck resident with offices in Springfield and Brooklyn. His firm's website is bmcestateplanning.com. If you'd like a free estate planning consultation in the comfort of your own home or office, please email alec@bmcestateplanning.com.



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REVIEWS | Daniel Keren

The Sultan's Trap and Other Delightful Tales For Kids of All Ages

("The Sultan's Trap: And Other Miraculous Tales of Faith & Wonder" by Zalman Goldstein, 261 pages, The Jewish Learning Group, 2016)

I recently opened up a package not knowing what book had been mailed to me for possible review in The Jewish Connection. And when I saw the bright shiny cover of the book, I couldn't help but smile as I realized that with the author's name of Zalman Goldstein, it must be a Chabad collection of stories for children.

But little did I realize that the author is the son of the late legendary "Uncle Yossi" Goldstein storyteller whose tapes of more than 50 Jewish stories backed up with songs have enchanted youngsters and their parents for perhaps more than a half century. Rabbi Yosef Goldstein of blessed memory was for more than 50 years a principal of a Bais Yaakov

school in Boro Park and he came up with the idea of retelling over stories for children that he as a young child heard from his mother who in turn had heard those same stories from her father.

And so with this new sparkling collection of delightful children's stories titled "The Sultan's Trap," we have the fourth generation of that family relaying stories that not only are a delight to read and listen to, but also communicate more effectively than a shiur or lecture the beauty of the unique ethics and morals of the Jewish people. It is also a most fitting memorial tribute from the son (Zalman) to his father (Uncle Yossi) who was nifter three years ago just before Pesach.

The book begins with a quote from Rabbi Yosef Yitzchak Schneersohn, zt"l, the Sixth Grand Rabbi of Lubavitch: "A Jewish story often inspires love and awe of

Heaven better than anything else." In the tradition of his father "Uncle Yossi," Zalman Goldstein has put together a most intriguing selection of 15 traditional stories and one more modern tale that is overflowing with ahavas Yisroel, (love of a fellow Jew), bitachon and emunah (trust and faith) in Hashem and other precious Jewish middos, values.

I love reading inspiring Jewish stories for the very reason quoted by the Previous Lubavitcher Rebbe. However, not all books put out by well-meaning authors captivate the imagination and spirit of the reader or listener. But "The Sultan's Trap" is one such volume that your children, grandchildren, nephews, nieces or neighborhood children will love and gain spiritually from; perhaps even pestering you to read them over and over again until they are old enough to read these stories themselves at bedtime or as the author recalls from his childhood on long Shabbos afternoons.

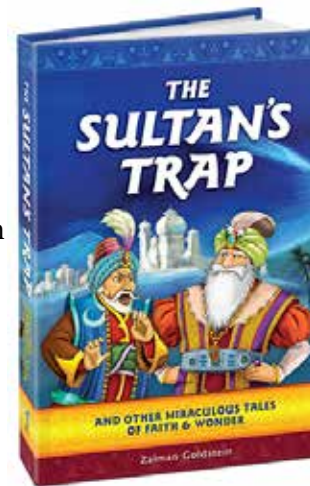
Lubavitcher and indeed most Chassidim have an extra special affinity for telling over or listening to stories, especially on Motzei Shabbos Melave Malkas. The stories chosen for "The Sultan's Trap" are from traditional sources. And while a few of the stories I had read were familiar to me from earlier books or telling over of stories, even those with slight or not so slight changes; are rendered in my humble opinion into a better style than I remember having read or

heard before.

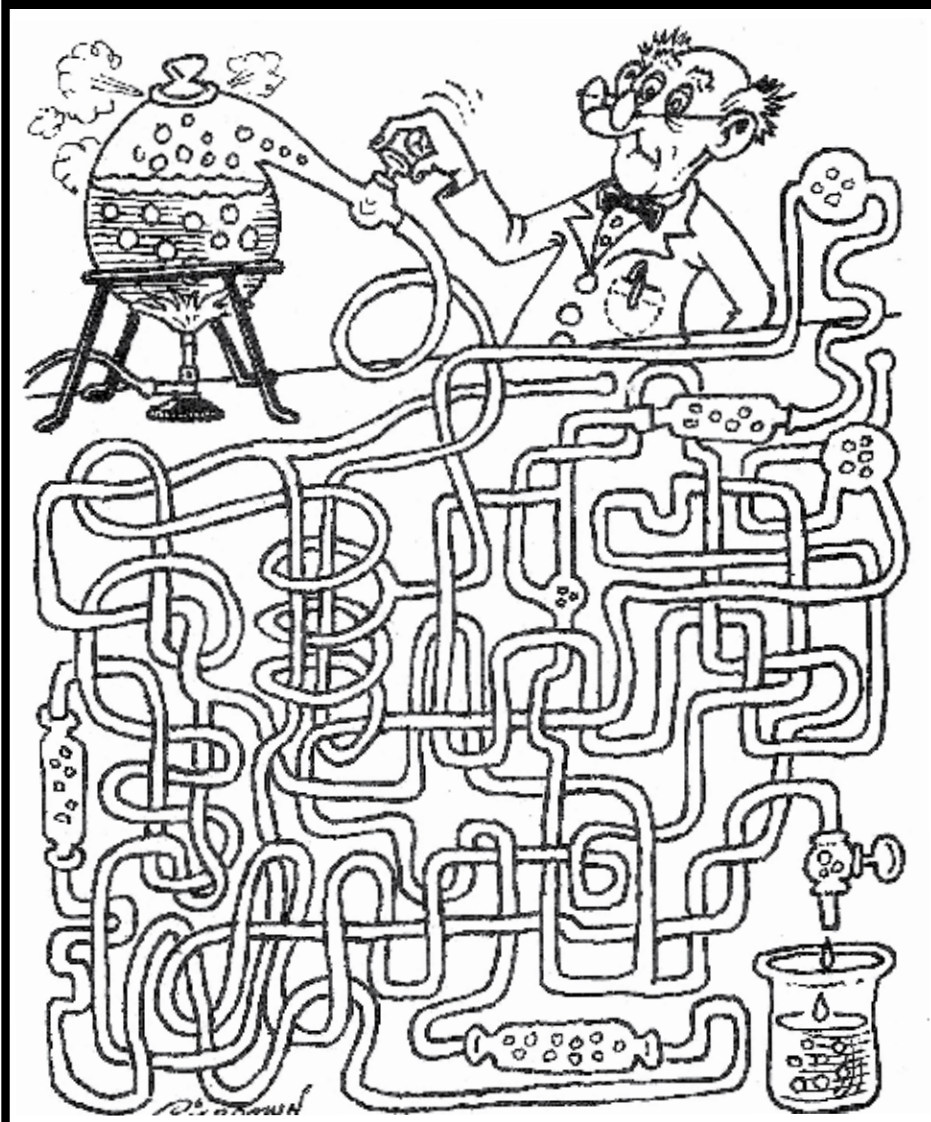
Most of these charming stories require one to book a ticket into the world of imagination. But, hey if Hashem could create our world and universe out of stunning nothingness, then even these delightful tales could have really happened and even if they didn't happen, they should have happened and of course their morals and ethical teachings are important for both the reader and the listener to reflect upon and to try and incorporate into our lifestyles in this "real" world.

A lot of effort was invested into collecting these stories and trying to relay them as accurately as possible" Of course, not every effort in and of itself is successful. But I am happy to say that in this case Zalman Goldstein has jumped all the hurdles and has in the process created an important book that will find a reception in every Jewish home whether already religiously observant or secular, but with an open mind to the beauties of a Jewish life as relayed in these charming stories. No doubt, the author's father (Uncle Yossie) in Gan Eden is rejoicing in the literary achievement of his son. Definitely a great gift idea for kids of all ages!

"The Sultan's Tale" by Zalman Goldstein is available in Jewish bookstores or by clicking www.JewishLearningGroup.com or emailing Info@JewishLearningGroup.com



MAZE



ANSWERS ON PAGE 36

Ask Dr. P
"What's in Your Lotion?"

Louie from Flatbush recently asked, "Dr. P... Now that the warm weather is here, how can I keep my skin in top condition? I'm going to be traveling and will be restricted in what I can take with me."

Thank you for such an important question, Louie! I'm sure you are not the only one concerned about travel and skin care! Summer is upon us, and skin care does not take a vacation. Many of us will be fortunate enough to fly to our intended destinations. With air travel comes the ubiquitous TSA rules for liquid carry-on items. Currently permitted are liquid health and beauty aids in bottles and tubes no

more than 3.4 ounces. All carry-on items must fit in a bag roughly the size of a quart zipper storage bag. This includes all shampoos, conditioners, and lotions.

Or does it? In short, the answer is 'no.' Not included in the liquid limit are solid health and beauty aids. Use bar soap? Excellent—it does NOT have to live in the limited confines of the quart-sized zipper bag. The same goes for solid shampoo—it can find another place in your baggage. But what about the lovey lotions used in many beauty regimes? Those, too? If you use Hope Solid Lotion, you are not

CONT.ON P15

DR. P
CONT. FROM P14

subject to the same 3.4 ounce liquid restrictions, nor are you required to keep said product in the quart bag. Your Hamsa Hand Solid Lotion Bar can stay in your handbag! In fact, many of my clients are frequent flyers who specifically order solid lotion for the plane.

Anyone who has flown on a commercial airline knows the air quality in the cabin can do terrible things to one's skin. Because there are no restrictions on solid lotion bars, I have one client who carries three Hope Solid Lotion bars in her carry-on bag: Face + Below,

CONT.ON P32

FAMILY MATTERS | Dr. Ari Korenblit
**MENTAL HEALTH MATTERS:
COPING WITH STRESS**

All through our lives stressful situations are unfortunately unavoidable. There are many things that cause stress but the primary causes of stress tend to be financial, health and relationship. The precarious state of our economy has thrown many people out of jobs they have held for a long time, caused many to be underemployed, and many more to see their investments and/or retirement accounts diminish. The awesome burden felt by someone suffering financially causes sleep deprivation and compounded health related issues. Mortgage payments, utility bills, yeshiva tuition, etc. are fodder for nightmares. The burden becomes so awesome and heavy that it literally shuts down the thinking process, further depriving the victim of an opportunity to explore reasonable options. The rage at being laid off, the rage at having to appear at the dog-and-pony act that is a job fair, the rage at sending out resumes that garner no response or a standard form letter, and the rage at finally getting an interview only to be rejected is unending.

Health problems also afflict the thinking process, and exacerbate ones physical well-being. The helplessness one feels when diagnosed the stress from an undiagnosed illness, the sheer loss of control during a procedure and the mind boggling rage at being sentenced to rehab and the resultant degrading dependency issues aroused yields untold pain. The fright and daily angst experienced by one in physical pain is not describable. Neither well meaning doctors and health practitioners, nor the often attentive family members serve little to mitigate the mountains of stress.

Relationship matters literally tear at ones body and soul. A single man or woman who is unable to find a mate suffers deeply in immeasurable ways. The shame, self-doubt, having to face family-centered gatherings for Yom Tov, and the inner introspection at this time of the year causes unbelievable pain and stress. A broken relationship or engagement invariably causes deep grief and tension, no matter how it is tendered. A divorce causes stress to the adults and the effected children. The age of the children is inconsequential, in the ultimate equation of the pain experienced. Adult married children still reel from the news of their parents impending split. Younger children feel vulnerable, because if adults can sever ties with each other, they can be the next victims. The husband or wife forced out or rejected has to cope with new living arrangements, parenting procedures, legal proceedings, and the stress, pain and rage surfacing at every turn.

It all stressful situations one encounters – and sadly life has countless variations that test us – the first and cardinal rule is to focus on maintaining mental sanity and physical health. An exercise regiment is imperative. Even one physically encumbered can nevertheless find physical release. Going for a brisk walk three times a week at minimum is ideal. Having a verbal outlet to express all the pent up feelings and seeking help from a compassionate and skilled psychotherapist is extremely critical. Finding supportive friends, resources and advisors can also go a long way to relieve the stress.

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

LEIBLER
CONT. FROM P5

This has exacerbated social and religious tensions at all levels.

Efforts by the previous government to enable more moderate rabbis to service the needs of the nation have been foiled.

In recent months, feeling politically empowered, haredi political spokesmen have descended to the gutter in their vile and defamatory outbursts against Reform, Conservative and even Modern Orthodox and religious Zionist Jews. They have created needless tensions with Diaspora – especially American – Jews, and every effort to reach accommodation has been treated with contempt.

They have also sought to purge esteemed Orthodox rabbis like Rabbi Shlomo Riskin and the chief rabbi of the Ethiopian community, Rabbi Yosef Hadane, who were critical of the Chief Rabbinate's attitude toward conversions.

The disclosure that Rabbi Haskel Lookstein's converts, including Ivanka Trump, whom he converted and who is now religiously observant, were initially not recognized in Israel, received major coverage in The New York Times. Such embarrassing exposure may bring matters to a head.

It is a time for all Jews and in particular moderate Orthodox Jews to speak out. Where is the voice of the Rabbinical Council of America that was once headed by Rabbi Emanuel Rackman, who represented the antithesis of everything the Chief Rabbinate promotes? He would not have remained silent. Where are the outcries from other Orthodox rabbis?

And where is the voice of Ha-

bayit Hayehudi – our National Religious party? Such issues represent the very core and the *raison d'être* of religious Zionism. It is not enough for them to mumble protests or for Naftali Bennett to say that the court's decision was "arbitrary and odd" and should be reversed. He and his party have a historic obligation in this issue and should be leading the charge for reforming or dismantling the system – which would receive the endorsement of the vast majority of Israelis. If religious Zionists do not stand up against such abominations, one cannot expect others to act.

This Chief Rabbinate and extremist haredi politicians alienate Israelis from Judaism. However, the majority of haredim do not seek to coerce the nation to uphold their standards of observance. Indeed, many today recognize the folly of the radical elements and are quietly encouraging reforms within their circles.

The time has come for all Jewish political parties to declare a moratorium and force the government to take action to bring an end to this scandalous state of affairs by breaking the monopoly of the Chief Rabbinate and resisting the extortion of the haredi politicians. The government must be pressured into either reforming or dissolving or it and creating a new system that will provide appropriate religious facilities to serve the Jewish nation.

Failure by Orthodox leaders and organizations to stand up and be counted on this will have catastrophic repercussions on the Jewish values that should represent the foundation of the nation.

Isi Leibler may be contacted at ileibler@leibler.com

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Rabbi Naphtali Hoff



AN AIR OF SELFLESS TRANSCENDENCE

I am often struck during airline trips by the degree of patience and tolerance that is displayed by air travelers. In contrast to road travel, which is often highlighted by edginess and road rage, air travelers endure some of the most invasive and maddening procedures imaginable, and largely do so with patience, courtesy and grace.

It is no secret that the TSA is having a harder time than ever managing security flow and pace. In most busy airports it is quite common to see hundreds of passengers snaking through the terminal in quiet cohesion, knowing full well that the line would end with the scrutinizing process of ID verification. And then, of course, are the invasive security screenings, which demand the removal of belts, shoes, electronics and toiletries, not to mention our sanity. Passengers must then pass through full body scanners, which elevate the sense of invasiveness to entirely new levels.

As if that isn't enough, airline

travelers are often forced to endure significant delays, if not outright cancellations. These delays occur with such frequency, whether in terminals, on the tarmac, before takeoff and/or upon arrival, that we have come to expect them.

Yet, when the captain or gate crew announces such delays, the response is typically muted, with none of the surliness that one may otherwise expect.

What is it that promotes so much patience and understanding amongst airline travelers?

One factor is surely the aforementioned expectation level. We purchase our tickets knowing full well that these inconveniences are part of the process. We factor them in ahead of time into our mental approach to air travel and do not think much of them as we are forced to endure their unpleasantness.

However, I suspect that such

tolerance is also the outgrowth of the selfless, big picture thinking that we are all capable of. We collectively appreciate the importance of airline security, even if it comes at the price of personal convenience.

We recognize the various factors which impact the timeliness and reliability of air travel, such as weather, equipment functionality, congestion and the like. And while airlines should certainly be anxious to improve their approval ratings, I imagine that travelers will continue to employ a "grin and bear it" attitude as they fly the (semi) friendly skies.

This concept of selflessness resonates at the beginning of this week's parasha, which highlights the concept of chukim. We know that chukim are those mitzvos for which no comprehensible rationale is known. We are instructed to fulfill them despite the absence of such knowledge and the potential mockery that we will be subjected to at the hands of the gentile nations, simply because Hashem has instructed us to do so. (See Rashi to Bamidbar 19:2, quoting Yoma 67b)

Of course, such selflessness is as old as klal Yisrael itself. Shortly after initiating his advocacy on behalf of the people of S'dom (who had been earmarked for annihilation – see Bereishis 18), our great patriarch Avraham humbly inserted that he was but "dust and ashes" (Ibid, v. 27), and thereby not truly deserving of any favorable response. The Midrash (Bamidbar Rabbah 9:15) tells us that as a reward for his having expressed himself so humbly, Avraham was rewarded that his children would be able to achieve purity through the mitzvah of para adumah, a chok that is based on the concept of selfless acceptance.

What was it about Avraham's reaction that justified such a reward? The answer, I believe, can be found in the following apparently paradoxical passage pertaining to chukim.

And now, O Israel, hearken to the statutes (chukim) and to the ordinances (mishpatim) which I teach you, to do them... You shall not add to the word which I command you, neither shall you diminish from it... Observe therefore and do them; for this is your wisdom and your understanding in the eyes of the peoples, that when they hear all these statutes, shall say, 'Surely this great nation is a wise and understanding people.' Devarim 4:1-2, 6)

What is fascinating about these

pesukim is the ironic association between the observance of chukim in particular and the idea that such observance will bring other peoples to appreciate "your wisdom and your understanding".

As we mentioned above, chukim are identified as those mitzvos for which no satisfactory reason or rationale is known. Yet somehow these same chukim, the mitzvos for which the nations will mock us, will somehow lead the nations to proclaim that we are a 'wise and understanding people'!

Judaism is more than a series of laws and values established to regulate human conduct. It is an experience, a way of life, an expression of Hashem's essence. By fulfilling its dictates in their totality, we do much more than simply adhere to Hashem's will. We connect directly to Him. What greater sense of satisfaction could there be?

Nothing underscores this idea more than chukim. When we fulfill every aspect of the Torah, regardless of our ability to fully understand their rationale and motive, then the chukim become the quintessential indicators that we are motivated simply out of a true desire to fulfill Hashem's will. When the nations see our complete devotion, they come to esteem us, despite their inability to state what it is about us that is truly deserving of respect.

However, when we are selective in our adherence to Hashem's will, based on our own ability to comprehend, then we are isolating the actions from their divine source. No longer are we deserving of that special respect given to His emissaries; instead we are subject to external mockery, as individuals who choose to behave irrationally and mindlessly.

By describing himself as "dust and ashes", Avraham was expressing a deep sense of selflessness. His motivation was not reward, nor was it recognition. Rather, he was motivated by a compelling sense of correctness that directed him to advocate on behalf of the people of S'dom, despite their sinful ways. It was for this reason that he was rewarded by having his children fulfill the quintessential chok, so that they too could demonstrate a sense of selfless commitment to Hashem and His Torah.

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.

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Rabbi Aharon Ziegler

PARASHAT CHUKAT 2016, 5776

“VE’HIZA HA’TAHOR AL HA’TOMEI” - (The pure person shall sprinkle upon the contaminated person) [19:19].

R’ Yehoshua bar Kablah states, [Yerushalmi Gemara Demai], “All my life I interpreted that pasuk to mean that the pure person can only sprinkle the purifying ashes of the Parah Adumah onto one person at a time, until I learned in the Yeshiva of Yavneh that in fact one person can purify many impure people.” What message is he teaching?

What happened in Yavneh? R’ Yochanan ben Zakai was granted a certain number of wishes by the Romans. He requested- among other things- “TEIN LI YAVNEH VE’CHACHAMEH’HA” [Gittin 56b] that Yavneh and its scholars be spared. Although Yerushalayim and the Beit HaMikdash were ultimately destroyed, the remnant that was preserved in the Yeshiva of Yavneh allowed Judaism and Torah to survive and even flourish during the long years of exile.

What was it that R’ Yehoshua

bar Kablah learned from Yavneh? R’ Yehoshua was under the impression that the Mesorah of Torah must be transmitted on a one-to-one basis, as was done by Moshe Rabbeinu. “Moshe Keebeil Torah MiSinai U’mesarah Li’Yehoshua” [Avot 1:1]. Moshe alone received the Oral Torah and he transmitted it to one person- Yehoshua.

Gemara Eiruvin [54b] relates: “What procedure was followed in the teaching of the Oral Law? Moshe learned [a lesson of Torah] from the Mouth of the Almighty. Aharon then entered the tent of Moshe and Moshe taught him this lesson. Aharon then moved and sat at the left side of Moshe. The sons of Aharon entered and again, Moshe taught them this same lesson. The Elders then entered and again, Moshe taught them the same lesson. The Elders then moved aside and all the people entered. Again, for the fourth time, Moshe taught this same lesson.” Why couldn’t Moshe have taught everyone together at once? Apparently we see, that Mesorah must

be given over to individuals, or at least, to small groups.

Throughout the Bayit Rishon and Bayit Sheni period, that was the prevailing method. Shimon HaTzaddik, the last of the Anshei Knesset HaGedolah, personally gave over the Oral Torah to Antignos Ish Socho. Antignos gave it over to two individuals; Yosi ben Yo’ezer and Yossi ben Yochanan. They, in turn gave it over to Yehoshua ben Perach’ya and Nitai HaArbeli. And so forth as is outlined in Pirkei Avot, until Hillel and Shamai.

The responsibility of carrying the burden of the Oral Torah rested upon individuals; at times one and sometimes two.

All this changed with the Churban HaBayit. With No Beit HaMikdash and only Chachmei Yavneh remaining with the responsibility of keeping alive the Oral Torah, a change had to be made. R’ Yehoshua bar Kablah realized that Mesorah cannot continue with individuals but must be conveyed by the masses. One Rebbe is capable to giving over Torah Sheh’b’alpeh to hundreds, and even thousands of students.

In 1242, On Friday, Erev Shabbat of Parashat Chukat, 24 wagonloads of hand written sefarim, mainly Gemarot,

were publicly burned in Paris, by the order of Pope Gregory IX from Rome and the French King Louis IX. (This event is recorded in our Kinot of Tisha B’Av- “Sha’ali Serufah Ba’eish”) Our Mesorah of the Oral Torah was in grave danger of being forgotten.

After the destruction of European Jewry in the Holocaust, including most of our Talmidei Chachamim, our Mesorah was again threatened, but the Ribbono Shel Olam showed His Chesed towards us.

In the United States, Rav Yosef Dov Soloveitchik taught the Mesorah of Torah Sheh’b’alpeh to thousands of students in Yeshivat Rabbeinu Yitzchak Elchanan, aka Yeshiva University. Rabbi Aharon Kutler started a Yeshiva in Lakewood with 25 students and now has a student body of 6,000. The Mir Yeshiva in Yerushalayim has grown to a population of 7,000 students.

All of these are continuing the Mesorah of Torah Sheh’b’alpeh. Not to individuals, but to the masses as R’ Yehoshua bar Kablah learned from Yavneh, based on this week’s parasha- VE’HIZAH HA’TAHOR AL HA’TOMEI..

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Dreams Come True

Professional tour guide Moti Ibenboim has been around the world, but what he saw in Peru, he will never forget • A different kind of trip

By: Aryeh Sofer

In my opinion, European destinations have already been exhausted. Professional travelers around the world have long ago continued on and now you can do it like them without compromising on any detail, even including having a Torah Scroll and praying with a minyan.

Listen to the news from Maagalei Nofesh, "I was in Paris and Rome," writes Reb Motti Ibenboim, who is the owner of the company, "but you all know that I am always looking for places that the kosher traveler never has dreamed to go and if they did go, they stayed at budget motels, ate from canned food and were led with amateur tour guides.

No More!" declares Ibenboim. "I realized that our clients are willing to pay more and get more for their money. Thank G-d, we started two years ago with a trip to Lapland. Finally, the kosher traveler can see the world with plenty of kosher meats, fish and all the trimmings, celebrate Shabbat in a real synagogue setting, observe true kashrut and sometimes see dreams come true.

"This summer we are preparing you a wonderful surprise" declares Ibenboim. "I got to know an amazing person. If you mention South America, you think of Nir Gabriel Azzai. Azzai, has lived there for over 13 years, is familiar with all of the continent's trails, pathways, hotels, squares and, of course, the gorgeous scenery. When I first met Nir, he said 'Peru'. I asked him what is so magical about Peru. He replied: "Come and see." And so I went to Peru.

"And so, my friends, I always say 'there's nothing like that', but this time I mean it. I am writing this while touring - My friends, I've never experienced such amazing, stunning, wild heights. Lima is Peru's developing and amazing capital. The city's wealth and poverty serve in its mix. There is a warm Jewish community with an active synagogue which typifies its people.

"We stayed at a five-star level hotel and this is where our guests will be staying." The hotel is beautiful, artsy, old, new and modern and antique in style. Modern rooms and public areas are wonderful. There's a swimming pool on the roof and the most courteous service by Lima's people who know that the customer deserves the best. There are beautiful, modern city markets and shopping malls that have sprouted like mushrooms after a rain. These malls compare to the New York, London and Tel Aviv malls. "And yet there is infinite simplicity: A taxi will cost \$5. You will be able to have your shoes shined for \$2 and look as though they are new. For \$20 you can buy a watermelon pineapple, papaya and relax with passionfruit. The city is very bustling with people coming and going. There is Industry, Trade, local attractions. The roads are a main attraction. The average traveler will be surprised at how the Peruvians manage the circular roads in a manner only they can maneuver without getting into an accident. The Pacific Ocean and its calm waves is the only thing that is quiet there.

In our trip we saw colored water fountains of the old city's square overlooking the Pacific Ocean, The Gold Museum which has a collection of gold that used to belong to The Peruvian tribes, The Larko Museum where we saw the Pre-Inca Treasures and according to Noy, Jews that you won't see anywhere else on earth. The city of Lima does not have any rain at all but grows its vegetation from dew that gets its water flowing from The Andean.

Shabbat in the Jungle

When Ibenboim continues and elaborates his trip, he basically describes the route that his group would travel. It's worth listening to his descriptions:

"We continued to go to the parks - The natural reserve for seals, sea lions, penguins, pelicans, and the best fish in Peru. From the boat, we went down in wetsuits and walked with the seals. The Penguins taught us how to march in uniform and at the same time feeling as individuals. We continued to Arequipa, a city at the tip of the Andes.

"At The Plaza de Aromas Square, the local folklore are dressed in traditional ancient tribes clothing and are dancing alongside the flute players, drummers and guitarists who strum guitars made from the skin of The Armadillos back and other instruments that are unique only to The Andean region.

"Local farmers work their land like their ancestors for thousands of years. Today, places where the civilization did not arrive, animals plow the fields, and there are agricultural collections of its own crop. The people Bag and take the crop to the market to sell. Nothing has changed here. It's been the same for thousands of years. Things are so simple and relaxed; it's no wonder that whoever comes here receives therapy and global peace. Time here seems to have stood still."

"Here, we stayed at this amazing hotel, which is built like a patio, a style not found in any other hotel where I visited in the past. Special colors, unique architecture, rooms, amazing service as only Spanish royalty have become accustomed to. The people here are like your servants and are not ashamed to spoil you, ask you what else they can do to make you stay comfortable. The city views hypnotized us. They were gorgeous and gave us a sense of peace. You can hear the roosters singing their song to The Andes Mountains, sounds of pets and livestock of the villagers and pastoral, timeless expression of the city.

From there we continued onto The Callao Mall, possibly the biggest mall in the world with its 2,500 meters high wall and then to The Kutaisi mall with its 3,200 meter high wall where we saw giant condor eagles, the world's largest flying over our heads who made it clear to everyone that they are kings of the sky. Quiet landscape that grows wildly.

"We continued to Cusco, the Andes capital. Cusco has a magic and glorious atmosphere. Nothing can describe the beauty and pastoral atmosphere of it. It's like entering a different world colored with happiness and joy. You'll find colorfulness dominating every corner. Handmade textiles, drawings, Sombreros, visible artifacts and wool from the Andean animals. Everything that can be sold, you'll find for sale from threads to shoelaces, candles, and the international Peru dish, Empanadas.

"Quail egg to coca tea (which has Medicinal and soothing qualities). When did you ever experience a volcanic smoke like that? To see a real Inca Indian and the highest mountains waterfalls in the world. Nature in all its intensity, thousands of types birds, all sorts of plants rich with fruits and vegetables you never saw. Snow-capped Andes Mountains peaks pouring aqueducts that water the fields of the villagers residing at the bottom of the mountains. I have to repeat again, there are no such things happening anywhere else.

"Throughout the week," says Ibenboim, "Nir Azzai said Motti, all this is can't be compared to Shabbat in Cusco. He predicted correctly and he knew what makes this city special, not only because it's 3400 meters high, which makes it one of the world's highest cities, filled with charming animals, ancient beauty, carnival street food and sweets vendors, ornamental vendors and basically everything.

"But what makes Cusco special is the amazing Rabbi Ofer Krifor and his wife, the local Chabad emissaries. What an atmosphere! Like wind and rain together, in every way, whether at the level of the restaurant food when you get a juicy South American hamburger or some of the best in slices of meats." One can feel at home with schnitzel and all the side dishes.

There's also a dairy restaurant with a delicious menu being served 24

hours daily "The restaurant operates not for profit, but to give your heart and soul a reward and its purpose is for the sake of spreading more Yiddishkeit. They have the world's highest mikvah where thousands of Jews come to it yearly to purify themselves. There's unbelievable warmth, unbelievable welcome and you feel as though you are home at the end of the world.

"Cusco, the highest city with views wherever you look. There are urban landscapes, the remote mountain, Ausangate, towering from afar and the ice that never thaws, the Inca temple next to the mountain, an amazing archaeological structure, constant ongoing carnivals with different shapes and colors, and hundreds of travelers from all over the world looking for something different to experience.

The Jaguar emerging from the darkness

It turns out that after our Chabad highlight experience I said, there's more to see. "On Sunday," Ibenboim continues with his exotic description, "We went by train to the lost Inca city, Machu Picchu. Here I made a full circle. It was the first time that I was in one of the Seven Wonders of the World. Not for nothing, did UNESCO designate Machu Picchu as one of the most phenomenal places in the world. Here The Inca Tribe sought to build a fortified city at the top of the mountain so that the Spanish conquistadors would not find it

"This city was covered by overgrown weeds for many years until an adventurous student, Bajram Bingham, discovered it. Since that time, it is considered the most amazing place in the world. Integrating wilderness, chiseled human art and astonishing architecture, one is amazed at how an ancient primitive tribe built this empire. On top of the mountain, there's a tower and a wall with drinking water, a Pagan temple and an altar with an emphasis on engineering and special stone carving made for The Inca tribe and since that time the city was called Machu Picchu.

"From there we went to the city of Puerto Maldonado which exits into the jungle. Here we took a canoe that took us to a branch of the world's largest river, The Amazon. This led us to Lodz which is located in the jungle. One can't describe the sensation of the thousands of odors of the different of plants, the mighty chirping sounds of the thousands of birds, the buzz of the insects that creep upon the land. For a moment we felt as though we were like Adam in The Garden of Eden.

"Everything I read about the jungle, the wild mixed sounds, the colors and smells couldn't compare to the reality because it surpassed all imagination, there are no words to describe it. The prayer of living souls bursts out from all the bones and receives a tangible expression of the strength of the Jewish human prayer. From Yehuda's language let me thank G-d.

"At night we went hunting the crocodiles, this is not a simple hunt. The jungle is a huge nature reserve and hunting is forbidden in it. But you can catch them while they prowl. You can see twinkling eyes in the dark and behind them is an alligator that waits patiently for his food to arrive with the wealth of fish and other living animals that come to quench their thirst in the river.

Here is the place to tell one episode from many, but it is the most educational experience we learned in the heart of the Peruvian jungle. During our crocodile search our local guide silenced us and directs pointed his flash light towards a bush. There, sat in the full glory the king of the jungle, the jaguar. The breathtaking view of such a rare and noble animal in all its strength and might, I naively thought this is a normal occurrence but our guide and Nir pointed out a is rare happening. This was enlightenment to me.in

In short, we were in one of the most beautiful and diverse countries in the world, touched by the cold and heat, poverty and wealth, land and sea. During our travels we filled suitcases with souvenirs that didn't cost a lot. Now, all you have to do is join us.

Nir Gavriel Azzai

To Start the Journey Anew

I wanted to share with you an amazing experience; From 1997 when I first travelled to South America, I was fascinated with this continent and its many countries, and especially with Peru. As a curious and adventurous child, Peru supplied me with all the inquisitiveness that I had from an early age, even those dreams that are just a fantasy for a worldly man. This week, I returned again. The goal was a little different than before, but again it was to achieve another target. Together with my friend Moti Ibenboim, a Gerrer Chasid, owner of the travel agency, Maagalei Nofesh, that provides high-class Kosher tours for the Religious Community, we both weaved the same idea to access South America to the

Orthodox religious audience who have seen and experienced all of what Europe had to offer and is eager to discover South America which is full of mystery and different. During my short visit to Peru I experienced a breathtaking experience. One of the most amazing places of this trip was a visit to the rainforests of The Amazon Basin; With The Tambopata River, I had a closure in 2002 and it was the last turn my agency issued with the rafting of a 12 day river cruise which included the challenging Tambopata River and wonderful visit at one of the most beautiful nature reserves in the world; Addictive sounds and sites of all the animal, birds, trees and jungle vegetation living together in such harmony cannot be explained. Now I want to bring more people and to say with pride and scorn: How great are your deeds, dear G-d.

• The writer is a Maagalei Nofesh Guide

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STRATEGIES | Rifka Schonfeld

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

CHANGE YOUR HABITS, CHANGE YOUR LIFE

Nechama always walks to the vending machine in her office at 3pm. Even if she brings some food from home, when 2:45 shows up on the clock, she starts thinking about the vending machine.

Over the years, Nechama has put on a few pounds. Okay, maybe more than a few pounds. And, her 3pm visits to the vending machine are not helping her lose the weight. But, like clockwork, anticipation starts to build and Nechama feels the need to head to the elevator and down to the vending machine. A couple of minutes later, she gets back into the elevator, holding onto her chocolate bar or bag of chips.

What Nechama does not realize is that her anticipation, walk to the elevator, and purchase of the food have become part of her daily routine. In fact, her need to go to the vending machine might not have anything

to do with hunger. Rather, it all comes down to a simple, yet very powerful concept: habits.

The Power of Habit

In his best selling book, *The Power of Habit: Why We Do What We Do In Life and Business*, Charles Duhigg argues that most of the choices we make each day may feel like products of well-considered decision making. In reality, they are not. He explains:

They are habits. And though each habit means relatively little on its own, over time, the meals we order, what we say to our kids each night, whether we save or spend, how often we exercise, and the way we organize our thoughts and work routines have enormous impacts on our health, productivity, financial security, and happiness. One paper

published by a Duke University researcher in 2006 found that more than 40 percent of the actions people performed each day weren't actual decisions, but habits.

Duhigg's research not only explains why habits work, but also how habits change. With an understanding of what habits are and then how you can change them, you can truly improve your life one baby step at a time.

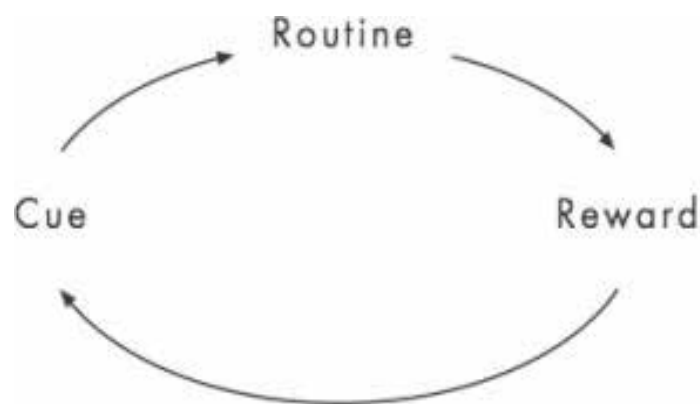
The Habit Loop

The process of forming a habit is a three-step circular system within our brains. Habits begins with a cue, or a trigger that signals to your brain to go into "automatic." A cue can be a time of day (such as Nechama's 3pm snack break), sound, smell, or feeling. Once the cue is triggered, there is the routine, or the response, whether it is physical, mental, or emotional. Nechama's routine is the walk to the elevator and the purchasing of the snack. Lastly, there is the reward, which

Change in Habits

The more we understand about habits, the easier they are to break down into their individual parts and change in order to lead happier, more fulfilled lives. The trick is not to get rid of habits, but to create ones that are more in line with our needs and values. After all, without habits such as many of our morning routines and nightly rituals, we would be consumed by the minutiae of our everyday lives. Even basic activities would seem daunting if we did not have an automatic routine to fall back on. Therefore, the goal is to change existing negative habits into ones that work within our desired lifestyles.

Duhigg argues that you cannot get rid of habits. Rather, you must work to replace them. The way to learn how to do this is to figure out what the reward is for each cue that triggers a routine. For instance, is Nechama's reward the snack or is it a needed break from boredom at a lull in the day? If Nechama truly is hungry, then the



3pm cue to go to the vending machine can be followed by the routine of going to the office refrigerator and taking out a prepared snack such as a cup of fruit or some chummus

and vegetables. However, if the reward is a break from boredom, Nechama need not eat at all at 3pm. Rather, getting up and taking a 5-minute walk around the block or the building would provide the same reward.

helps your mind figure out if this loop is worth recalling for the future. The following is a diagram of the habit loop:

With time, this loop becomes more and more automatic. The cue and the reward become interconnected until your brain anticipates the reward as soon as it hears, sees, or touches the cue. In this way, the routine action becomes a habit – a powerful craving for a reward whenever the trigger is activated.

Now, of course, habits are not fixed in stone. Duhigg writes, "Habits can be ignored, changed, or replaced." However, habits are so powerful because unless you actively work on fighting that habit, your brain stops fully participating in decision-making and focuses on other tasks. Therefore, unless you create new routines, the original habit (or routine) will progress automatically.

In this way, habits are changed. By replacing the routine with another that yields the same reward, you can incorporate habits that positively affect your life.

Duhigg explains the timeliness of habit changing today, providing hope and words of encouragement:

In the past decade, our understanding of the neurology and psychology of habits and the way patterns work within our lives, societies, and organizations has expanded in

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CONT.ON P21



COSTA RICA 2016 SUMMER TOURS

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S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER

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OCTOBER

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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SCHONFELD CONT. FROM P20

ways we couldn't have imagined fifty years ago. We now know why habits emerge, how they change, and the science behind their mechanics. We know how to break them into parts and rebuild them to our specifications. We understand how to make people eat less, exercise more, work more

efficiently, and live healthier lives. Transforming a habit isn't necessarily easy or quick. It isn't always simple.

But it is possible. And now we understand how.

With this newfound information, you too are equipped with the ability to change your own habits and to therefore change your life. So, what are

you waiting for? Break those bad habits into parts and rebuild them to your specifications! You can have the life you always wanted.

An acclaimed educator and education consultant, Mrs. Rifka Schonfeld has served the Jewish community for close to thirty years. She founded and directs the widely acclaimed educational program, SOS, servicing all grade levels in secular as well as Hebrew studies. A kriah and reading specialist, she has given dynamic

workshops and has set up reading labs in many schools. In addition, she offers evaluations G.E.D. preparation, social skills training and shidduch coaching, focusing on building self-esteem and self-awareness. She can be reached at 718-382-5437 or at rifikaschonfeld@gmail.com. You can visit her on the web at rifikaschonfeldsos.com.

Register now for an Social Thinking workshop by Michelle Garcia Winner on November 16, 2016. Please call Mrs. Schonfeld at 718-382-5437 for more information.

MERCOLA CONT. FROM P7

cause of death.

Not surprisingly, death certificates have no box at the bottom for coroners to designate "medical error" as a cause of death. Instead, the "cause of death" simply defaults to the patient's original complaint. Even if a doctor records "medical errors" on a death certificate, it's not included in the CDC's mortality statistics.

The upshot is, if doctors and hospital administrators are unable to see the real data regarding iatrogenic causes of death, as in so

many areas, if you can't see the problem, you can't fix it.

Why Are More Conventional Doctors Opting for Alternative Medicine?

If there's any information that might reveal the U.S. health care system is deeply flawed and even dangerous, it's this: a growing number of health care workers, including doctors and nurses, are seeking alternative health care options for themselves and their families, as opposed to taking conventional routes.

Just as telling, conventional doctors are also referring more of

their patients experiencing chronic pain and debilitating diseases to holistic doctors and chiropractic care, something unheard of not that long ago.

Some health care professionals, who went into the study of medicine to help people, have noticed, with concern, that the treatment for many diseases is more treatment. Rather than seeking a cure, illness is too often simply treated, which is typically called "management." Natural cancer treatments that work are suppressed by the conventional medical machine, as may be preventive measures and simpler, less expensive treatment

alternatives.

Unfortunately, many health care providers will bemoan the fact that while drugs pose a serious problem, they're still seen as the only solution.

For whatever reason, the statistics regarding people who die from medical procedures or prescription drugs every year didn't count deaths at home or in nursing homes. It's a wonder statistics for seniors aren't worse, though, reading this statement from the American Society of Consultant Pharmacists (ASCP) website:

CONT.ON P35

Gluten Free Quick Challah

LISA HOREL

This dairy-free gluten free Quick Challah can be made in just a few hours from start to finish. The dough is more like a thick batter, but the baked bread has a great crumb. It also makes great sandwich bread.

Ingredients

- 300 grams GF AP flour (150 superfine brown rice flour, 75 grams each superfine white rice flour and tapioca starch/flour) (about 2 1/3 cups)
- 50 grams tapioca starch/flour (5 tablespoons)
- 60 grams superfine sweet white rice flour (5 tablespoons)
- 50 grams Expandex Modified Tapioca Starch/Flour (5 tablespoons) or tapioca starch/flour
- 4 heaping tablespoons granulated sugar
- 2 heaping tablespoons instant or bread machine Red Star Yeast
- 2 1/2 teaspoons kosher salt



- 2 teaspoons xanthan gum
- 1/4 teaspoon pectin
- 1/4 teaspoon guar gum
- 240 grams egg (4 whole extra-large eggs)
- 60 grams egg yolks (3 extra-large egg yolks)
- 2 tablespoons Lyle's Golden Syrup or honey

- 75 grams canola oil (heaping 1/3 cup)
- 100-130 grams Pellegrino Mineral Water (1/2 cup plus 3 tablespoons)
- 1 extra-large egg, beaten - for brushing top of dough

- 1-2 tablespoons white sesame or poppy seeds

Preparation

1. Place flours, starches, sugar, yeast, salt, xanthan gum, pectin and guar gum in a stand mixer bowl and whisk. In another small container whisk 4 whole extra-large eggs, 3 extra-large egg yolks, honey or Lyle's syrup and canola oil.
2. Add 100 grams Pellegrino to dry

mixture. Add egg/oil mixture to dry mixture. Using a fork work the flour mixture into the wet until it is just combined. Place on stand and using dough hook, mix on speed 2 or 3 for about 5-7 minutes or until dough looks shiny and stretchy. If the dough looks very sticky and tough, add up to 30 grams Pellegrino.

3. Grease a tube pan or a 9x5 loaf pan with nonstick spray. Wipe out excess. Place dough all around the bottom of the tube or loaf pan using a silicone spatula. Wet the spatula with water and smooth the dough. Cover loosely with plastic wrap and let the dough rise in a draft free place until double or nearly to the top, about 1.5 to 2 hours.

4. Preheat oven to 350. Place a cast iron skillet or other heatproof pan (not glass) on the bottom rack to

heat up with the oven.

5. Beat remaining egg and brush it gently over the top of the bread. Repeat. Sprinkle top with poppy or sesame seeds. Right before putting the bread in the oven, place a large handful of ice cubes in the hot cast iron skillet or heatproof (not glass) pan in the oven to create steam. Be careful to not burn yourself.

6. Place bread in the oven and time for 12 minutes. Remove cast iron or heat proof pan carefully. Time the bread for another 20 minutes and remove when the internal temperature is 185 to 190 degrees and the top is pale golden brown. Don't over bake the bread or it will be a little tough. Let cool for a couple of minutes in the pan and then remove bread from pan and cool completely on a rack.

Almond Bars or Truffles

SHIFRA KLEIN

With only 5 ingredients you can make these yummy Almond Bars or Truffles: Choose your preference based on how you want to serve them.

Ingredients

- 1/2 cup almond butter
- 1 cup kosher for Passover confectioner's sugar
- 2 tablespoons oil

CONT.ON P23

Beauty and the Beach

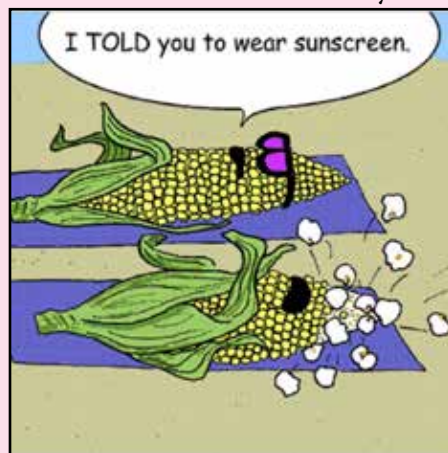
RACHELI FRIED

Ah the Summer. Need I say more? These endless days filled with sunshine, warm breezes and BBQs make me so happy. Fireworks, long walks on the boardwalk and ice cold lemonade...I'm downright giddy. Let's not forget the extra hour I have to myself with not having to make school lunches and helping with homework. It's all just too good to be true and I'm soaking it ALL in while I can.

I'm lucky enough to live right near the beach so we get to have a mini vacation once a week with the little ones in tow. There is nothing like spending the day doing nothing but staring at the waves and digging your toes in the sand. I almost don't mind the sand that trails into my car and house-because no matter what, as hard as your try to shake it all off...some always manages to make its way back home with you.

To make the most of your

time at the beach this summer and still look cute, here are my top tips. Of course my number one tip is sunscreen, sunscreen, sunscreen. Just because it's a cloudy day or because there is a breeze and you



don't FEEL your skin burning, it is. Those sun rays come through those clouds and make their way to you-even if you are hiding under an umbrella. Do yourself a favor-apply it and you'll thank me later. I have many friends that looked great when they were younger because they were always bronzy and tan in the summer, but now...you don't wanna know. Hello wrinkles

and sunspots. Not a good look.

One of my favorite ways to apply sunscreen is with an SPF that comes in powder form. They even make tinted ones that work like a bronzer! Don't forget your lips, taking care of your skin extends to your mouth and your lips are the thinnest skin on your face making them more susceptible to burning. Many lip balms come with a built in SPF so not only do they protect, but they also moisturize and keep your lips from drying out and flaking.

My second and third tips are beauty hacks. Sand is a natural way to smooth your skin. Just rub it onto your feet and any rough areas on your body and then rinse, like you would with any other exfoliate. If you walk around with sandals all Summer, the air tends to dry out the skin making for cracked heels and toes, so I love the effect the sand has on my feet and they feel baby smooth without a professional pedicure. Did you know that sprinkling on some baby powder and rubbing it in gets all the sand off in a jiffy? This is one of my favorite hacks and I always make sure to toss in a small bottle of powder in my beach bag. Green

hair, don't care? That Kermit the frog tinge that comes from Chlorine and other mineral deposits in pool water is not flattering so the key is to give your hair a protective coating. Saturate your hair prepool or sun exposure with a protective beach spray or plain old baby oil and tuck it into a swim cap or a scarf. If you're already seeing green, try a cleansing rinse like Kiehl's All Sport Swimmer's Cleansing Rinse to restore it to its natural shade.

My final tips involve makeup-shocking, I know. I definitely keep it simple in the summer, especially at the beach, but I'm not trying to scare children-so while less is more, less still involves some. :) My basic routine involves applying concealer where I need it most like under the eyes and on any spots that need to be covered up. I keep my eye makeup super simple so we are talking water-proof mascara and some big sunglasses. :) Pop on some lip and cheek tint and you are good to go! Happy and healthy Summer everyone-enjoy every minute because before you know it, we will have to pull those boots out from storage. xoxo

KLEIN
CONT. FROM P22

- 3/4 cup chopped almonds
- 1 cup good-quality bittersweet chocolate (do not use chocolate chips)

Preparation

1. In a food processor or blender, mix the almond butter, confectioners' sugar, and oil until creamy and fully combined. Remove from machine and fold in 1/2 cup chopped almonds, reserving the remaining almonds for topping. In a double boiler, melt the chocolate.

Almond Bars:

2. Spread the almond mixture in an 8-inch brownie pan and top with melted chocolate. Top with

remaining chopped almonds and store, covered in fridge, until ready to serve.

Truffles:

3. Using a tablespoon measuring spoon, scoop out almond mixture and form into balls. Dip into melted chocolate and place on parchment-lined tray. Top with remaining chopped almonds and store in fridge until ready to serve



Maca Date Ice Cream

MARINA YANAY-TRINER

Maca powder is an incredible hormone balancer, research-proven to aid men and women to improve their hormone function. Click here to read about Maca and some more recipes to help you incorporate it into your diet.

Ingredients

- 5 frozen bananas
- 1/4 cup coconut water
- 10 Barhi dates, or 4 Medjoul dates
- 1 tablespoon maca powder
- 1 small handful chocolate mint leaves (or replace with 1 drop pure peppermint extract and 1 tablespoon raw cacao or carob powder)

Optional topping:

- 1 tablespoon cacao nibs

Preparation

1. Blend first 5 ingredients in a food processor. Mix in cacao nibs if desired. a food processor. Mix in cacao nibs if desired.



Tips for a Healthy Shabbos

CHAYA YEHUDIT BATTINO

Have you ever wondered why you fall asleep Shabbos afternoon? Do you think it's because of the extra Shabbos soul that you get and goes away every Shabbos? Is he or she a tired soul, or maybe a "tired old soul"? Why would he or she make you so sleepy? The answer is that it's not exactly the Shabbos soul that's making you sleepy. So what is it then? It's something that's going on in your body as a result of consuming too many carbohydrates at one sitting. Carbohydrates!? Yes! Bet you never made that connection, did you? I was the same way my first year becoming frum. I put on my "Frum Freshman 15". That's my term for the 15 pounds average

that a person will gain their first year of being Orthodox. Because I just never made that connection! Once I did, I stopped gaining and eventually started to lose the weight back.

Why does it happen? The answer is "carb loading". The Wikipedia definition of carb loading is "a strategy used by endurance athletes, such as marathon runners, to maximize the storage of glycogen (or energy) in the muscles and liver. (1)" However, if you are not in the category of an endurance athlete, then you probably shouldn't ever carb load! Dr. Mercola strongly warns that "carb loading is totally inappropriate for the vast majority of non-

athletes who exercise casually, as this type of regimen could lead to weight gain, digestive issues, and even chronic disease.”(2) He even states that more and more endurance athletes are actually reconsidering this as a strategy as well. (2)

What occurs when someone consumes a disproportionate number of carbohydrates in one sitting is a biological reaction in the body that goes something like this:

1. As high-glycemic starchy carbohydrate foods such as Challah and potatoes get converted into simple sugar by the process of digestion, it causes the sugar level in the blood to rise.

2. This, in turn, triggers the release of insulin. Insulin is a hormone designed to bring down the blood sugar.

So you have a rapid rise in blood sugar followed by an equally rapid rise in insulin. The problem is that when your blood sugar crashes, then you essentially crash along with it. This is why you feel like having a nap. ‘What’s the big deal about that?’ you may ask. Nothing except that insulin is also

responsible for signaling your cells to store fat. So now here you are putting on fat and sleeping in the middle of the day and not running any marathon!

Don't get me wrong, I don't disagree that it may be a mitzva to take a Shabbos nap, as it is a mitzva to wash and bensch for and eat a meal with Challah, and to make kiddish and consume grape juice (which also converts to simple sugar in the body). All of these things are required by the religion and are good things! However, the religion does not require us to overindulge and carb load. In fact, I would argue that the Jewish religion requires just the opposite! According to Rebbe Nachman of Brestlov, one is supposed to resist the temptation to overindulge in food in order to subdue the Yetser Hara.

So how can you avoid overindulging in high-glycemic carbs this Shabbos? The way to do it is to only have the minimum amount of kiddish and Challah that's required for the mitzva, and to load up your plate with salad. Just be sure there is no sugar in your salad dressing! Finally, to eat enough protein to

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President Obama meet Mayor David Dinkins

Joseph Frager, MD

The events unfolding across America are reminiscent of New York in 1991 when David Dinkins was Mayor of New York. Chaos seemed back then to reign supreme. Murders in New York in 1990 were at an all-time high (up 17.8% from the year before totaling 2245 killed compared to only 324 murdered in New York in 2014). Truth is it would be great to get this number to zero.

In 1991 Lee Brown was the Police Commissioner. Times Square was a squalid festering red-light district and people were afraid to walk out of their homes. Squeegie Men harassed motorists at every intersection. New York as

a microcosm of America at that time was in financial distress and moral decay. The Crown Heights Riots occurred between August 19th-21st 1991. Yankel Rosenbaum, a Religious Jew and a Doctoral Student from Australia was brutally murdered by a mob of 20. Lemrick Nelson was the one who Yankel Rosenbaum pointed out as the one who stabbed him.

The Mayor of New York was nowhere to be found. He essentially allowed the rioters to wreak havoc for 3 days. It was Rudy Giuliani who rose to the occasion. I remember

well accompanying Mr. Giuliani to Crown Heights one Sunday afternoon to criticize Mayor Dinkins for his inaction. It was most likely that the Crown Heights Riots fired up New Yorkers to elect Rudy Giuliani as the Mayor in 1993.

The cold blooded murders of five Dallas Policemen and the wounding of 9 others (7 Policemen) is a very dangerous escalation of an out of control situation. The President has not at all controlled or contained this eruption and unrest. If anything he has fanned the flames even more so. He has not condemned the onslaught against the Police nearly enough. The Police are not perfect. They are human beings and they make mistakes but they bring law and order to society. The President should be standing

up for the Police like never before after Dallas. He has failed to do so. It sends the wrong messages.

David Dinkins made the same mistake in 1991 even if the situations are different. His inaction and lack of condemnation of the Yankel Rosenbaum murder changed the mindset of the electorate. Hilary Clinton by virtue of her connections to the Obama machine will not stop the chaos either. She may well make it worse. Rudy Giuliani was able to turn things around. He has endorsed Donald Trump for President. There is talk he will be appointed the head of Homeland Security if Mr. Trump wins. Mr. Trump will stop the murder of Policemen. He will also reduce the number of murders across America. He will stand up for Law Enforcement. America will not only be Great Again but Safe Again.

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balance equally or as close to equally as possible to the amount of carbs and fats on your plate.

For dessert, I always have just fruit and a cup of herbal tea with a little honey. There is no need for cakes on Shabbos. There is no mitzva to consume cakes! The mitzva is to enjoy yourself, not to overindulge, since overindulgence on food is actually an avera.

Shabbat Shalom! Chaya

1. Wikipedia article: https://en.m.wikipedia.org/wiki/Carbohydrate_loading
2. Dr. Mercola's website: <http://fitness.mercola.com/sites/fitness/archive/2014/11/14/carb-loading.aspx>

Chaya Yehudit Battino (also known as Carolyn Bachino, MPH, CIC, INHC) is an Integrative Nutrition Health Coach and Shadchan who runs Shabbos wellness retreats, group coaching classes, public speaking workshops and coaches clients individually in the Brooklyn, New York Orthodox Jewish community, as well as remotely. To get a free initial consultation and to learn about her upcoming events, visit www.healthcoachlink.com.

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RABBINICAL ALLIANCE OF AMERICA/IGUD HORABBONIM, IN CONJUNCTION WITH KOLLEL AYSHEL AVRAHAM RABBINICAL SEMINARY AND THE ORTHODOX DIVISION OF THE NEW YORK STATE CHAPLAINS TASK FORCE PARTNER TOGETHER IN TRAINING AND ORDAINING ORTHODOX RABBIS TO SERVE KLAL YISROEL.

The Rabbinical Alliance of America/Igud Horabbonim, a national Orthodox Rabbinical organization founded in 1942, consisting of well over 850 leading American Rabbis, has partnered this past year with the Kollel Ayshel Avraham Rabbinical Seminary headed by Rabbi Yaakov Spivak its Rosh Kollel, and with the New York State Chaplains Task Force - Orthodox Jewish Division headed by Rabbi Yeichel Malik, Av Beis Din of Kahal Ahavas Achim Lvov, in putting together a Smicha class that is training Orthodox Chaplains. In this inaugural class, 30 rabbinical candidates are participating in a program that will train Rabbis who will be leaders for Klal Yisroel.

Rabbi Spivak, who is also

a Presidium Member of the Rabbinical Alliance, explains that his Kollel Ayshel Avraham was established with the purpose of training Rabbis to fill leadership positions in the Jewish community. The Skver Rebbe also gave his blessing to Rabbi Spivak to be Matzliach with the Talmidei Hakollel. This is extremely important considering the 2013 Pew Report that indicates a near 80% assimilation rate consuming the broader American Jewish community. The other reality is the need to have a Chaplain present in a hospital and a nursing home setting. All too often we hear horror stories of how people have experienced certain traumatic issues in a hospital or a nursing facility. These situations could have been avoided had there been a

frum chaplain who understands the needs of our community. This stark reality is becoming a more serious issue as the baby boomers begin to age.

This vital mission is consistent with the goals of Rabbi Malik who heads the New York State Chaplains Task Force - Orthodox Jewish Division. Rabbi Malik is a pioneer, whose mission is to train chaplains to meet the needs of the Orthodox community wherever they are found. From the cradle to the elderly, Rabbi Malik and his frum team of chaplains are there to help.

However, being a chaplain is not enough. The Chaplain must be an Ordained Rabbi, and a Ben Torah with Yeras Shomayim who is steeped in Halacha. In

order to be successful, he must also have a support organization to whom to turn to in time of need or crises. The Rabbinical Alliance of America, in its near 75 years of existence, has been in the forefront of promoting activism in the American Orthodox Rabbinate.

Among its illustrious founders and leaders were great Rabbinic luminaries and personalities such as Rabbi Abraham Hecht, ZT'L our longstanding President, Rabbi Yitzchok Isaac Liebes, ZT'L, Av Beis Din of Greindig and Igud Beis Din and author of Shailos and Tshuvos Beis Avi, The Keismark Rov - Rabbi Meyer Greenberg, ZT'L, Rabbi Boruch Leizerowski, ZT'L, Av Beis Din Igud Beis Din, The Ungvar Rov - Rabbi Menashe Klien, ZT'L, author of Mishna Halochos and Chair of the Igud Vad Halocho and Horav Yosef Tosig, ZT'L, Av Beis Din of Behled. These Rabbonim were no strangers when it came to advocating for Klal Yisroel. Years ago, these Gedolay

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CROSSWORD ANSWER

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Notice of formation of TANPAR AT 457 ARLENE ST LLC Arts. Of Org. filed with Secy. of State of NY (SSNY) on 05/20/2016. Office location: Richmond County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to : 396 Arlene St, Staten Island, NY 10314. Purpose any lawful activities.

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Rabbi Dr. Bernhard Rosenberg

THE PARASITES AMONG US

If someone murdered a loved one of yours would you benevolently erase the atrocity from your mind? If the murderer still lived, would you seek to convict him or merely discover other avenues of interest to preoccupy your time?

Six million Jews were brutally murdered, yet some wish to conveniently forget. Why live in the past? The dead cannot be revived! Let us speak for the living; let us turn towards other outlets of concern.

The Nazi mentally still exists; we dare not naively believe that anti-Semitism has vanished. Hatred and bigotry is a cancer which eventually returns to haunt its innocent victims. Unless intense treatment and annual diagnostic tests occur, tragedy is inevitable.

Some naively believe that

public denunciations and continued documentaries will awaken latent Nazi tendencies. Allow me to suggest the opposite. Those who truly wish to destroy the Jewish nation certainly do not need additional incentives.

Like parasites, they survive at the expense of others. These cannibals of society eagerly await to devour their prey; they feed upon fear and desperately search for defenseless scapegoats. An apathetic approach combined with the fear of retaliation merely furnishes fuel for those seeking scapegoats. Too often we dismiss the obvious in order to achieve peace of mind.

As we travel backward into the time machine of history, this truism becomes evident. The socialist party declared a boycott to begin on April 1, 1933 of all Jewish businesses in Germany.

Naively, the following sentiment was expressed in the April third edition of the London Times: "There is no spontaneous hostility to the hard-working small Jewish shopkeeper or trader." The New York Times reported, "There is any active anti-Semitism in the German masses if they are left alone."

Eventually the press awakened to the reality of an impending nightmare. In response to kristallnacht, the New York Times observed: "It is assumed that the Jews, who have now lost most of their possessions and livelihood will either be thrown into the streets or put into ghettos and concentration camps or impressed into labor brigades and put to work for the Third Reich. As the children of Israel were once before the Pharaohs." Following the atrocities of kristallnacht, the London Times exclaimed, "It is not to be believed that the nations cannot find the means of assisting unwarranted citizens to leave Germany and of providing the territory in which those Jews can find a liberated community and recover the right to live and prosper. There is no difficulty which a common will and common action cannot overcome."

Now we can openly admit, too little too late! Fear and appeasement provided the Nazi party with the subterfuge they eagerly sought. Isolationism

blinded the eyes of our so called leadership.

Various pleas remained unheard and unanswered. A cable sent to Breckinridge Long, on March 26, 1943, stated: "Gravest possible news reaching London past week shows massacres now reaching catastrophic climax, particularly Poland, also deportations Bulgarian, Rumanian Jews already begun. European Jewry disappearing while no single organization rescue measure yet takes...extermination reaching peak. Urge allied relief"

Ironically between 1933 and 1943 there existed more than four hundred thousand vacant positions in the United States immigration quotas of countries under Nazi domination. Yet, Cordell Hull insisted, "I cannot recommend that we open the question of relaxation the provision of our immigration laws run the risk of a prolonged and bitter controversy in congress on the immigration question-considering the generous quantity of refuges we have already received."

Perhaps if we as a nation would have spoken as one unit, our leaders would have not turned a deaf ear. The Holocaust can happen again. Ruthlessness and hatred still permeate the atmosphere. Awareness and action is our most potent and valued weapon. Silence and inaction is a way of life we dare not accept.

RAA CONT. FROM P25

Yisroel encouraged and gave a special Brocho to Rabbi Spivak to found the Kollel Ayshel Avraham Rabbinical Seminary with a Smicha program specially geared to training a Rov in how to be a Rov and an advocate for Klal Yisrael. Since then, the Kollel has granted Smicha to many Rabbonim who serve Klal Yisroel worldwide. w

The current Presidium of the Rabbinical Alliance of America consists of Rabbi Hanania Elbaz, Rabbi Yehoshua Hecht, Rabbi Yaakov Klass and Rabbi Yaakov Spivak. Its Honorary President is Rabbi Shmaryahu Shulman, its Av Beis Din is Rabbi Herschel Kurzrock, and the Rosh Beis Din is Rabbi Dov Aaron Brisman. They and the RAA Director, Rabbi Mendy Mirocznik, are excited over this

new initiative and encourage Rabbi Spivak and Rabbi Malik to continue to build on this holy endeavor.

The classes took place at Kahal Ahavas Achim Lvov in Boro Park where Rabbi Malik service as the Rov.

Seasoned Rabbis such as Rabbi Yaakov Spivak, Rabbi Yaakov Klass, Rabbi Shmaryahu Shulman, Rabbi Chaim Yehuda Pollack, Rabbi Leib Landesman, Rabbi Yechiel Malik and Rabbi Yisocheer Gelbman are among the distinguished faculty for this program. These Rabbonim were asked to train this inaugural chaplain class because of their scholarship and recognition as Poskim in Halacha. We wish these new Rabbis Hatzlacha in their mission to serve our community.

PHOTOS ON PAGE 38

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Rabbi Jonathan Gewirtz

"The Observant Jew"

Get Found in the Minutiae

Don't sweat the small stuff, they say. It's as axiomatic as not being able to see the forest for the trees. What both of these sayings have in common is that they encourage people to overlook the little things in life and focus on the big picture.

Just as a person looking at a digital photo won't understand the image if he's staring at the tiny pixelated dots, when we focus on all the tiny details of life it's easy to miss how those details come together to form a greater situation. In the grand scheme of things, small difficulties seem to make sense as integral parts of the larger development which they won't if viewed on their own.

However, this time I'd like to suggest focusing on the details. It can be very important in some ways, so let's get started.

As many of you know, my columns appear in various magazines across North America. My local magazine also usually includes an excerpt from one of R' Paysach Krohn's fantastic Maggid series. My wife likes both of these items

(no word on which one she likes more) so I try to make sure we have it in the house before Shabbos. In fact, I make an effort to pick it up before we travel so we have it with us.

One such week, we took a rare trip to my sister's home for Shabbos. We slept in what used to be my grandparents' apartment, at least it was when they were alive and lived with her. It was there that I read a story R' Paysach had penned about "Avraham Zev Ganberg," the fictional name of a real young man whose Tefillin had been stolen.

In the story, they were found by someone who wondered how he could track down the owner of the Tefillin based only on the initials embroidered on the bag: Alef Zayin Gimel.

When I read that, I got a chill. Not because I was nervous the Tefillin would not be returned. Come on, this is a Jewish story - of course it will have a happy ending!

The reason I got a chill was because I knew someone whose

Tefillin bag was embroidered with the same three initials: my grandfather, R' Abba Zalka Gewirtz z"l, in whose home I was reading the story!

It was more than a coincidence. I began to think of all the factors that had to fall into place for this to happen. First of all, I had brought the magazine with us on this trip. Second, the story that was printed "just happened" to be the one it was. They prepare stories months in advance and this one actually should have been published earlier if not for some mix-up the publisher told me happened which delayed it.

On top of that, R' Paysach Krohn, in choosing a fictitious name for his protagonist perhaps decades ago, chose one that matched my grandfather's initials, and the bag which had been embroidered with my Zaidy's initials was probably done years before that!

When I took the time to think of all the things that had to come together for me to get that little nod from HaShem that He's running the world and everything in my life down to where I was and what I was reading, I was humbled, inspired, and felt very, very loved.

I recognized that in these details HaShem showed His mas-

tery of time and space. It showed me His perfect tapestry coming together line by line with all the artistry of a master craftsman. With everything coalescing, I felt at peace, knowing that HaShem is in control and He loves me.

When 13-year old Hallel Ariel HY"D of Kiryat Arba was murdered by an Arab terrorist, it was the 24th day of Sivan. As someone pointed out to me (thanks Yitzie!), those who follow the schedule of Tehillim over a 30-day cycle would note that the psalms read on the 24th day of the month are those which make up the Hallel we say on holidays.

This small detail is not a coincidence, but an interaction with HaShem, reminding us that He is in control. When you reflect upon the divine involvement in even the most seemingly mundane or meaningless aspects of life, you will be able to see HaShem more clearly than ever, and perhaps find yourself more connected than ever before.

Jonathan Gewirtz is an inspirational writer and speaker whose work has appeared in publications around the world. You can find him at www.facebook.com/RabbiGewirtz, and follow him on 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 and put **Subscribe in the subject.**

Rabbi Moshe Goldberger

Loving Your Greatest Gift: Torah!

"How Can I Help You?"

This question is the most useful for growing in Torah and Mitzvos.

It's better to give before you need to receive. Giving is a merit that helps you gain, measure for

measure. We do not have to keep score, Hashem does it for us.

~~~~~  
 "Closeness to Hashem is goodness," Tehilim 73:28.

~~~~~  
 "In the beginning, G-d created the Heavens and the earth," Breishis 1:1.

This basic, fundamental verse is so amazing and astounding... Hashem created all the trees, air, light, etc. for you and me! Hashem's generosity is unlimited, and we have to learn to also yearn to be a 'Giver,' like Hashem.

We can learn this verse over and over again to internalize that Hashem created everything for our benefit.

Another Level

The Targum Yerushalmi translates 'Breishis' as 'with wisdom;' nothing starts without wisdom and every step of continuation is with more wisdom.

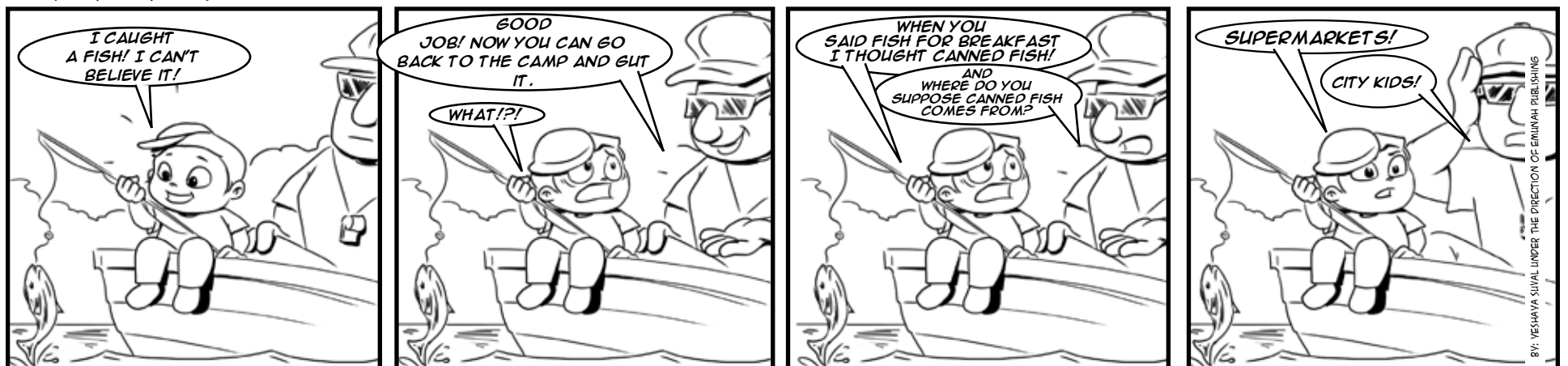
There is a great lesson here. There is a smart way for us to accomplish great goals. We need to learn how to do things with wisdom, as Hashem does, always.

The more specific you are, the easier it becomes to develop a strategy, with Hashem's help.

There is a survey that claims a person who writes down his goals can end up earning 10 times more than those who don't write them down. This may work based on the Torah principle - 'On the path one is determined to go, Hashem will lead him,' Makos 10b.

This explains why Hashem has every Jew put our goals in written form and post in on every one of our doorposts in the form of a Mezuzah!

T.A.N.O.I



JNS.ORG: FULL NEWS COVERAGE

Israeli official urges UNESCO to reject 'effort to distort' Jerusalem's history:

Israeli Foreign Ministry Director-General Dore Gold sent a scathing letter to the head of the United Nations Educational, Scientific and Cultural Organization on Monday (UNESCO), criticizing a draft UNESCO resolution that Gold said ignores the historical bond between the Jewish people and the city of Jerusalem. UNESCO's 21-member World Heritage Committee is set to vote on the resolution, a joint Palestinian-Jordanian initiative, during its annual meeting in Istanbul, which began next Sunday and runs through that week. The resolution calls for a return to the "historic status quo" on the Temple Mount. In his letter, Gold wrote, "UNESCO is considering the adoption of a completely one-sided draft resolution on the Old City of Jerusalem that deliberately ignores the historical connection between the Jewish people and their ancient capital. The resolution also fails to acknowledge Christianity's ties to Jerusalem. It refers to the area of the Temple Mount only as a 'Muslim holy site of worship.'" Gold added, "Today, it is Israel that defends religious freedom for all of the great faiths—Judaism, Christianity, and Islam—against the tide of intolerance sweeping the Middle East region.... We urge you to oppose this effort to distort history, which will offend the members of the Jewish and Christian faiths, and undermine the credibility of UNESCO in the future."

eBay buys Israeli start-up to better understand its users:



The online retail giant eBay on Monday announced the acquisition of SalesPredict, an Israeli start-up that predicts consumers' buying behavior.

It is believed that eBay agreed to pay between \$30 million and \$40 million for SalesPredict, although neither company released financial information on the transaction. SalesPredict, which is based in Netanya, was founded in 2012. Its technology is a form of artificial intelligence that uses various techniques to study consumers' buying habits through database analysis. eBay, which is a popular online marketplace that allows users to sell the products to each other and bid on them, has increased its presence in the Israeli high-tech sector over the years, and eBay Israel, which is also based in Netanya, employs hundreds of people. Part of the reason for buying SalesPredict was its ability to leverage "advanced analytics to predict customer buying behavior and sales conversion," eBay said in a statement. "For our buyers, it will help us better understand the price differentiating attributes of our products, and, for our sellers, it will help us build out the predictive models that can define the probability of selling a given product, at a given price over time," the statement added.

Netanyahu reportedly open to Cairo summit with Palestinian leader Abbas:

Israeli Prime Minister Benjamin Netanyahu is reportedly open to meeting with Palestinian Authority President Mahmoud Abbas as part of a Egyptian-led summit in Cairo. According to a report in the Saudi-owned Al Arabiya news network, Netanyahu expressed a willingness to meet Abbas in Cairo during a meeting with Egyptian Foreign Minister Sameh Shoukry on Sunday. The Prime Minister's Office responded to the report by saying, "Whether this is being discussed or not, Israel always says it is ready to directly negotiate, bilaterally, and without preconditions." Sunday's visit by Shoukry was the first official trip by an Egyptian foreign minister to Israel since 2007. "I welcome President [Abdel Fattah] El-Sisi's recent offer of Egyptian leadership in efforts to advance peace with the Palestinians and a broader peace in our region," Netanyahu said in a joint press conference with Shoukry.

Israeli forces find weapons cache near Nablus, arrest suspects:

Israeli forces have arrested four Palestinians who were allegedly involved in illicit arms dealing and manufacturing. The arrest raid, in the town of Urif near Nablus, took place overnight Sunday and was carried out by the Israel Defense Forces's elite Duvdevan unit and Nahal Brigade, with the help of the Israel Police and the Shin Bet security agency. The forces confiscated a cache of improvised firearms, ammunition, and four weapon-manufacturing devices. The makeshift guns were based on the Carl Gustav, M16, and Uzi models. Israeli officials believe that the four suspects used their connections within Judea and Samaria to expand their business ties to Israel. Two of the suspects are members of the Palestinian Authority's security forces. "The raid was part of the ongoing effort to counter the manufacturing and the trade of arms in Judea and Samaria," the Shin Bet said in a statement.

Theresa May, U.K.'s next prime minister, seen as strong supporter of Israel and Jews:

British Home Secretary Theresa May, who is slated to become the country's next prime minister, is seen as a strong supporter of Israel and the Jewish community. May emerged as the likely candidate to succeed Prime Minister David Cameron, who announced his resignation following the U.K.'s decision to leave the European Union (EU) in a referendum last month. She will become the U.K.'s second female prime minister after Margaret Thatcher and will be responsible for guiding the country through a potentially chaotic exit from the EU. In her capacity as home secretary, a position responsible for the internal affairs of England and Wales, May has promised to defend the country's Jewish community and wipe out anti-Semitism. "I never thought I would see the day when members of the Jewish community in the

CONT.ON P31

DOVIE'S SOFT DRINK 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.



- | | |
|--------------|-------------|
| A AND W | MUG |
| BARQ'S | NEHI |
| BIRCH BEER | ORBITZ |
| COCA-COLA | PEPSI |
| CREAM SODA | PIBB XTRA |
| CRUSH | RC COLA |
| DADS | SEVEN UP |
| DIET COKE | SHASTA |
| DR PEPPER | SIERRA MIST |
| FANTA | SLICE |
| FRESCA | SPRITE |
| HIRES | SUNKIST |
| JOLT | TAB |
| MOUNTAIN DEW | TONIC WATER |
| MOXIE | VAULT |

ANSWERS ON PAGE 36

JNS
CONT. FROM P30

United Kingdom would say they were fearful of remaining here in the United Kingdom,” May said in a speech to Jewish leaders in January 2015 in the aftermath of the Paris terror attacks on the satirical magazine Charlie Hebdo and the Hyper Cacher kosher supermarket. “And that means we must all redouble our efforts to wipe out anti-Semitism here in the United Kingdom.” May has also spoken of her strong support for Israel, saying that “the modern state of Israel is the fulfillment of many generations of struggle” during a speech for Israeli Independence Day in April 2015. In 2014, May visited Israel, where she met with experts on cyber-security and modern slavery, saying those are “two challenges which both Israel and the U.K. are confronting with great determination.”

Israel to get 8 Seahawk helicopters, related defense equipment from U.S:

The United States has approved the sale of eight SH-60F Seahawk helicopters and related defense equipment to Israel. The Pentagon’s Defense Security Cooperation Agency announced last week that after approving the sale of eight helicopter airframes, “the State Department has made a determination approving a possible foreign military sale to Israel for excess SH-60F Seahawk helicopter equipment and support.” In a letter to the U.S. Senate dated July 6, the agency said the estimated cost for the related equipment was \$300 million. “This proposed sale will contribute to the foreign policy and national security of the United States by helping to improve the security of a strategic regional partner, which has been, and continues to be, an important force for political stability and economic progress in the Middle East,” the letter said. The SH-60F Seahawk—manufactured by Sikorsky Aircraft—is used for anti-submarine warfare, search-and-rescue missions, and other functions. In its letter to the Senate, the Defense Security Cooperation Agency said the new helicopters would be used to defend Israel’s natural gas infrastructure. “Israel has purchased four new frigates to

secure the Leviathan Natural Gas Field,” the letter said. “The SH-60F helicopters will be used onboard these new frigates to patrol and protect these gas fields as well as other areas under threat.

Two Israelis killed in car crash in California:



Two Israelis were killed and another was injured in a car accident in northern California on

Saturday. The accident, involving a head-on collision, took place on Route 70 near the city of Chico. The dead Israelis were a man and a woman. The injured Israeli, a woman, was taken to a hospital in Chico in moderate-to-serious condition. The families of the accident victims have been notified and are being assisted by the Israeli Foreign Ministry. Meanwhile, an Israeli man drowned in Vinales, Cuba, on Thursday. His body was found by a diver on Friday.

IDF is Israeli public’s most trusted institution, study finds:

A sweeping 82 percent of the Israeli public has confidence in the Israel Defense Forces (IDF), making it the country’s most trusted institution, according to findings published on Sunday by Israel’s Central Bureau of Statistics. According to the “Public Confidence in Various Institutions, Bodies and Organizations” study, 93 percent of Israeli Jews trust the IDF. Only 32 percent of the Israeli-Arab public, however, expressed confidence in the military. Local municipalities are the second-most trusted public institution in Israel, earning the confidence of 61 percent of respondents, while the State Comptroller placed third, with 60 percent. The legal system was fourth at 58 percent. Ironically, the institution behind the survey—the Central Bureau of Statistics—came in fifth, with 54 percent of Israelis saying they trust the data it publishes. The Israel Police placed sixth at 53 percent, while only 40 percent of respondents expressed confidence in the government and 38 percent said they trust the Knesset legislature. Israel’s political parties earned an even lower level of trust—22 percent.

Rabbi Ben Tzion Shafier of the Shmuz Joins Frum Divorce for a Shabbos of Chizuk

On Friday, July 1st through Sunday, July 3rd, Rabbi Ben Tzion Shafier of the Shmuz joined Frum Divorce in the Renaissance Hotel in Westchester, NY for their 6th Bi-Annual Shabbos of inspiration and chizuk. Frum Divorce is

an organization that was created to heal the pain felt by parents and children of divorce in a strong community environment.

Through support groups, community lectures and popular events, they try to ensure no Jewish parent or child is alone at this most difficult time.

Rabbi Shafier’s Friday night keynote presentation, “Learning From the Past and Moving Forward--- What’s My Plan and What’s G-d’s Plan?” was a meaningful and inspirational shiur that moved his listeners. They

gained from Rabbi Shafier’s clear style and down to earth approach. On Shabbos day, his address titled “What to Look for in a Soul-Mate, The First or Second Time Around” was profound, practical and fabulously attended. The

focus of the lecture was on critical errors being made during the dating process. Rabbi Shafier stayed on Sunday to speak once again. It was an enjoyable Shabbos for a very important cause.

The Shmuz is a Torah lecture that offers a worldview on major life issues

ranging from working on our middos to learning to be a better spouse, from understanding the meaning of our davening to what is our purpose is in this world. Rabbi Ben Tzion Shafier has been delivering these lectures across America and beyond for a decade.



LETTER TO THE EDITOR

Dear editor:

In his June 3, 2016 article, "The Lame-Stream Media," Saul M. Berger asserts that President Obama is anti-Semitic. This seems inconsistent with the following facts:

Obama has been very friendly to Jews in the US. His former Chief of Staff Jack Lew is an Orthodox Jew who is now Treasury Secretary and his first Chief of Staff Rahm Emanuel is a Jew; he appointed a Jew, Elana Kagan, to the Supreme Court and a Jew, Janet Yellen, to head the Federal Reserve; many of his key advisors are Jewish; and now he has nominated another Jew, Merrick Garland, to the Supreme Court, which could result in four of the nine justices being Jewish; he is the first president to have Passover Seders in the White House, and he has had them for all eight years while in office.

Also, the Obama administration has consistently backed Israel at the UN and helped prevent a declaration of a Palestinian State by the UN, an effort that led Israeli Prime

Minister Netanyahu to declare that Obama deserved a "badge of honor;" Israeli strategic experts agree that strategic cooperation between the US and Israel has never been better; the US has supplied funding for the "Iron Dome" missile defense system that has saved many Israeli lives; Obama has supported Israel with regard to the Goldstone report and the Gaza flotilla events; Obama helped save six Israelis who were trapped in the Israeli embassy in Cairo, in response to a frantic, middle-of-the night call from Netanyahu. And, as Netanyahu mentioned in his talk to Congress, Obama has done many other things for Israel that the public is not aware of. In his meeting with Obama December 10, 2015, Israeli president Rivlin thanked Obama for the "extensive and unprecedented security assistance the United States has given Israel over the past seven years."

Very truly yours,
Richard H. Schwartz, Ph.D.
Professor Emeritus, College of Staten Island

DR. P
CONT. FROM P15

to keep her facial skin well hydrated, Healing Jennie for post-vacation-sun 'owwies', and Groovy Grass, as an all over moisturizer. She is used to taking long haul flights, so she uses Face + Below on her face and neck as soon as she is safely buckled in her seat. She then uses Groovy Grass on her hands. As lemongrass is her favorite essential oil, the natural fragrance also serves to sooth her pre-flight jitters. If she has spent too much time in the sun on her trip, she uses a little Healing Jennie. She called me after her last trip to tell me the Hope Solid Lotion made her arduous journey feel almost like a day at the spa!

I've been known to stash a couple extra bars in my bag as sweet-smelling gifts for my hosts, as well as a little something for the plane's flight attendants. After spending hours upon hours, day after day in such a confining atmosphere, solid lotion bars can bring a smile to an otherwise weary professional traveller. And besides, I've learned it is imperative to be

nice to those in service positions, especially those who bring us food and drink. Last time I flew with my little boy, I gave a grouchy flight attendant a sample of Toby's Varietal Solid Lotion at the beginning of the flight. She looked like she had had a hard day. I don't know if there is a definite connection, but when the drink and snack cart came around, my little guy was loaded up on (kosher, of course!) with bags of blue chips, cookies, and two types of drink. Our flight attendants frown was turned upside down! On the way off the plane she thanked me and told me none of her passengers had ever given her a gift before. All because I was not limited by the 3.4 ounce TSA restriction by carrying on Hope Solid Lotion

So, Louie of Flatbush, you can happily take your all-natural, organic ingredient Hope Solid Lotion on your travels. You can find Hope Solid Lotion at Organic Circle in Brooklyn, at hopesolidlotion.com, and at Facebook.com/hopesolidlotion. I wish you good health, a safe summer, and smooth skin.

Questions? Email Hadassah Chaya Pardo at hopesolidlotion@gmail.com.

Coming Soon: Meatless Meat and Chicken

The founders of an Israeli food tech startup want you to enjoy your meat without the guilt — in fact, without the animal.

SuperMeat, which launched in December and began an online crowdfunding campaign Monday, is developing a method for bioengineering "cultured meat" from animal cells. Its tagline: "Real meat, without harming animals." Imagine a chicken breast without the chicken, developed in a machine from cells taken from a living bird and cultured in a nutrient-rich stock.

Production is to work like this: Cells will be harmlessly taken from a chicken and put into a special machine that simulates the bird's biology, allowing them to self-assemble into meat. The process could revolutionize how the world eats, striking a major blow against environmental degradation, animal suffering and global health pandemics. Other meats could be made using more or less the same process, he said.

Dov Lior, the chief rabbi of

Hebron and Kiryat Arba in the West Bank, and Yuval Cherlow, a Ranaana rabbi who helped found the religious Zionist rabbinical group Tzohar, argue on video that SuperMeat will be parve. They say animal cells don't count as meat and that SuperMeat's process

anyway transforms the cells into an entirely new substance. Based on similar logic, they say, gelatin derived from pigs is kosher — a position with which many other Orthodox rabbis disagree.

The New York-based Orthodox Union has yet to take a position on cultured meat. But Rabbi Moshe Elefant, the chief operating officer of the OU's kashrut department, suggested the product sounded a lot like meat. He also confirmed that the OU's position would be based solely on Jewish law.

An Israeli activist group, says: "We wish SuperMeat best of luck with the research, we welcome any initiative that can help animals. However, we must remember that as consumers, we don't need to wait for a scientific breakthrough in order to save animals. ... There is no nutritional need for meat."



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Saul M. Berger CFE, CPA, CFF

**PROTECTING YOURSELF FROM FRAUD
GLOBAL FRAUD CONFERENCE
TAKEAWAYS- PART 2**

From June 12th through the 17th, the Association of Certified Fraud Examiners (ACFE) held their annual global fraud conference in hot, steamy Las Vegas. At least the attendees were indoors, at the amazing Aria!

Every day, there were live sessions on many different areas of fraud fighting that attendees could select. In addition, there were keynote speakers that were simply riveting. As a result, I wanted to share with you some of the topics that I believe you will find interesting. Keep in mind; these are only summaries of those sessions, presented to make you aware of some of what was said to the world's largest gathering of fraud fighters. Last issue, we examined some breakout sessions; this week, we'll tackle the Keynoters.

**Barb, Barb, Barb,
Barb, Bar boza!!**

Firstly, the title should be sung to the tune of the Beach Boys hit, Barbara Ann!

Nothing like getting you into the summer spirit!

On Tuesday, June 16th, David Barboza presented the keynote speech at the Working Lunch session. He is a winner of the 2013 Pulitzer Prize for International Reporting for his reporting on his findings associated with Fraud in the Chinese Government. Barboza is an investigative reporter for the New York Times.

The ACFE presented Barboza with its Guardian Award — presented annually to a journalist “whose determination, perseverance and commitment to the truth have contributed significantly to the fight against fraud.”

In 2012, Barboza was Shanghai bureau chief for The New York Times. He had learned through the rumor mill that high-ranking Chinese government officials and their offspring — the “princelings” — had benefited financially from the country's economic transformation, by receiving billions of dollars of “secret shares” in corporations. Barboza thought that it wouldn't be possible to delve into top government families in China,

which any positive outcome. He was told that China wasn't in the habit of keeping records. As he stated, “if there were records you wouldn't be able to get them or read them. And if you got the records and read them and published them you would be in big trouble. Your life would be in danger.”

So he began to concentrate on the family of the Prime Minister (remember “tone at the top”?) He learned that the PM's family had their hands in numerous businesses in industries as diverse as diamonds, insurance, banking and finance.

In researching the companies where the PM's family was involved (i.e. controlled) he found a number of Chinese companies he'd never heard of, which held billions of dollars in shares. He then turned to an agency he had never heard of until then, The State Administration Ministry of Commerce, which actually had private corporation records. For under a Franklin, he was able to have boxes of records shipped to him! That was the break that he needed, as from thereon, one thing led to another, and he was able to report that the records revealed that the PM's wife, son, daughter, brother and brother-in-law have controlled assets worth at least \$2.7 billion. Barboza explained that the names of the relatives in many cases were concealed behind layers of partnerships and investment vehicles involving friends, work colleagues and business partners.

**2016 Cliff Robertson Sentinel
Award**

Anthony Menendez, CFE, received the Cliff Robertson Sentinel Award during Wednesday's Closing General Session. First awarded to Oscar-Winning actor Cliff Robertson in 2003, the ACFE's Sentinel Award carries the inscription “For Choosing Truth Over Self.” This award is given each year to a person who, without regard to personal or professional consequences, has publicly blown the whistle in business or government.

Menendez was the director of technical accounting research

at Halliburton in 2005. As part of his responsibilities he was charged with tracking millions of dollars' worth of huge machinery for the oil and gas exploration industry. According to him, the company asked him to approve a bill-and-hold sale; which he explained as “a contract to allow and recognize revenue on equipment that they weren't actually selling but were ultimately going to use months later”. Menendez smelled a rat. He said that after researching and investigating this issue for many hours, he able to find any support for the company's position to record as sales, equipment sitting was sitting at the company. The point at which he knew that there was fraud being perpetrated at the highest echelons of the company was when he was told that his predecessor routinely approved these bill-and-hold sales (again, tone at the top).

He said his boss told him, “We agree your conclusions are appropriate. We need to get this thing fixed posthaste and get back within the lines that are appropriate. We need to repair whatever damage is done.” He actually believed his boss that the issue would be fixed but soon realized that they never did and never had any intension to

do so.

Menendez filed a confidential complaint with the SEC in November 2005 because he believed that a company commits fraud when it knowingly violates accounting and SEC rules and misleads the investing public. And then in February 2006, he alerted the audit committee of Halliburton's board of directors about the accounting problem. He left Halliburton in 2006 and brought a whistleblower claim under the anti-retaliation provisions of the Sarbanes-Oxley Act. It took almost nine years, but Menendez finally prevailed against Halliburton in court.

The main takeaway from this story is that at times, you have to just go with your gut. If you have a feeling that something is wrong, pursue the issue until you either realize that it's not what you thought it was, or you become more convinced that something is not kosher, at which point, follow the trail!

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

HEALTH | Dr. Rachael Schindler**Special Occasions and Situations Part I**

Many people say they want to lose weight, and may even have the “evidence” to prove it – the diet books, the latest exercise videos/gear, and even all the new low-fat, low-cal, sugar-free, fat free, no cholesterol, etc...foods in the fridge. They may even visit their nutritionist regularly or work out with a personal trainer religiously. But what happens to these very same people when they go out to eat? Or when they have a special occasion, (like a wedding, bar-mitzvah, or for some that even includes shabbos in general!), or “special circumstance” (pregnant/nursing, under 18 or over 40)? Do all the hard work, effort, and basically all sense of reason in terms of eating and exercising healthily, just disappear when the situation isn’t usual or part of the routine? Are you “out to lunch” when you’re out at lunch?

In my experience, one of the biggest problems in stick-

ing with a healthful eating plan is sticking to that healthful eating plan. So many of us either “cheat” here and there (maybe everywhere), or have that all or nothing mentality when it comes to eating. You know how that goes, it’s when you overeat and then say to yourself, “Uch, I was so “bad” already, it doesn’t matter...or I already ate half the cake, so what difference does it make if I eat more?...or I’ll start fresh tomorrow, then continue munching. In life, you are faced with many challenges and opportunities daily, and for some, food is one of them! Some people may not rise to the occasion, (literally), and some may set impossibly high standards for themselves. The trick is, knowing before you eat how to tend to handle the situation so that you have some options to choose from that will not make you feel bad about the choices you’ve made later.

Let’s start with the biggest stumbling block most dieters trip over – the idea that willpower alone should win the weight war. Of course you have willpower – but that alone is not enough to foil the inner saboteur! So what should you do when you go out to dinner? The trick I tell my clients is, before you go out; understand yourself and how you usually react to temptation. Are you the kind of person that needs to prevent themselves from eating a certain food or type of foods, or can you get away with just limiting them? In other words, is it better for you not to start indulging in more heavy foods or even desserts because it may be a slippery slope thereafter, or can you just taste these treats, satisfy the urge and curiosity, and be able to safely walk away? Be honest with yourself.

I like my clients to identify their absolute trigger foods, whether it is cookies, cereal, fries or sushi, and stay away from them. For myself, I know that I can’t even taste a Greene’s bakery babka (chocolate or cinnamon), because I can cut a straighter line every slice and thus justify eating

a whole days worth of calories in 7 minutes, as a snack. If you feel that when you start eating rich, not particularly healthy carb laden or sugary foods and there is no stopping you, my advice is to NEVER go out to eat starving. Eat some (even a lot) fat free veggie soup, a few corn thins with light cheese, an apple, or a few sliced cucumbers and salsa, before you leave. It will take the edge off your hunger so you don’t inhale the bread basket (or 2) as you wait for your food. Also, order a healthy salad with the dressing on the side as an appetizer or with your appetizer to eat first, and instead of drizzling the dressing on the salad, dip your fork into the dressing and then the salad so you can get the taste and feel of the condiment without all the empty calories. What I like to do is try to see if you can get the menu online so you can choose what you want to eat beforehand and plan your caloric and fat intake for the day accordingly; based on your individual food program. Basically, plan your eats and eat your plan. If you want to order that tortellini a la funghi with sushi, drink

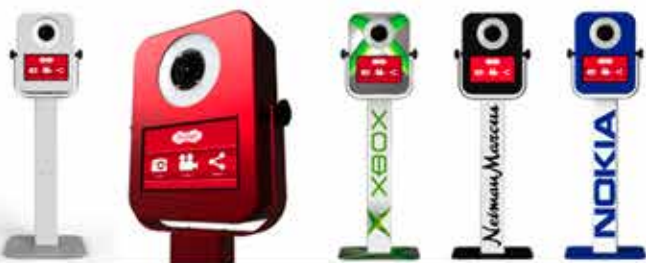
CONT.ON P35

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SCHINDLER

CONT. FROM P34

the water first when you get there, fill up on some veggies or free foods before and then savor that yummy dish. Eat slowly. Taste it. Remember, you don't always have to finish it. Take some home for later. There's always more where that came from, and it's not like you can never have it again. Chances are you might not want it the next day and you can give it to your husband or housekeeper, and if you do still want it, great, plan it into your regimen for that day. You can also plan to exercise, or work out a little more that day to offset the larger than usual caloric intake. Just remember not to start on your trigger food. Move it away from in front of you. Tell your friends/ husband/wife that you are trying to watch right now and it's not good for you to have that food in your plain sight. Thank them for understanding and helping you do what you need to do. Enlist them in your cause. If the meal is not the problem for

you, but dessert is, sip hot liquids such as coffee or tea also help cut the sweet tooth from acting up. My favorite is to bring some gum, sugar free candy or chocolate with you so that you can change the taste in your mouth or have something sweet at the end of the meal without breaking the calorie budget. Studies have shown that keeping your mouth busy with gum and sucking on candy and chocolate help pass the craving. In addition, new studies in Denmark show that a couple of squares of chocolate (preferably 70% cacao or more) helps you feel fuller and less interested in fatty, salty, and even sugary foods! That's right. Go ahead, you can have your chocolate and eat it too!

For those individuals who feel they can eat anything within limit, and they don't get triggered to binge easily, make sure you listen to your body. Stop eating when you are full and only eat when you are hungry. Feed yourself properly throughout

the day so that you manage your hunger and not lose control. Last but not least, and this is the good one, control your portions by making sure whatever it is you are eating will physically fit on one plate if you were to put it on one. Yes one. If you eat a little of seven courses that can be 3 plates full in reality, and you wouldn't notice since the empty plates are not in front of you. Don't forget, you will feel better later, physically and psychologically, that you did not overstuff yourself especially with the wrong foods.

So, whenever you go out to eat, select a health conscious restaurant that has something good for you that you like to eat. Give careful instructions. Let the waiter know you'd like your food cooked clean, or using fats sparingly. There could be a lot of hidden calories there. Finally, look at the totality of the day/week in terms of intake- not just this one meal. You can't splurge every meal, but you can for one meal,

once in a while. So, if you want to enjoy a nice night out, do so in moderation, savor the new tastes and flavors and be sure to avoid the wrong foods you absolutely can't stop eating.

Remember, overeating is not something that happens to us, it's our response to what happens. And response is something we can choose. So even if you weren't totally perfect in terms of eating as you'd like to be on your night out, don't throw in the towel and finish all the desserts on the table. Know when to say when, say it, and mean it.

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

MERCOLA

CONT. FROM P21

"While medications are probably the single most important factor in improving the quality of life for older Americans, the nation's seniors are especially at risk for medication-related problems due to physiological changes of aging, higher incidence of multiple chronic diseases and conditions and greater consumption of prescription and over-the-counter medications."

The same ASCP site also reveals some rather disturbing statistics in regard to seniors, which should give you pause:

Seniors 65 to 69 years old take around 14 prescriptions per year; 80- to 84-year-olds take about 18 prescriptions per year

Among seniors, medication-related problems cost \$177.4 billion a year

Adverse drug reactions are among the top five greatest threats to the health of seniors

Fifteen percent to 25 percent of the drugs taken by seniors are unnecessary or inappropriate

History tells us it can take decades before a medical truth becomes accepted as fact, but now you know. Don't let yourself become a statistic. Arm yourself with

the information you need to live a long, healthy life for as long as possible, so you're more likely to end up on a cruise ship than in a nursing home.

Natural Alternatives: Make Wise Choices for Optimal Health

One of the best things you can do for yourself, whether you're in a state of wellness or suffering from an illness or disease, is to take control of your own health.

In years past, many people assumed doctors were the only ones who had any idea how to treat illness. If the doctor handed them a prescription, they would fill it and begin taking it, even if they weren't really sure what it was. If the doctor said they must have surgery or cut out salt, few people argued; they figured the doctor was the expert.

Those days are over. There's a boatload of information out there, including on this site, for every aspect of your health, such as the importance of optimal sleep, exercise, vital news about how to eat real, nutritious food and what to avoid, and yes, alternative health.

Learn for yourself about genetically modified organisms (GMOs), cancer, supplementation, aging, technology — even healthy pets. This site is tailor-made to keep you informed and help you

get into the best shape you've ever been in, whatever your age.

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

FRESH PERSPECTIVE | Breindy Reiss

**YESHIVAH OF STATEN ISLAND/
WOMEN'S LUNCHEON**

On Sunday, May 15th close to one hundred fifty women and well-wishers gathered for the annual women's luncheon on behalf of Yeshiva of Staten Island and to present Phyllis Zachter with the Rebbitzen Shima Feinstein Eyskes Chayil Award. The program began with Rebbitzen Sheila Feinstein welcoming everyone who had gathered from the lower East Side, Staten Island and beyond, to help support this worthy makom of Torah and hadracha. The Rebbitzen's remarks were based

at the end term recital. However, Michael called her the night before, begging for a chance "to play at the recital for Mom". Mrs. Rogers was in a quandary as what to do. In a leap of faith permitted it. Michael came to the recital with two men that were seated in the audience. Mrs. Roger's was astounded as to how well Michael played. She found out that Mrs. Rogers had died and that her determined son lovingly practiced in a short time "to make Mom Proud". The two men were in from the orphanage and

Torah and Gemilas Chesed. Phyllis spends every Erev Shabbos doing Bikur Cholim and readying Shabbos meals for anyone who needs to stay at the Staten Island Hospital. But that is not all she does for them. Each and every Erev Shabbos she personally visits every choleh bringing a sense of happiness and hope to patients and their families. Somehow she also finds time to be assistant director of the UPK program at RJJ. Of course she always there for her family and enklach.



father in his work for the Klal. A beautiful tribute written in rhyme was recited by Phyllis's many grandchildren who attended.

Phyllis spoke briefly about her inability to refuse Rebbitzen Sheila about accepting the award. It was a way to help the Yeshiva of Staten Island so she could not refuse. At this point, Pinni Feuer presented Mrs. Zachter with the prestigious Rebbitzen Shima Feinstein Eyskes Chayil award. The beautiful inscription was read for all to hear. The audience demonstrated their approval.

The sumptuous meal came to a close. The winners of the raffles were announced. Everyone left happier knowing that they gave honor to pillars of the community as well as having helped support their important mossad; the Yeshiva of Staten Island.



on teachings from Pirkei Avos and additional sources. She subsequently introduced the Guest Speaker, Rabbi Lehrfeld, Rav of Young Israel in Staten Island.

Rabbi Lehrfeld used this poignant story as a back drop to express his hakoras hatov to Rabbi and Reb. Reuvain Feinstein Shlita, for always being a source of inspiration to; himself, the Yeshiva, the entire community of Staten Island and beyond. He cited a documented source about a talented music teacher, Mrs. Rogers who had a potentially gifted student that she tutored. Although Michael was diligent in practicing the music homework assigned, he eventually began to slacken off. The youngster would appear disheveled and it was obvious that he was not the type of student one would wish to call upon to play

it was their task to place Michael in foster care. Mrs. Rogers approached them and offered to tutor Michael free of any charge.

Rabbi Lehrfeld stressed the importance of how the Yeshiva of Staten Island gives every talmid the opportunity to learn and grow. He concluded by stating how Rabbi Reuvain Feinstein Shlita and the Rebbitzen tichye, bring out the best in everyone with much patience and love. The audience expressed their agreement as well with a mighty applause.

At this point of the program the presentation of the Eyskes Chayil award began. The honoree chosen as recipient this year was Phyllis Zachter, a pillar of chesed in Staten Island. Together with her husband Mel, they are incredible Tomchei

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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.

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



Torah Connection

By: Daniel Keren

Illustrated By: Tzai R. Pensky



Dear Mr. & Mrs. Goldberg,

It is my sad duty to inform you that

your son Cpl. Benjamin Goldberg

is missing in action.

We have no further information at

this time...

CONT. NEXT WEEK 17"4

FLATBUSH HATZOLAH AND NYPD BASEBALL GAME



Yoni Z. Singing the national anthem

Tefillin Awareness Project @ the Young Israel of Avenue J



Canada's Prime Minister, Trudeau Visits Auschwitz



Canadian Prime Minister Justin Trudeau toured the Auschwitz memorial on Sunday with Nate Leipziger, a former prisoner there who immigrated to Canada from his native Poland in 1948 at the age of 18, as well as the Canadian minister of foreign affairs, Stéphane Dion, and Rabbi Adam Scheier of Montreal, vice president of the Council of Rabbis of Canada.



EZRA FRIEDLANDER WITH ELIE WIESEL Z"l

Rabbinical Alliance of America



Rabbi Yaakov Klass, Rabbi Mendy Mirocznik, Rabbi Yeichel Malik, Rabbi Yaakov Spivak, Rabbi Chaim Yehuda Pollack

Rabbi Chaim Yehuda Pollack giving a Shiur



Rabbi Yaakov Spivak, together with Rabbi Yoel Roth and Rabbi Yomtov Malik

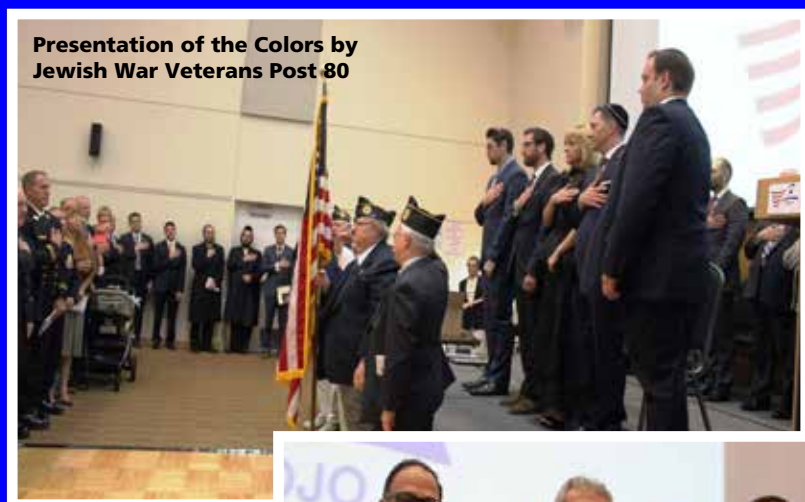


Rabbi Yaakov Spivak, Rabbi Yisocher Gelbman, Rabbi Yeichel Malik, Rabbi Mendy Mirocznik



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Former Staten Island Borough President Ralph Lamberti, Scott Maurer CEO COJO-SI



UK PRIME MINISTER
CONT. FROM P1

mediate aftermath of the horrific Charlie Hebdo and HyperCacher attacks of January 2015.

May, according to former ambassador to London Daniel Taub, "has been a long-standing friend of Israel and the Jewish community. Another official said that when it comes to Israel, May "comes with her heart in the right place."

If, indeed, that is the case,

then she will follow a long line of British prime ministers, going back to Margaret Thatcher and including John Major, Tony Blair, Gordon Brown and Cameron, who were considered good friends in Jerusalem.

In our own personal first impression, we see a lot of similarity to The "Iron Lady", Margaret Thatcher and we have no doubt that Theresa will prove a formidable Prime Minister and a true friend of Israel.

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