

THE JEWISH Connection

SERVING THE ENTIRE JEWISH COMMUNITY

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JEWS OF FRANCE ARRIVE IN ISRAEL



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JAMES CAAN AT THE KOTEL

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The Rabbinical Alliance of America hosts Chief Sephardic Rabbi of Israel, HaRav Yitzchak Yosef, in Deal, New Jersey

The Iran Ransom Money

Republican presidential nominee Donald Trump on Wednesday blasted the Obama administration over a report in the Wall Street Journal which said it secretly funneled \$400 million in cash to the Iranians in January, around the time four American prisoners were released from Tehran.

Trump called the incident a "scandal", and pointed out that negotiations opened when his Democratic rival Hillary Clinton was serving as Secretary of State.

"Our incompetent Secretary of State,

Hillary Clinton, was the one who started talks to give 400 million dollars, in cash, to Iran. Scandal!" Trump said, according to Breitbart.

In a speech in Daytona Beach, Florida later on Wednesday, Trump said, "We have a president who is frankly incompetent."

The State Department has denied the money paid to Iran was a ransom payment in exchange for the American hostages.

"As we've made clear, the negotiations over the settlement of an outstand-

ing claim...were completely separate from the discussions about returning our American citizens home," State Department spokesman John Kirby said.

"Not only were the two negotiations separate, they were conducted by different teams on each side, including, in the case of The Hague claims, by technical experts involved in these negotiations for many years," he added.

The Wall Street Journal report, however, noted that press reports in Iran quote Iranian officials who described the payment as ransom.

Can Israel's new proactive UN posture lead to Security Council seat?

SEAN SAVAGE

Long panned for harboring deep anti-Israel bias, the United Nations (UN) has often been discounted by critical Israeli leaders as an organization with little hope for any success. However, after a tireless effort by the Israeli delegation to the UN, earlier this summer the Jewish state was selected for the first time to head the UN's Sixth Committee, one of the permanent commit-

CONT. ON P11

My Journey in the Holy Land We cannot become what we want to be by remaining what we are

SHARI TISCHLER

If you are brave enough to leave behind everything familiar and comforting, which can be anything from your house to bitter, old resentments, and set out on a truth-seeking journey, either externally or internally, and if you are truly willing to regard everything that happens to you on that journey as a clue and if you accept everyone

CONT. ON P5

Four Toxic Patterns of Communication in Marriage And how to make sure they don't poison your relationship.

SIMONE SOBEL

Based on data gleaned from several groundbreaking studies, renowned psychologist and relationship expert John Gottman can predict in 15 minutes, with a 91 percent accuracy

CONT. ON P2

Misophonia: The Often Misunderstood Sensitivity to Sound

DR. JOSEPH MERCOLA

Many people cringe when they hear the sound of nails on a chalkboard. This reaction, which can feel almost physically painful, gives an example of what people living with misophonia deal with every day.



CONT. ON P6

הדלקת נרות
1 AV אב א
Rosh Chodesh Av
Parashat Matot-Masaey

7:46 P.M. FIVE TOWNS
7:47 P.M. STATEN ISLAND
7:48 P.M. BROOKLYN
7:46 P.M. TEANECK, NJ
7:46 P.M. MIAMI BEACH, FLA.
6:52 P.M. JERUSALEM

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yourself. However a pattern of defensiveness can be highly toxic to a marriage if employed as an ongoing strategy of communication because it is really an attempt to blame the other person. What we are really saying, in effect, when we become defensive is, "It's not my fault, it's yours."

Picture a wife complaining to her husband about not doing the dishes or helping to put the kids to sleep. He responds, "Last week I came home early from work to try to give you a break. I even called your parents to say hi, and you know how much I love doing that. (contempt, through sarcasm). And may I just remind you, in case you forgot, (contempt, through moral superiority) about those earrings I bought you that you loved and said were the most beautiful gift ever. And now you complain about dishes and putting kids to bed? I can never make you happy. It's never enough for you (criticism: it's your fault)." When we are defensive, we act like victims, and instead of defusing the situation, our defensiveness often escalates it.

Stonewalling

The result of criticism, contempt and defensiveness is often stonewalling, which is a form of tuning out. We can stonewall physically by walking away or ignoring, or emotionally by going silent and refusing to discuss something. Let's say after the woman in the above example criticizes her husband for not doing the dishes. He looks down and refuses to discuss it, saying, "I've had a long day, I can't deal with this," or he tells her, "Listen dear, I'd love to discuss this another time, but I can't keep the guys at basketball waiting" and walks out the door, or he says nothing at all.

Gottman reports that men tend to stonewall more than women because biologically they "flood" (or become physically and psychologically overwhelmed) quicker than women – likely based on the fact that men tend to have more active cardiovascular systems and slower stress recovery rates. During an argument a man's heart will beat faster and stay accelerated for longer; his blood pressure will become more elevated and remain higher for longer than a woman's. Given this physical reality, it's no wonder that men often have a higher propensity to avoid conflict.

Body chemistry notwithstanding, no one is off the hook in the

CONT.ON P25

SOBEL CONT. FROM P1

rate, whether a couple's marriage will succeed or end in divorce. His predictions are based, in part, on the presence of four negative types of interactions between the couple: criticism, contempt, defensiveness and stonewalling – or, as Gottman refers to them, the "Four Horseman of the Apocalypse," for their potentially cataclysmic effect on a marriage.

Criticism

Living together with another person means we will always have complaints at times. We're human; it's unavoidable. Complaints, while negative, are not necessarily unhealthy, primarily because they tend to focus more on our partner's behavior versus his or her char-

acter: "It really upset me that you forgot to do the dishes last night after you agreed to. Please can you make sure to do them before you leave for work?"

Criticism, on the other hand, is a more global attack on a person's character or personality: "You always forget to do the dishes when it's your turn. It really brings out your selfish streak. I don't understand how a grown man can be so irresponsible and uncaring."

When we criticize, we tend to use all-or-nothing words like "always" or "never," and what we imply with our accusations is "what's wrong with you?"

Contempt

Contempt is similar to criticism, but it's more severe. It's usually an attempt to belittle or

demean, and it conveys a sense of disrespect and even disgust toward the other person.

Contempt can sometimes signal that a husband and wife have long term negative thoughts about each other that have become baked into the relationship over time. If there are ongoing conflicts in the relationship that have gone unresolved for a long time, contempt can set in. If partners tend to communicate with sarcasm, hostility, or sneering toward each other, contempt is the culprit. Condescending body language (eye-rolling) or making jokes at a spouse's expense can also be a form of contempt.

Defensiveness

If you have ever been on the receiving end of someone's contempt, it's natural to try to defend

Who Stole My Religion?: Revitalizing Judaism and Applying Jewish Values to Help Heal Our Imperiled Planet

By Richard H. Schwartz

Reviewed by Rabbi Gabriel Cousens, MD, MD(H), DD

This is an inspirational and prophetic book that explores the deep issues that are facing us today, not only for the purpose of healing the ecological world, but more importantly saving the soul of humanity. The essential question Richard Schwartz is asking is: "Why has my Orthodox Jewish community moved away from following the deep God-centered and, consequently, moral and ethical way of life in which humanistic ideals and actions are essential outflowing of a God-centered way of life?" Why have they moved, as he feels, toward a more self-centered, egocentric, ethnocentric way of life that they then dare consider as Jewish? These are deep and powerful questions for the Jewish community to reflect on. Part of the answer, as he indirectly suggests, is that we have begun to confuse and misidentify ethnicity for a Torah based moral, ethical and spiritual way of life. This too has contributed to the shift from God to a mind-centered approach.

There are inherent Torah values that are meant to guide us to a higher level of understanding and toward a spiritually evolving way of life. The prophets have emphasized these values throughout time. It is in this sense that Richard Schwartz's book is prophetic. In that tradition Isaiah 58:1-6 says: "Shout it aloud, do not hold back. Raise your voice like a trumpet.... Is not this the kind of fasting I have chosen? -- that is, to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke of tyranny?"

Here, tyranny refers to anything that undermines our sovereignty and freedom to pursue health, happiness, wholesome ecology, and ultimately our relationship with God. Sovereignty is a fundamental Torah principle that affirms everyone is a unique expression of God and that this expression, aligned with Torah teachings, needs to be respected and supported.

In the structure of this book, Dr. Schwartz has done a comprehensive job of highlighting the essential Jewish moral and ethical

teachings around the questions of food choices, ecology, and human life. Richard Schwartz is also a major leader in discussing the importance of following a plant-based diet as the best dietary expression of the Torah, as it teaches in Genesis 1:29. While an animal flesh based diet is allowed (Genesis 9:3), it is not fundamentally aligned with the great Torah way. This is because, as he points out, the results of plant-based diets are much more aligned with the basic Torah values of morality and ethics.

One of the big questions that Who Stole My Religion points to is, "How do we return to the ways of God that bring us to the direct apperception of the eternal truth which is the foundation of Torah ethics?" If we do not have that connection then morality and ethics become a rational, relative humanitarian discussion. This relativity ultimately has given rise to the "morally justified" genocides of Hitler's Germany, Darfur, Armenia, Rwanda, Maoism, and Stalinism, etc. As a prelude to these atrocities, people have lost touch with the truth of our oneness.

This book raises the subtle prophetic clarion call of how important it is to return to the source of our ethics and morality. It is the eternal truth emanating from the source beyond time and space that brings health and wellness into our society. I agree with Rabbi Arthur Waskow, director of the Shalom Center, who eloquently stated, "No one has been more creative, committed, or consistent than Richard Schwartz in arguing for a Judaism that can address in all its depth the world crisis that all of humanity and all life forms face today." I honor Richard Schwartz for raising these questions for Judaism, the other world's great religions, and helping the whole world to awaken to and reconnect to the Divine so that we may naturally be the expression of love that the Ten Speakings and the rest of the Torah teaches.

Rabbi Gabriel Cousens, MD
 Director of the Tree of Life Rejuvenation Center
 Author of Torah as a Guide to Enlightenment, Spiritual Nutrition, Conscious Eating, and Creating Peace by Being Peace

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MAKING FRIENDS... AT ANY AGE

ALAN MAGILL

True friendship is a rare commodity and when you find it, it's value is priceless. In my over 25 years of working with a senior population, I see that friendship has no age barrier. It doesn't matter how many years older one person is than another, as long as they can see eye to eye, that's all that matters. I have a friend who is 103. I'll call her Rachel. We share our inner world with each other. We commiserate. We laugh. We joke. Around two years ago, I told a joke in a group she was in. The shortened version – A man is being chased by a bear. He runs into a cave and the bear follows. Just as the bear is about to pounce on him, the man thinks all hope is lost. Then the bear starts a bracha... "Baruch ata Hashem, Elokanu Melech Haolom..." The man cries out, "I'm saved! He's a Jewish bear." Then the bear completes the bracha... "Ha Motzei Levhem Mein Ha Aretz." The people laugh, except for Rachel. She immediately calls out, "The bear said the wrong bara-

cha. It should be 'Shehakol niyeh bidvaro.'"

Recently Rachel was hospitalized and when I went to see her, I hoped that she would be doing better and that we could continue, in some way, the wonderful rapport we had. When I walked into her hospital room I saw a dear friend of decades visiting with her. I said "hello" to Rachel and she exclaimed, "Alan, good to see you!" We immediately, as good friends do, fell into our familiar patterns of enjoyable conversation. I wanted to tell her friend a story that showed how sharp Rachel's mind is. I started by saying, "I once told a joke in a group that Rachel was in about a man who was being chased by a bear." Suddenly, from her bed, having not heard this story in maybe two years, Rachel exclaimed, with a big smile on her face, "The bear said the wrong bracha!" We had such a good laugh. She is such a good friend.

Years ago, at the Senior Home I work at – Ateret Avot of Midwood

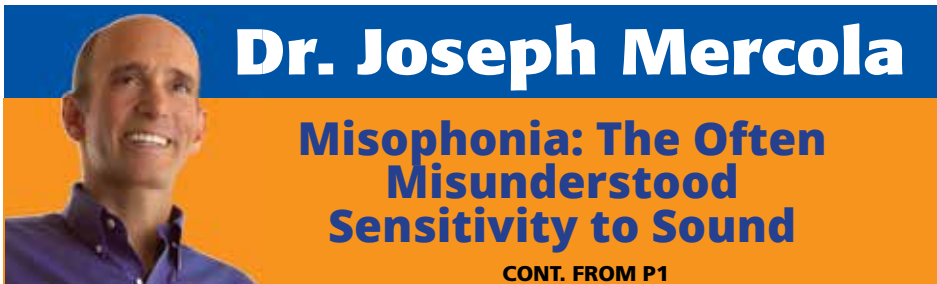
-- there were two guests there who were friends. One, a woman I'll call Sara was 99. The other, man who I'll call Louis, was 95. Given their limited energy and their lack of independent mobility they only had sporadic contact with each other. One day it was Sara's birthday and we had a big celebration in the

communal dining room, complete with balloons, a signed card, singing "Happy Birthday," and a big cake.

Louis was out at a doctor's appointment during this lunch party. Sara enjoyed being sung to, receiving her card, getting the balloons and eating the cake. But when the party was over, with her limited energy, she was adamant that a piece of cake be saved for Louis. This took some doing, to get the attention of the waitress, to have somebody in the kitchen wrap it in aluminum foil, but when you want something bad enough you often get it done...and Sara did. I remember after the party, seeing Louis coming down to the dining room. Since he was coming from his doctor's appointment and was late for lunch, his aide set him up in the tea room. He looked exhausted, His face was expressionless. But there was soon to be a big smile on this no

longer exhausted man's face. Sara was coming out of the dining room and when she saw her friend she said, "Louis, I saved you a piece of birthday cake." Gingerly, she approached him and put the cake down on the table in front of him. He was no longer a beaten down man. Feeling forgotten. He was beaming. Someone had thought of him. His friend. It doesn't get any better than this.

(Italics) I can be reached at pr2hope@aol.com I am Director of Recreation at Ateret Avot Senior Home of Midwood. 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 August 6, I will give a talk on Pirkei Avos at 5:15 p.m. in the Downstairs Social Hall. The summer series features a variety of speakers and meets either in the Downstairs Social Hall or the Upstairs Ladies Section. I do customized picture/poems at reasonable rates. I also offer "The Hip Bone's Connected to the Funny Bone" humor program which includes jokes, stories, skits, improvisations and information on the health benefits of laughter.



CONT. FROM P1

Misophonia means “hatred of sound,” and it’s a condition in which normal, everyday noises cause extreme emotional and even physical distress. The sound of a person chewing, breathing or yawning may act as a trigger.

Other often-intolerable sounds to people with misophonia include the sound of someone fidgeting or tapping their fingers, but virtually any noise — from dripping water to crinkling plastic — can lead to significant discomfort.

Those Affected by Misophonia Often Suffer in Silence

It was only relatively recently — around 2000 — that misophonia was given a name. Husband-and-wife research team Margaret and Pawel Jastreboff reportedly coined the term misophonia, which is sometimes referred to as “mastication rage” as well as selec-

tive sound sensitivity syndrome.

In 2013, a study involving 42 people with misophonia revealed that many similar symptoms and experiences were shared among the group.³ For instance, the triggering stimuli were all sounds produced by humans.

Sounds made by animals did not typically cause distress, nor did sounds made by the patients themselves. The most offensive sounds included:

- Eating-related sounds like lip smacking
- Loud breathing or nose sounds
- Typing on a keyboard or pen-clicking

In some cases, even watching a visual trigger, such as someone eating or rocking their leg, was enough to trigger misophonia

symptoms. Negative reactions were felt immediately upon witnessing the trigger. This included:

- Irritation
- Disgust

Anger (with some patients becoming verbally or physically aggressive as a result)

Patients reported feeling a loss of self-control. They knew their aggressive reactions and feelings of disgust toward the noises were excessive and unreasonable, but felt they could not help it.

As a result, all of the participants said they would actively avoid triggers by wearing headsets or earplugs or avoiding social situations.

In addition to causing social isolation, many people with misophonia feel daily stress because they’re anticipating coming into contact with a trigger. (Misophonia is believed to be distinctly different from phonophobia, which is a fear of loud noises.)

What Causes Misophonia?

Misophonia is not related to a problem with your ears but rather is related to how sound affects

your brain. The Jastreboffs described it as an “abnormally strong reaction ... of the autonomic and limbic systems resulting from enhanced connections between the auditory and limbic systems.” They continued:

“Mechanisms of misophonia could involve enhancement of the functional links between the auditory and limbic systems, both at the cognitive and subconscious levels.

Alternatively, tonic high level of activation of the limbic and autonomic nervous systems may result in strong behavioral reactions to moderate sounds.”

People with misophonia have described that symptoms began during childhood in association with disgust felt when they heard family members chewing (the average age of onset is 13).

Some have also noted that people with misophonia tend to show traits of post-traumatic stress disorder (PTSD) or obsessive-compulsive personality disorder (OCPD). The definitive underlying

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Moshe's CROSSWORD By Yochai Ben Yitzchak Dov

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Across

- 1) Endures
- 6) Lime drinks
- 9) Venomous viper
- 12) Additional
- 13) Evergreen tree
- 14) Confederate general
- 15) Shine
- 16) Use the supplier again
- 18) Teamster's rig
- 19) Sneeze need
- 20) Female relative
- 22) Make mistakes
- 25) Motherly
- 28) "Mamma ___!"
- 29) Fireplace residue
- 30) Verse makers
- 32) Flower wreath
- 33) Georgia city
- 36) Hearing organs
- 38) Reside
- 39) Scuffle
- 41) Highway exit
- 45) Assumption
- 47) Benefactor
- 48) Lincoln, informally
- 49) ___ Plains
- 50) Surpass
- 51) Finish first
- 52) Baltimore time zone (abbr.)
- 53) Some curves
- 11) Miles ___ hour
- 17) Wish undone
- 19) Perfect gymnastics score
- 21) Taxing agcy.
- 23) Pinup ___ Hayworth
- 24) Cummerbund
- 25) Man or boy
- 26) Yachting
- 27) Baker's dozen
- 30) Cushion
- 31) Burdensome
- 33) Talks back
- 34) Most skillful
- 35) Struggle
- 37) Addition result
- 40) Faction
- 42) Picnic visitors
- 43) Manner
- 44) Experts
- 45) Bear's foot
- 46) Slugger's stat
- 47) Forest female

Down:

- 1) Table supports
- 2) Wheel shaft
- 3) Mushroom part
- 4) Apprentice
- 5) Yosemite ___
- 6) Egypt's continent
- 7) Truck fuel
- 8) God of love
- 9) City officials
- 10) Look at

ANSWER TO THIS WEEK'S CROSSWORD ON PAGE 25

MERCOLA
CONT. FROM P6

ing causes of misophonia remain a mystery, however. Researchers wrote in PLOS One:

“One can imagine a process of recurrent conditioning following these repetitive annoying events that eventually results in misophonic symptoms or avoidant behaviour.

... Another hypothesis is that OCPD predisposes to misophonia ... there appears to be an obsessional part, the focus and preoccupation on a particular sound, and an impulsive part, the urge to perform an aggressive action.

Both aspects should optimally be explained within one single causal model, which currently is too ambitious.”

Tinnitus, Misophonia and Hyperacusis May Be Related Conditions

Researchers are in the process of teasing out what appears to be a complex relationship between misophonia and its “sibling” conditions: tinnitus and hyperacusis.

Tinnitus, or chronic ringing in your ears, is becoming increasingly common in young people (where it was once considered primarily a condition in those 50 years or older). Among youth, those with tinnitus had significantly reduced tolerance for loud noise and tended to be more protective of their hearing.

Reduced sound level tolerance is a sign of damage to the auditory nerves because, when nerves used to process sound are damaged, it prompts brain cells to increase their sensitivity to noise, essentially making sounds seem louder than they are.

Hyperacusis, meanwhile, is reduced tolerance to sound in which a person feels physical discomfort when exposed to some sounds. Research conducted by the Jastreboffs suggests hyperacusis and tinnitus often co-exist. They noted, “Most frequently, significantly decreased sound tolerance results from a combination of hyperacusis and misophonia/phonophobia.”

The causes of hyperacusis are unknown, but it could be due to functional changes within the central nervous system as well as

increased anxiety or emotional response to sound. Hyperacusis has also been linked to exposure to certain sounds, head injury, stress and certain medications.

Is There Help for Misophonia and Hyperacusis Sufferers?

Many misophonia patients try to live with their symptoms by lessening exposures to offensive noises. You can try wearing earplugs or headphones to tune out sounds, for instance. There are also hearing-aid-like devices that create a white-noise sound that may help reduce your reactions to sounds.

Psychological counseling and sound therapy are often recommended. The latter is often used for tinnitus (tinnitus retraining therapy) and may also work for other forms of decreased sound tolerance.

The idea behind sound therapy is to turn the offending sounds into neutral stimuli so they no longer provoke a negative response. In the case of hyperacusis, many of those affected live with the condition by wearing earplugs. This may actually backfire, however, by making your auditory system even more sensitive to noise, worsening hyperacusis.

Some experts recommend a desensitization approach like tinnitus retraining therapy for hyperacusis. The therapy involves exposing you to a variety of sounds (in different frequencies, durations and volumes) so that ultimately your reaction to them lessens. According to the Jastreboffs, desensitization therapy alone will not relieve symptoms of misophonia.

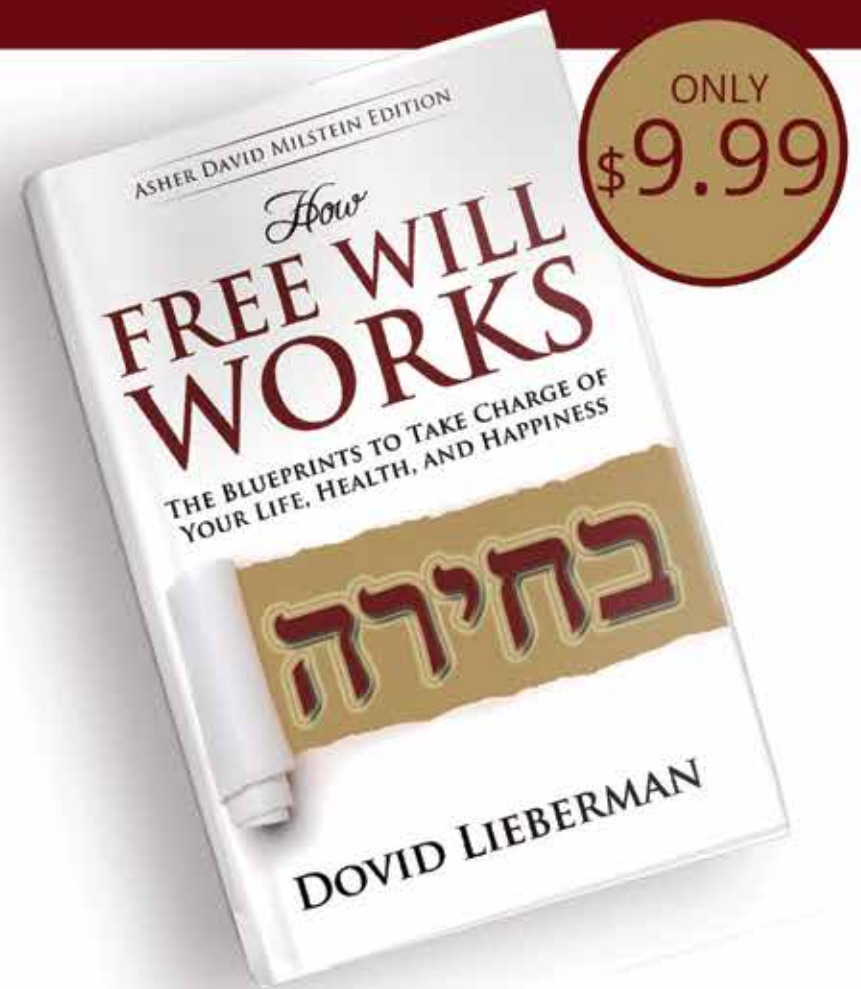
For misophonia relief they recommend a different approach — “systematic exposure to sounds, associated with a pleasant situation, with gradually increasing sound levels.”

If you struggle with misophonia, hyperacusis, or any sensitivity to sound, perhaps the greatest relief of all will come from knowing you’re not alone. There are many support groups available around the U.S., and if you can’t find one to attend in-person you can join in a discussion with other misophonia sufferers online.

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

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Roy Neuberger

WHAT'S SO IMPORTANT ABOUT MORALITY?

I would like to write about Parshas Pinchas, which we read last Shabbos.

“Pinchas ben Elazar ben Aharon ha Kohain ... stood up from amidst the assembly and took a spear in his hand. He followed [them] into the tent and pierced them both ... and the plague was halted from upon the children of Israel...”

“Behold! I give him My covenant of peace.” (Bamidbar 25:7-12)

Unlike the Parah Adumah, we can understand this inyan very well. But do we really grasp the magnitude of Pinchas' achievement? If this is so easy to understand, why aren't we all out there like him, fighting for the ultimate cure?

It's not so simple to be a Pinchas.

What precisely did he do?

The answer is that he single-handedly stood up for moral sanity. It is often difficult to go against the opinion of even one person, and here was Pinchas acting alone when the entire nation was paralyzed. His was the courage of an Avraham Avinu, who was not afraid to stand alone against an entire world for kovod Shomayim.

But is moral behavior so crucial that the entire future of Am Yisroel was at stake? What does it mean that “the plague was halted?”

Chazal state that “the Generation of the Flood acted corruptly [in a manner described as] ‘great,’ and they were [similarly] punished [in a manner described as] ‘great.’” (Sanhedrin 108a) Artscroll comments in the name of the Bais Halevi and others, “mankind's licentious behavior permeated the world with a spirit of immorality which infected even the animals.”

Why does licentious behavior result in the destruction of the entire world?

Let's compare this to magnets. If you place the north pole of one magnet next to the south pole of another magnet, they will bond, but if you place like poles together, they will repel each other. Hashem created men and women as opposites through which the strongest union is created, a union blessed by Hashem with the power to create new life!

But if mankind perverts the bria and tries to bring together like poles instead of opposite poles, they will repel each other. Rather than creating new life, this actually destroys life by creating chaos in the universe, with each part of the bria repelling the other part and loosening all the bonds of Creation. Instead of achdus, division is created everywhere in the universe, and the entire structure can literally fall apart, every atom spinning away from every other atom. This is similar to the plague of sinas chinom, in which individuals among Am Yisroel are increasingly separated from each other with disastrous consequences.

Moral perversion causes catastrophe on every level. Our entire world is now reeling under perversion after perversion. I happened to hear the new British Prime Minister's opening words, in which she congratulated her predecessor on his achievement in making moral perversion the law of the land! The political turmoil in Britain followed the turmoil in the European Community and immediately preceded a mass attack in France and chaos in Turkey. Within the United States, there are also strong indications of a widespread breakdown in national unity.

World order – if there is such a thing – is rapidly deteriorating. It will not be easily fixed. Of course, Hashem gives us a chance to fix everything, just as He gave the world time to do teshuva while Noach was constructing the teva. But nobody paid attention. There was no Pinchas to restore sanity, and I do not see a Pinchas on the world stage today. Around the globe, mankind is plummeting to new lows of rebellion against the order established by the Ribono shel Olam when He created the universe.

“Therefore, a man shall leave his father and his mother and cling to his wife and they shall become one flesh.” (Beraishis 2:24) Chazal inform us that “he shall cling to his wife” teaches, “But [he shall] not [have relations with] a male.” (Sanhedrin 58a)

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This is non-negotiable. This is the way Hashem created all mankind, Jew and non-Jew. Moral laws are included in the Sheva Mitzvos Bnai Noach, the Seven Laws which are applicable to all mankind. When the Torah tells us that “a man shall leave his father and mother and cling to his wife,” Chazal teach us that “The Holy Spirit says this to forbid to the Sons of Noach [that is, all mankind] forbidden relationships.” (Rashi to Beraishis 2:24)

This situation is uncomfortable to contemplate; the potential suffering is unimaginable. But, my friends, mankind is literally destroying the world, and it behooves us to be aware of this. Everything that we know in this world is now in imminent danger, just as at the time of the Mabul. We must try to understand that mankind is playing with fire, and the fuse is rapidly burning.

Pinchas ben Elazar ben Aharon ha Kohain acted because he saw sin in front of him and he was zealous to serve Hashem. His courage was prodigious and his reward unique. His act was similar to that of Nachshon ben Amminadav, through whom Israel was saved at

the Yam Suf.

In our days, where do we begin? How do we confront an entire world gone mad? We have a moral obligation to raise our voices in Truth. In the end, there will come one person who will stand up in front of the entire world and proclaim “Hashem Echad Ushmo Echad” and “His Torah is forever!” This will be Moshiach ben Dovid. We need him to come now and save us from the plague that is raging across the earth. May Hashem allow us to see with our own eyes the Days of Salvation, purification and Redemption that will come with the building of the Bais Hamikdosh in Yerushalayim Ir Hakodesh!

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 FOOTSTEPS OF MOSHIACH

"After the first set of Shofar blasts, a second set is sounded – in order to confuse the Soton."

— Rosh HaShanah 16b

On Rosh HaShanah we are obligated to hear the Shofar. To fulfill the Torah requirement, thirty sounds are sufficient. Yet, Chazal (our sages) instituted an extra series, adding many more blasts. Tosfos explains why: The Soton counts the sounds, and after the required amount is reached, he begins to wonder. Why are they continuing to blow? It must be a different sounding of the Shofar. It must be the Shofar that is sounded when Mosiach is being heralded. The Soton is fully aware that when Mosiach arrives, he is no longer needed, and will be destroyed, so this premonition fills him with fear. He is so overwhelmed by dread, that he can no

longer bring complaints against the Jewish people.

Why would the Soton fall for this?

This Gemmerah is very difficult to understand. The Mesillas Yehashrim describes the Soton as a warrior learned in deceit. He is a wise and calculating moloch (angel) laying in wait to ensnare, man in sin. If so, how can the Soton fall for such an obvious trick? Doesn't he realize that the same thing happened last year? Doesn't he remember that the Jewish nation sounded the shofar and continued blowing, and Mosiach didn't come? Why is the Soton overcome by fear?

The answer to this question can be understood from a different perspective.

Something hidden deep beneath the surface

When Albert Einstein was 5 years old and he was home sick in bed, an event was to occur that shaped the rest of his life. His father brought him a compass. He later described being so excited as he examined its strange powers that "he trembled and grew cold". The fact that the magnetic needle behaved as if influenced by some hidden force rather than through the familiar mechanical method involving touch or contact produced a sense of wonder that motivated him throughout his life. As he later said, "Something deeply hidden, had to be behind things". (Einstein, His Life and Universe)

Albert Einstein at a tender young age understood that there are powerful forces that run this world. He later, went on to define and harness those incredible forces, and change mankind's reality.

In a similar sense the Soton is well aware of forces that HASH-EM has Created. The Soton understands the power of a single

mitzvah. He is acutely aware of the potency of Tshuvah. And he understands that which we don't. That if the Jewish Nation would just reach up in one earnest pull to HASHEM, this long and bitter exile would come to a crashing halt. Life as we know it would cease to be, we would enter an era of joy and happiness, peace and posterity, where everyman would see HASHEM.

One of the reasons that we find it hard to await for Mosiach's arrival, is because the concept is so distant, so foreign. After all of these years he hasn't come, after all of the trials that we as a nation have been through he hasn't redeemed us, what right do we have

CONT.ON P11

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SAFRAN CONT. FROM P5

could ever condone. How can we ever feel “clean” when the world weighs upon us with the heaviness of a sodden blanket?

Our experience lends credence to people and sects that seek to wall themselves off. However, doing so is not only decidedly not Jewish it is a practical impossibility. We cannot and should not exist in a bubble – even if doing so would preserve us from crossing paths with people crisscrossing streets and avenues in pursuit of some ridiculous Pokémon fad.

We are Jews. We are to be part of the world. We are Jews. We are to be better. So, how do we live in the world while preserving our sacredness and keeping ourselves from becoming of the world? We are called to live in both the material and the spiritual world. But, what does it mean to exist in the material and the spiritual world? Or, put more directly, what does it mean to be fully a Jew?

Upon returning from the war against the Midianites, the Jews were instructed to purge the non-kosher food taste from

each and every pot, pan and food utensil which had been taken as a spoil of battle. This instruction makes plain a fundamental principle of kashrus as taught in the Talmud (Avodah Zarah 75b), that the manner used to remove the absorbed, forbidden, non-kosher taste demands a cleansing that is commensurate with how the non-kosher taste was originally imbued into the utensil. “Ke’bolo kach polto.” In the same manner that the taste of the food is absorbed by a utensil, so may the taste be purged. Everything that comes into the fire, you shall pass through the fire. Kashering a spit or grill can only be achieved by scorching with fire; kashering a pot used for boiling can only be purged with boiling water. Utensils used in cooking and eating absorb the ta’am – the taste and residue – of non-kosher food. This taste and residue is often unseen but it is there. Our tradition teaches that there is only one way to remove this unseen residue, by kashering. To the non-Jew making something “kosher” relies on the magical, on the incantation of blessings. But that is not how a utensil is koshered. The object

can only be made kosher by being exposed to a like process that made it un-kosher. Just as heat always infuses taste into another material /substance, only heat can purge it; the more intense the heat, the more intensely the taste is absorbed and therefore the more intense the heat of purging.

There is no shortcut to kashering. Likewise, there is no shortcut to cleanse ourselves of the things of the world which diminish us, no shortcut to rid ourselves of tarfus – physical or spiritual. It cannot be washed off with soap and water. A descent into addiction, immorality, deceit or ethical impropriety does not happen in an instant. Neither can a full cleansing from them be an overnight task.

The yetzer ha’ra burns through a man. It is not easily tamped out. It is like a raging, uncontrollable fire. But so too is the power of Torah like a fire!

“Everything that comes into fire...”

We live in a harsh, cruel, desecrated world. There are no quick fixes for the world or in the way it affects our souls and our lives. The fire of the world can only be “made kosher” by a greater fire, Torah.

To be cleansed of the ills of yetzer ra one must immerse oneself in the fire of Torah. We deceive ourselves if we think that anything else can purge the human vessel. And, until the vessel is purged, it cannot be used for that which is holy and good. No sanctimonious outer garment can hide the stain of one’s soul.

The ta’am and residue of the world may not be visible, but it remains within us until it is purged by a flame at least as hot.

Words alone will not suffice.

I recall that many occasions when food manufacturers applying for OU kosher certification reached the point in their application process when ingredients were approved for kosher production, some ingredients needed to be replaced with kosher version, kosher production policies were fully understood and accepted but then came the last, biggest hurdle. The enormous machinery and equipment used with non-kosher ingredients and materials needed to be kashered. Invariably, the executive would pale at this

news. “But rabbi” he’d argue, “we regularly clean and sanitize all our equipment. We have the finest cleaning procedures here.”

“Can’t the rabbi just bless the equipment, after we clean it our way”?

No, I would explain patiently. To “remove” all “non-kosher” from the machines and utensils, we must follow the rules articulated in this week’s parasha – it needs to become not just clean but in a very real sense, new.

And that can’t happen with just soap and water for a knife or a fork, an enormous spray dryer or for a human being. Soap and water is the first step – kashering is never done on oily, greasy equipment. It must be physically spotless before it is remade anew.

Rav Menachem Mendel of Kotzk asks why the mitzvah of kashering was not introduced after the wars with Gog and Sihon, whose vessels were also not permissible, but rather after the war with Midian. His response speaks directly to our moment in time. In the wars with Gog and Sihon, he taught, the Jewish psyche was not affected; Jewish morals were not challenged or compromised. It was much different with the Midianites who brutally challenged the Jewish moral and religious foundations. The Midianites wrought havoc on the Jewish household. In the face of such a “soiling” the Kotzker tells us the Torah teaches the laws of kashering. That is, to go on as Jews, you will need to go through the fires of kashering!

In his Darash Moshe, Rav Moshe Feinstein makes clear that the laws of kashrut have universal Jewish implications. Just like physical vessels, the human vessel can be koshered. Just as placing non-kosher pots into boiling waters cleanses and kashers the pot, so too placing oneself into a proper, positive and motivating environment, allows one to be fully cleansed. While it may require a great deal of honest introspection to determine which method of kashering is appropriate for a given human vessel, the underlying guiding question must be, How did the vessel become “non-kosher”?

The answer to this question defines the way forward.

CONT.ON P11

SHMUZ
CONT. FROM P9

to assume that he'll come now?

The Soton sees things clearly

That is the answer to the question: the Yeser Ha'rah doesn't have a Yeser Ha'rah. The Soton isn't bound within a body, so he isn't blinded by physicali-

ty. As a result he sees with total clarity, and he understands things that we don't. He perceives the power given to man, and he recognizes how close Moshiach is. In fact, he can't believe that Mosiach isn't here. After all of these years, after all of these troubles and trials. How is it possible that he hasn't come?

And so the Soton waits, waits

with fear and trepidation, maybe this is the moment. Maybe this is the time when the Jewish Nation will recognize its power. And so when he hears the shofar blast he is filled with fear, not because he is foolish, but because he understands far better than we how close Mosiach is. He hears the footsteps of Mosiach.

May this be the last year we

commemorate Tisha B' Av as a day of tragedy. May we spend the next Tisha B'Av celebrating in Yerushalayim HaBenuiah (Jerusalem rebuilt).

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For more on this topic please listen to Shmuz #180 - Why We Want Mosiach Now

SAVAGE
CONT. FROM P1

tees at the world body playing an important role in shaping international law.

Israel's selection to head the Sixth Committee comes amid a broader proactive strategy by Israel to counter anti-Israel bias and to play a larger role within the world body, including by vying for a seat on the prestigious UN Security Council (UNSC), one of the six principle organs of the UN with the power to establish peacekeeping operations, place international sanctions, and authorize military action.

"For 68 years, we have been a full member of the United Nations in writing, but this privilege has not been actualized," Israeli Ambassador to the United Nations Danny

Danon told JNS.org. "For 68 years, we have been on the fringes and for 68 years we have worked so hard for our chance to make a sincere difference, and to head a committee at the United Nations General assembly."

Israel's move to secure its position as the head of the Sixth Committee has come despite continued anti-Israel bias at the UN in recent months. Over the years, Israel's efforts to gain more legitimacy at the world body have been thwarted by the efforts of Arab and Islamic countries, which are a considerable voting bloc equaling a quarter of the General Assembly's 193 members.

Danon explained that Israel's recent move to head the Sixth Committee faced numerous roadblocks, especially from the Iranian

and Palestinian delegations, which "hypocritically argued that Israel isn't worthy to hold this post."

Last month, the United Nations Educational, Scientific and Cultural Organization (UNESCO) also proposed to adopt a resolution declaring the Temple Mount as sacred to "Muslims only."

Danon called the UNESCO resolution a "blatant attempt to rewrite the history books that has not gone unnoticed, and we will not let this biased and baseless UNESCO resolution rob us of our past."

But despite this continued bias, there has been a shift in strategy by Danon and the Israeli delegation in recent years that has taken Israel from a defensive to an offensive strategy at the world body.

"As a country, we are global leaders in international law and counter-terrorism techniques and now we are privileged to have the opportunity to share our expertise with the nations of the world," Danon said, adding that when he first arrived in New York a year ago, he implemented a two-fold approach.

"We will not allow any anti-Israel bias at the UN to go unnoticed and unanswered" and "we are not going to only defend ourselves, but in recognizing that 'the best defense is a good offense,' we are going to push for positive change at the UN," he said.

Part of this change involved emphasizing Judaism and Jewish culture at the world body. This included successfully getting the UN to recognize

Yom Kippur as an official holiday, and holding a model Passover Seder with more than forty ambassadors who were able to learn about Jewish heritage. There was even a screening of "Fiddler on the Roof," to which more than seventy ambassadors and diplomats came and learned about the Jewish people.

"We are bringing Judaism to the UN; we not only connect ourselves to our roots but also show the true face of Israel to the UN," Danon told JNS.org.

The Israeli delegation has also taken a firm stance against the Boycott, Divestment and Sanctions (BDS) movement with the help of more than 50 U.S. Jewish organizations that came together under the umbrella of the Conference of Presidents of Major American Jewish Organizations, and recently endorsed a UN declaration opposing the rampant discrimination against Israel in the UN and its agencies.

"For years we have witnessed and protested the escalating discriminatory practices and actions against Israel at the UN," Conference of Presidents Chairman Stephen M. Greenberg, and Executive Vice Chairman and CEO Malcolm Hoenlein, said in a statement. "As we have seen in recent months, this bias is being manifested in outrageous and flagrant ways. These actions not only distort the truth about Israel, they also undermine the principles of the UN and its Charter. It has to stop."

CONT.ON P13

SAFRAN
CONT. FROM P10

How powerful this insight! Its clear message is, once one is committed to be kashered, anyone can be purged of even the most deeply-ingrained tarfus. How optimistic this Torah message is! It teaches us to never give in to despair. No matter how far the fall, there is a way to be purified, to be kashered.

We go to extraordinary lengths to kasher an expensive utensil. How much more are we

willing to do if it is a human being to be kashered, the crown of creation?

Our sages have taught that each human being is equal to the whole of creation. Each of us is unique and valued in God's eyes. Even the human "monster" deserves compassion and sensitivity if he is willing to be redeemed. And he can be redeemed. It will not be easy, for kashering demands a process that matches the impurity. Heat for heat. Flood for flood. Tears for tears.

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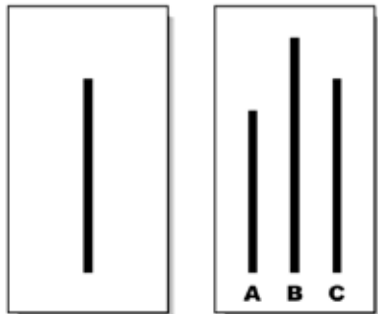
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Dovid Lieberman PH.D.
How Free Will Works - 6

In the previous column we explained that 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.



REALITY BY CONSENSUS

In this classic experiment, subjects were asked to find the best match for the line in the box on the left from the lines in the box on the right. When asked privately, almost every person judged line C as the correct match. When the subject, however, first listened to several

other people who were in on the experiment and who unanimously gave a wrong answer, 76 percent of the subjects responded, at least once, in accord with the group, rather than trust their own eyes and judgment. There was no pressure to conform, only the subtle influence of the others.

A philosopher once mused, “Insanity in individuals is something rare, but in groups, parties, nations, and epochs, it is the rule.” An illustration of this idea is the mob mentality, the phenomenon in which people in groups tend to support more extreme ideas than they would individually. The events surrounding the actions of Pinchas serve as a poignant example. Many Jews, particularly from the Tribe of Shimon defied Hashem’s will in support of the sinful and adulterous behavior of their prince, Zimri ben Salu. Embers of shame were all but extinguished,

and much of the Jewish nation was caught in the wave of insanity.

A weakened core-self collapses altogether under the weight of social influence, but we can withstand only so much external pressure before it begins to wear us down. King Solomon warns, “Withdraw yourself from a fool,” because to some degree, we all become a product of our environment (Proverbs 14:7.” In Chovos HaLevavos, Rabbi Bachya ibn Pakuda writes,

Many people think that the environment exerts a significant influence only on children and the weak-minded. This is not true. The environment has important effects even on the greatest. . . . It is irrationality and poverty of spirit [to] patiently endure injuries which might be averted. This sort of humility is found among foolish and ignorant people [and is not really humility], but rather spiritual poverty and blindness.

In Mesillas Yesharim, the Ramchal is quite forthright: “If someone

says to you, ‘A man’s mind should always be associated with his fellow men,’ tell him, ‘This refers to people who conduct themselves as human beings and not to people who conduct themselves as animals.’”

Our identity is very much tied in with where we live, and the Chazal alerts us to the hazards of being around those who will negatively impact our spiritual well-being.

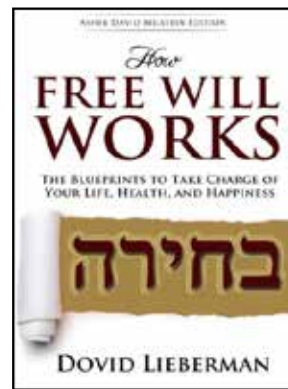
“A person is drawn after the society he lives in” (Rambam, Hilchos De’os 6:1)

“Fortunate is he who does not walk in the council of the wicked or sit in a place of scoffers” (Psalms 1:1).

“Do not associate with the man of temper and do not come near a man of wrath, lest you learn from his ways and endanger your soul” (Proverbs 22:24–25).

This is the lesson of the well-known excerpt from Ethics of the Fathers (6:9):

Rabbi Yossi ben Kisma said: One time I was walking along the way and



CONT.ON P13



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ANSWER TO THIS WEEK’S SUDOKU ON PAGE 36

LIEBERMAN
CONT. FROM P12

a certain man met me. He greeted me and I returned the greeting. He said to me, "Rabbi, where are you from?" I responded, "I am from a great city of scholars and scribes." He said, "Rabbi, would you be willing to dwell among us in our place, and I will give you thousands of thousands of gold coins, precious stones, and pearls?" I replied: "Even if you would give me all the silver, gold, precious stones, and pearls in the world, I would not dwell anywhere other than in a place of Torah."

This explains why a person may act totally out of character while on vacation or visiting another city. We are, in part, a product of our surroundings, and the pull from our environment—both positive and negative—is strong.

WRONG BECOMES RELATIVE

Even something that we know to be wrong becomes more alluring when we discover that others are engaged in this very behavior. For this reason, municipalities are aware, for instance, that graffiti must be removed as quickly as possible, because as soon as it appears, it creates a breeding ground for vandalism

perpetrated by others who previously thought it unacceptable. A sign at Arizona's Petrified Forest National Park reads:

Your heritage is being vandalized every day by theft losses of petrified wood of 14 tons a year, mostly a small piece at a time.

Researchers (Dr.'s Noah J. Goldstein, Steve J. Martin, and Robert B. Cialdini) marked pieces of petrified wood along the trails to see how many of them the visitors would steal. When the above-worded sign was taken down, 2.92 percent of the pieces were stolen. When the sign was up and in plain sight, 7.92 percent of the pieces were stolen. The National Park management did not realize that the sign would promote stealing (in fact, doubling it), because it revealed that theft was socially acceptable—even though it is obviously wrong.

The impact of social influence is even more concerning and disturbing in an age when technology streams the world to our fingertips. The media calls it the "copycat effect," but to psychologists it's the "Werther effect." It is based on the principle that human beings use others' actions to decide on what is proper behavior for themselves (again, the lower our self-esteem, the greater our dependency).

For example, when people learn of another's suicide, a number of them decide that suicide may make sense for themselves—even some who were not actively planning to end their lives! (Some will commit suicide without caring that people know they killed themselves, but others do not want their deaths to appear to be suicides.) Thus, research shows that three days following a report in the media about a suicide, the rate of automobile fatalities increased by 31 percent.

The chilling effect extends beyond numbers, in that fatalities are most frequent in the region where the suicide story is publicized, and the more similar we are to the victim, the more likely we are to be influenced (due to ego-identification). Hence, when the media reports that a young person committed suicide, the number of crashes by young people increases. When news about an older person committing suicide is reported, the number of crashes by older individuals increases.

This insidious phenomenon invades all areas of our lives, with research at Harvard University revealing that obesity, smoking, and drinking—among a range of unhealthy behaviors—can spread, as they put it,

"from person-to-person, through social networks, much like a virus during an epidemic," and compare these behaviors to "emotional stampedes" or "a social chain reaction."

We must keep in mind that even the greatest among us are vulnerable to these hidden pitfalls. The only weapon we have—in addition to increasing self-esteem to reduce the ego—is to sensitize ourselves by constantly, consciously reminding ourselves of the truth. In this way we are alert, rather than oblivious, to contradictory stimuli, which helps insulate us from blindly absorbing the attitudes and values of others.

Naturally, the ego, does not want us to consider such matters, and the deeper it pulls us into the darkness, the more vested we become in closing our eyes to the remaining light.

When we become desperate for an anchor to orient ourselves—something to believe in other than ourselves—we attach ourselves to inane ideals and beliefs. Our ego seeks to identify with something secure and permanent because the soul's connection to the Infinite—true security—is frayed. We are then forced to rely on the ever-shifting sands of ethics, rather than on the bedrock of morality.

SAVAGE
CONT. FROM P11

An additional strategy Israel has also employed in recent years has been the building of diplomatic support for Israel in non-traditional regions such as Latin America, Asia and sub-Saharan Africa.

This strategy bore fruit for Israel in late 2014, when both Rwanda and Nigeria helped defeat a Security Council resolution that would have imposed a 12-month deadline on Israel to withdraw from the disputed territories.

More recently, in July, Israeli Prime Minister Benjamin Netanyahu visited four African nations, including Rwanda, to bolster their support for Israel.

"PM Netanyahu's trip to Africa included visits in four countries only – none of which have seats at the UNSC today. Significantly, however, the trip did include Ethiopia, which has been elected to the SC as of January 2017 and whose vote may therefore potentially make a significant difference to Israel," Michal Hatuel-Radoshitzky, a Neubauer research associate at the Institute for National Security Studies (INSS), told JNS.org.

"While far greater resources and

engagement will be needed in order for Israel to win substantial and much-needed support from African countries –the strategy of engagement, in my opinion, is certainly a positive one," she added.

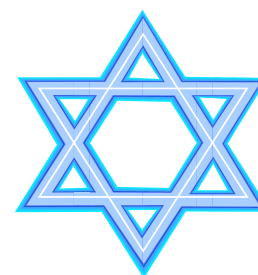
Moving forward, Israel's next strategy at the UN is a lofty one – gaining a seat on the powerful UN Security Council in 2018.

The Security Council, which is comprised of five permanent members – the U.S., U.K., France, Russia and China – and 10 additional non-permanent members (who usually serve two year terms), is the only body of the UN with the authority to issue binding resolutions to member states. As such, serving on the Security Council comes with tremendous international credibility and respect.

"Our intention to be on the Security Council is very important to us. It is another glass ceiling that we hope to shatter," Danon told JNS.org.

"This council is the UN's most important institution, and it plays a key role in safeguarding international peace and security. Just as we insist that Israel must be treated equally throughout the UN, this is

CONT.ON P21



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REVIEWS | Daniel Keren

Judaism Unraveled Challenges One to Seek Answers To Important Questions

(Judaism Unraveled: Answers to the Most Challenging Questions about Judaism” by Rabbi Gavriel Mandel, 268 pages hardcover, Feldheim Publishers, 2016)

Since the Six-Day War in 1967, the Jewish world has been blessed with a flourishing Baal Teshuvah (BT) movement that has not only given new meaning to the lives of many tens of thousands of assimilated Jews who have made the heroic decision to defy the pull of the American melting pot in order to lead lives based on Torah principles. But perhaps even more importantly this BT Movement has revitalized the Frum From Birthers (FFBs) who previously constituted what we today recognize as the Orthodox Jewish community.

Prior to the onset of the

BT Movement, there was probably not an Orthodox Jewish home anywhere in the world that had not seen major defections of children who opted for the temptations of the seemingly “happy” Western World. The phenomenon of secular Jews, some very successful in their professions often giving up the so-called “American Dream” has no doubt made a deep impression on FFBs and helped reinvigorate Orthodox Jewish life.

Aish HaTorah founded by the late Rabbi Noach Weinberg, zt”l first as a BT yeshiva in the Old City of Yerushalayim for English-speaking assimilated Jewish college students has over the decades expanded to having a number of active kiruv centers in North America and one of their programs – Project Inspire – has encouraged hundreds if not

thousands of FFBs and established BTs to become more involved in reaching out to our secular brethren who for the most part have little true knowledge of Torah or Yahadut.

One of their newest ventures is the publication of the first volume of “Judaism Unraveled: Answers to the Most Challenging Questions about Judaism” by Rabbi Gavriel Mandel. As a student at Aish Hatorah in Yerushalayim he was deeply impacted by his rosh hayeshiva – Rabbi Weinberg and inspired to help assimilated Jews gain insights into their precious heritage. Currently he is working out of the Aish Hatorah branch in Toronto and specifically reaching out to Canadian Jewish college students in both Toronto and London, Ontario.

His new book “Judaism Unravelled” was originally planned as a resource for Aish Hatorah kiruv rabbis to help them answer the most basic and “challenging” questions that assimilated Jews of all ages could be expected to ask. But as Rabbi Mandel began researching and fleshing out the project, it became crystal clear to him that the finished project could serve as a valuable guide to provide these answers directly to potential BTs. To be honest it can also be an important source of chizuk to those of us who already consider themselves “card-carrying” members of the frum community.

This first volume focuses special chapter on such important subjects as “G-d” (i.e. What is the Jewish understanding of G-d?, How do we know G-d exists?, Has the universe been around forever?, Could G-d have created the world and left in to run on its own? [and my favorite question] Can G-d create a rock so heavy that He cannot lift it?)

Other chapters in this first

volume of Rabbi Mandel’s “Judaism Unraveled” direct the reader to similar “challenging” questions on (1) the purpose of life, (2) free will, (3) the concept of the Jewish people and (4) the purpose of non-Jews. The answers and

explanations that the author offers are cogent

Besides being a valuable aid to potential BTs, I seriously think that the majority of FFBs would do well to read and reflect on the “Judaism Unraveled.” At the least it should be in the home and one’s children should be encouraged to read it and talk to parents about their thoughts on

these important questions and our understanding of Judaism.

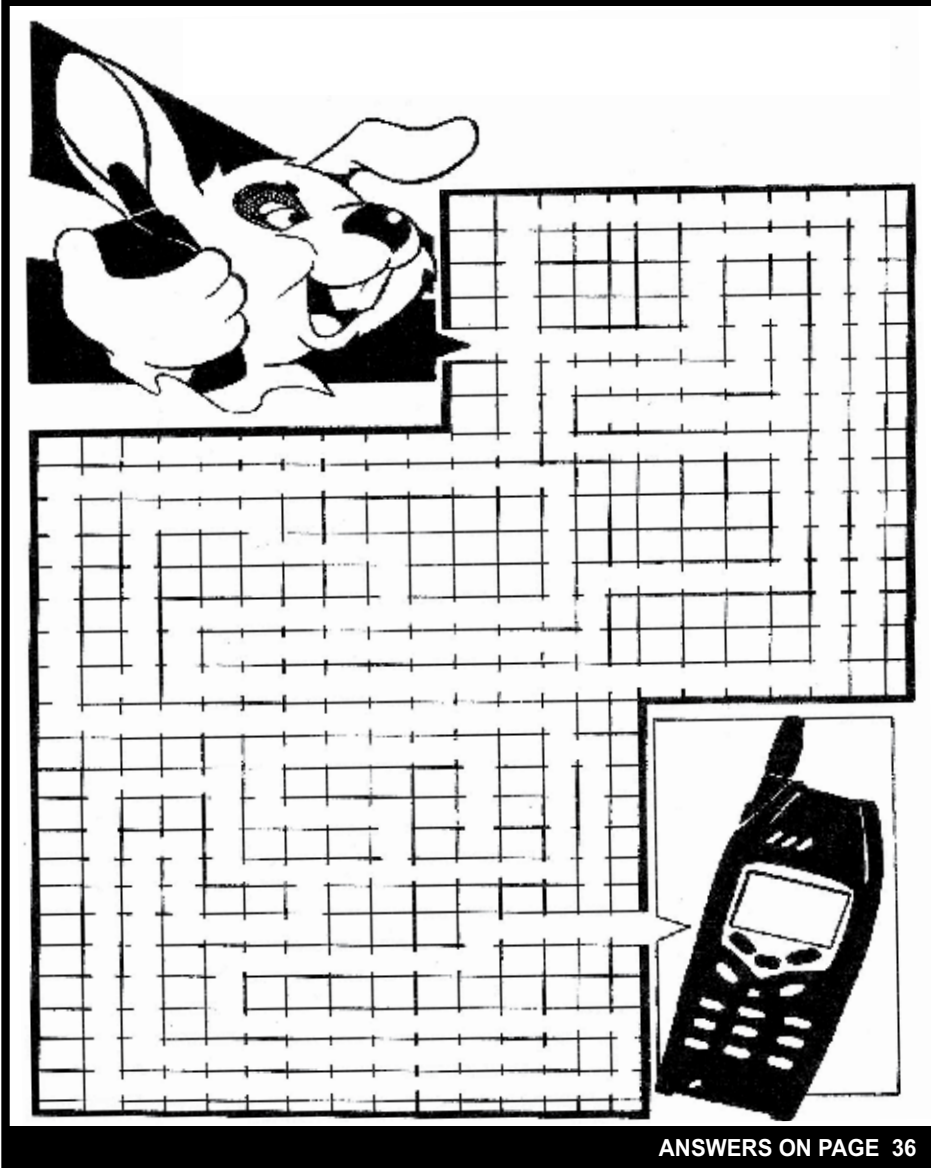
This book is easy to read and full of notes that don’t necessarily have to be read if you just are in the mood for just an easy reading experience. Rabbi Mandel is preparing three more volumes on additional important topics including such as (1) suffering and personal challenges, (2) the Messiah, heaven and hell, (3) science vs. religion, (4) women in Judaism, (5) difficult commandments and concepts, (6) animal rights, (7) Shabbat, (8) kippah and clothing, and (9) kosher food, meat and milk.

Based on my reading the first volume of “Judaism Unraveled,” I wholeheartedly believe that it will a great gift idea to give not only to a BT but also to someone frum you know who perhaps is mindlessly just going through the motions of Yiddishkeit by rote without taking the time to reflect on which each mitzvah or ritual should mean in our daily lives.

“Judaism Unraveled: Answers to the Most Challenging Questions About Judaism” by Rabbi Gavriel Mandel can be found in Jewish bookstores and probably in many quality general bookstores or by contacting the publisher by calling (845) 356-2282 or clicking www.feldheim.com



MAZE



ANSWERS ON PAGE 36

FAMILY MATTERS | Dr. Ari Korenblit

IS IT THE SEARCH FOR PLEASURE THAT DRIVES ADDICTION?!

It would appear that there are so many addictions out in search of an addict, and at every season and conference of mental health workers, another is discovered. This often yields heated discussion, papers, research projects, drug company interest to classify each new discovery. From time immemorial, the usual culprits were nicotine, drugs, food, alcohol, and --the relative newcomer-- the internet/porn. Suddenly, countless others are thrown into the mix: social contact addiction demonstrated by constantly holding vigil on Facebook or other such media; exercise addiction demonstrated by a rat-on-the-wheel focus on running and/or getting to the gym; stimulation addiction demonstrated by the need to have an iPod as a virtual appendage to the ear so that a millisecond will not pass without stimulation; and many others that are observable in the public domain.

Is this growth of addictions and addictive personalities due to the increasing allure and power of these seductive chemical/psychological addictions or the explosive increase in these personality types? Are these addictions so overwhelming that it is increasingly difficult to just say no, or is it due to a narcissistic culture hell-bent on pleasure and instant gratification?

The compulsive/repetitive behavior in the use of recreational drugs, binge eating or other addiction offers short term pleasure and relief, as well as enjoyment, thrill and excitement. It delivers sensory gratification galore. The other side of the coin is that the primary benefit of addictions is to stave off depressive or painful thoughts and feelings. An addict engrossed in satisfying a craving is simultaneously avoiding dealing with uncomfortable ideations, memories and self-image. There is a visceral/neural dynamic, as well as a cerebral/psychological one operative at the

same time.

While many would attribute the intensity of the addiction to raw pleasure, I consider the addictive process as more fraught with pain and discomfort. The pleasurable feelings experienced when satisfying an addiction are limited, fleeting and leave few residual good feelings. On the contrary. The lead up to the satisfaction causes anxiety, pain, a hijacking of all other thoughts, and a fierce mind-set to get rid of those feelings. The follow-up feelings cause a severe let-down, depression, pall virtually eclipsing the prior feelings. In total, the dark and unpleasurable, far exceed the pleasurable. Thus, I view it as a continuation of a personality more addicted to pain than pleasure.

This approach is critical, because it serves to direct the focus of the cure. If the focus is on the pleasure provided by the addiction and how to numb or replace it, it essentially overlooks the deep psychic pain as the antecedent. Therefore, I approach conquering addictions by helping the addict to learn to tolerate painful feelings. It is only by becoming aware of all our feelings, owning up to them, and dealing with them in a psychologically, socially and physically healthy manner that we can achieve true potential and pleasure.

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

Rabbi Naphtali Hoff



PRESERVING OUR SPIRITUAL ESSENCE

Nearly two thousand years ago, a conversation took place that would alter the course of Jewish history. The exchange, which transpired shortly before the destruction of Bayis Sheni in 69 CE, involved a mighty Roman general and an elderly Jewish sage. Though it failed to end the long, painful Roman military campaign, it set the stage for Jewish survival and rebirth in exile, an endurance that has defied all historical odds.

In the years preceding its fall to Rome, Yerushalayim was a divided capital, and home to three political factions. One group was comprised of nationalistic zealots, who were bent on completely casting off the Roman yoke from the Jewish people. A second faction consisted of moderates, led by the sages, with the nasi Rabban Shimon ben Gamliel I at their head. Though they greatly resented

Roman mistreatment, the moderates recognized the folly of battle against a mightier foe and espoused a pacifistic policy. The third group was the so-called "Friends of Rome", wealthy collaborators whose primary concern was the preservation of their status quo. In this tragic period, the people would prove incapable of working collectively for their common good, to save themselves and their city. In the end, this fiction doomed them far more than did Roman might.

As the Romans prepared to attack the city, a series of battles raged within its walls. The various Jewish factions warred over control of the Inner City and Har Habayis, causing great destruction, and converting the streets into a bloody battlefield. Thousands were killed, including countless civilians.

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HOFF
CONT. FROM P15

Despite this terrible internal destruction, the zealots' headstrong military leadership would accept nothing less than a direct clash with the mighty empire; negotiations with Rome for a peaceful resolution were to be prevented at all costs. To force the issue, huge storage houses of vital resources were burned to the ground. Many years' worth of supplies, capable of sustaining the city throughout any protracted siege, disappeared in an instant, bringing the populace to its knees. The situation was dire.

Abba Sikra, the head of zealot bands in Yerushalayim, was Rab-

ban Yochanan ben Zakkai's nephew. Rabban Yochanan sent a message to him saying, 'Come visit me privately.' When he came, he said to him, 'How long are you going to carry on in this way and kill all the people with starvation?' He replied, 'What can I do? If I say a word to them, they will kill me.' (Rabban Yochanan) said: 'Devise some plan for me to escape. Perhaps I shall be able to save a little.' Abba Sikra responded, 'Pretend to be ill, and let everyone come to inquire about you. Bring something foul smelling and put it near you so that they will say you are dead. Let only your disciples lift up your bed, so that they shall not notice that you are still

light, since they know that a living being is lighter than a corpse.' He did so... They opened a town gate for him and he got out. (Gittin 56a)

Into this fray stepped Rabban Yochanan ben Zakkai, a student of the great Hillel the Elder and av bais din of the Sanhedrin. This great sage had recognized early on that Yerushalayim could not be saved so long as vicious infighting persisted within its walls. Despairing of a viable internal solution, he risked his own life to seek help from without. In feigning his own death, he managed to have himself smuggled out of the city. (Such conduct was necessary because the city guards were highly suspicious of anyone attempting to leave the

city, fearful that they may attempt to come to peaceful terms with Rome. Dead corpses were, however, brought out of Yerushalayim, so as to minimize the risk of impurity within the Temple's immediate vicinity.) Once outside, he proceeded directly to the Roman general Vespasian, who was encamped directly north of the city.

Rabban Yochanan approached the Roman camp cautiously optimistic that some form of agreement could now be worked out between the two sides.

When (Rabban Yochanan ben Zakkai) reached the Romans he said, 'Peace to you, O king, peace to you, O king.' (Vespasian) said, 'Your life is forfeited on two counts. One is because I am not a king and you call me king. In addition, if I am a king, why did you not come to me before now?' He replied, 'As for your saying that you are not a king, in truth you are a king, since if you were not a king Yerushalayim would not be delivered into your hand... As for your question, why if you are a king, did I not come to you sooner, the answer is that the zealots among us did not let me.'... At this point a messenger came to him from Rome saying, 'Up, for the emperor is dead, and the notables of Rome have decided to make you head of the state...' (Ibid 56b)

Overjoyed at the news, the new emperor granted Rabban Yochanan a unique opportunity to have his wishes satisfied. The sage asked for three things, all relating to Torah and the Jews' spiritual preservation. "Give me Yavneh and its wise men, the family chain of Rabban Gamliel, and physicians to heal Rabbi Tzadok". (Ibid) Let us explore each of these appeals a bit further:

Yavneh and its wise men – to preserve the Torah, Rabban Yochanan asked that the Torah academy in Yavneh be spared. This would later become the seat of the relocated Sanhedrin and the primary Torah center for the next generation.

The family chain of Rabban Gamliel – to sustain the line of nes'i'im that had begun with Hillel. It was now passed on to Rabban Gamliel II, the young son of Rabban Shimon ben Gamliel I, who had perished during the siege of Yerushalayim. The nes'i'im offered strong leadership for this tumultuous time, vital for the survival of a single national and religious Jewish entity.

Physicians to heal Rabbi Tzadok – who had fasted for forty years to avert the destruction and was in ill health.

In his blind ecstasy, the newly

WHAT WOULD YOU DO IF YOUR CHILD HAD CANCER

Dear Friends:

In November 2001 my wife and I were told the words no parent would ever want to hear-YOUR SON HAS CANCER.

Jonah like other children confronting serious illnesses faced a host of challenges on numerous fronts-challenges that immeasurably compound the difficulty of their arduous struggle to combat the disease itself.

Seriously ill children need and deserve a happy and normal a childhood as possible.

Jonah is now a healthy twenty-three year old and was cured with the participation of our doctors, friends and most of all Hashem. Jonah had the cancer and unfortunately the illness affected each member of the family.

Chai Lifeline was with us every step of the ay. As a parent I will never be able to fully show my appreciation to Chai Lifeline and the support they gave us during this entire ordeal.

Chai Lifeline is a not-for-profit organization dedicated to helping children suffering from serious illness as well as their family members.

Chai Lifeline stood by our side and helped Jonah and our entire family tremendously. From providing our children with big brothers and sisters, emotional support, providing us with home cooked meals in the hospital and sending Jonah to Camp Simcha, in the mountains where he always had a blast.

As the father of a child who had cancer, I can never do enough to help the organization and that is why I am asking for your help. Chai Lifeline reaches out not only to patients, but also to parents, siblings, classmates, school faculty and the community as well.

Chai Lifeline found ways to bring joy to our lives and the lives of young patients and their families through creative, innovative, and effective family-centered programs, activities, and services. They engendered hope and optimism-especially during the bleakest of times. They provided unparalleled support throughout our son's illness, recovery and beyond.

As a means of showing my gratitude while running the Marathon on behalf of Chai Lifeline on Sunday, January 29, 2017, I hope to raise more than \$30,000.00 by race day. I hope you will help me reach this goal by making a generous tax-deductible donation. Your support is a critical part of this effort, and I know that together we can make a difference to these children. All donations are 100% tax-deductible, and the Team Lifeline website <https://goo.gl/4IrJg8> makes donations quick, easy and secure. Making a donation will only take a minute, so please donate today.

If you wish to mail your donation, please mail your checks payable to: Chai Lifeline c/o Adelsberg, 309 Barr Avenue, Woodmere, New York 11598.

Thank you for supporting me, and in doing so, helping children and their families cope with the diagnosis, treatment, and aftermath of serious pediatric illness.

Thank you,
Howard M. Adelsberg



Jonah Today

CONT.ON P35

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It's Good to Feel a Little Pain

ITA YANKOVICH

Typically, we as humans will do anything to avoid pain. It is an intense discomfort that causes us to sometimes wince, lie down, and even scream out in agony. When our body feels pain, sensory neurons are transmitted to the brain to let us know that we need to either stop the abrasive activity that is causing the discomfort, or that there is something seriously physically wrong that requires our immediate attention. But sometimes pain is needed and sometimes pain is even good.

There are some rare cases of "congenital insensitivity to pain," a medical condition in which an individual cannot feel the sensation of pain. You would think this would be great; these people are protected by a cocoon of numbness never having to experience any discomfort. In reality, they live in constant fear since they have no way of being alerted, no way of their physical body notifying them or reminding them that they are heading towards trouble.

Once pain subsides, many have a new appreciation and respect for their bodies often revamping their unhealthy lifestyle. They are also tend to be more sensitive to others. There is a story about the Taana Rebbe, Rabbi Yehuda, who suffered with chronic tooth pain as a punishment for not sympathizing with a cow that was trying to avoid slaughter. G-d cured him of all his afflictions only years later after he expressed pity on a pack of baby rats, which were being excavated from his home, saying, "v'Rachamav Al Kol Ma'asav" (Baba Metzia 85a). From this we can learn that emotional and metaphorical pain, which although has no tangible affects, has a purpose too, and that is to foster personal growth and makes us capable of having compassion and empathy for others.

Soon we will all be collectively fasting on Tisha B Av, a Jewish day of mourning not only for the

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Rabbi Aharon Ziegler

Parashat MATOT- 2016, 5776, "MAKING WINE DIVINE"

The gemara Bava [60b] states, that after the destruction of the second Beit HaMikdash there were many who wanted to permanently ban the drinking of wine as an expression of mourning for our great loss. For wine was used daily in the preparation of Korbanot so by drinking wine we would constantly be reminded of our loss and put us in a depressed mood. Rabbi Yehoshua argued with them saying with that attitude we should refrain from meat, bread and water for these too were used in the Beit HaMikdash, but that would make life impossible for us. So, a compromise was agreed upon that for a short period of time we should deprive ourselves from wine and meat-hence, the Nine Days, from the 1st of Av until the 9th of Av, we abstain from these two items-(except for Shabbat).

Parashat Matot is comprised

of 112 pesukim. Rabbi Dovid Feinstein notes that the numerical value of the word "Yekev", wine, is also 112. He explains the connection between wine and the Parasha by the events of Bnei Reuven and Gad who request from Moshe permission to remain on the eastern side of the Yardein, the Jordan River [32:1]. They claimed that they had "Mikneh Rav" abundant livestock, and the land east of the Jordan, the land of Sichon and Og, was a "Makom Mikneh" a suitable place for livestock. They were willing to give up their similar to "wine" that attracts and makes it desirable, despite the negative features that come with it.

We find other references in the Torah that presents wine in a negative slant. No'ach is disgraced by drinking wine excessively [Bereishit 9:20]. Also, the consumption of wine resulted in Lot sleeping with his two daughters.

ters.[19:30]. And then, we turn to the beginning of Bereishit, where according to Rabbi Meir the Eitz HaDaat, the Tree of Knowledge from which Adam and Chavah ate and because of that were subsequently expelled from Gan Eiden, was non other than a grapevine [Berachot 40a]

On the other hand, we find in Sefer Shoftim [9:13] that wine is described as, "HaMesamei'ach Elokim Va'anashim". How can something so destructive bring joy to "GD and man"? And why would the Torah command us to bring wine with every Korban in the Beit HaMikdash? And Dovid HaMelech writes in Tehillim [104], "He brings forth wine that gladdens man's heart". And Chazal add, "Ein Simcha Ela B'basar VeYayin" -No true happiness can exist without mean and wine![Pesachim 109a]

Apparently, there are two aspects of wine. Even according to Rabbi Meir that the Eitz HaDaat was a grapevine, we note that the Torah does not just refer to the tree as "Eitz HaDaat", but rather,

it is called, the "Eitz HaDaat Tov VaRa", the "Tree of Knowledge of Good and Bad"[Bereishit 2:17]. We see that the Eitz HaDaat has tremendous potential when utilized properly, but also a dangerous hazard when abused. When alcohol drunk excessively, it causes disgrace and destruction. However, when it is used properly, such as in the context of Kiddush, 4 cups at the Seder, at a Chupa [wedding], at a Brit [circumcision] wine has the ability to bring great joy and happiness. So it is important for us to remember, that every action we do has the ability to either sanctify or degrade every aspect of this world. We must realize that our actions have a profound effect on this world, and depending on how and why we use its wphysical objects, we can either elevate the world, or degrade it. May we all be constantly aware of this idea and be able to infuse this world with Kedusha by using its physical objects, and its different flavored wines to serve HaShem.

Shabbat Shalom, from Yerushalayim, Rabbi Aharon Ziegler [aharonlibby@aol.com]

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Ambassador (ret.) Yoram Ettinger

Second Thought: America- Israel Initiative POTENTIAL FLAWS OF THE US ISRAEL DEFENSE PACKAGE

Israel's apparent desire to conclude, as soon as possible, a generous, ten-year defense package MOU (memorandum of understanding) with the USA - in order to enhance short and medium-term economic and national security certainty - could result in severe long and short-term injuries to Israel's ties with the USA and Israel's national security.

Should Israel accept President Obama's terms (as reported by the media), then the new 10-year-defense package could be dramatically different from the previous one, which was concluded in 2007.

The 2007 package was lower in scope - \$3.1bn annually - but did not prohibit independent initiatives by the US Congress, which has demonstrated awesome muscle in determining domestic, as well as international relations and national security policies. Also, the 2007

package included annual funding of Israel's groundbreaking missile defense research, development (shared with the US government and defense industries) and US-Israel co-production. It expected Congress to increase the funding of US-Israel's cost-effective missile defense projects, and allocated 25% of the package to Israeli game-changing defense research and development initiatives, which have been shared with the US.

Since 2007, there has been a dramatic surge in Israel's contributions to the US in the areas of intelligence, research and development, training, operations, supporting pro-US Arab regimes, and extending the strategic hand of the US, while the US military-footprint and defense budget have been reduced drastically, and the

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ETTINGER
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US' European allies are consumed with Islam-driven terrorism and potential anarchy on the home front.

On April 25, 2016, Congress demonstrated its inherent appreciation of Israel when 83 Senators signed a letter to President Obama, demanding a larger US-Israel defense package. An Israeli acquiescence to the exclusion of Congress as a key initiator of future US-Israel cooperation, would amount to a self-defeating downgrading of the co-equal, co-determining Congress, which has the power-of-the-purse, and is the most authentic representative of the American people, and therefore has been a systematic ally of Israel, while all US presidents since 1948 (with the exception of President George W. Bush) have pressured Israel economically, militarily and diplomatically.

Representing the pro-Israel sentiments of most Americans (71% according to the latest Gallup poll), Congress has, traditionally, counter-balanced the multilateral, Third World and

UN-oriented, pro-Arab world-view of the Department of State bureaucracy, which opposed the establishment of Israel in 1948 and has been critical of Israel since then.

From a co-driver of the US-Israel high-speed train, Congress would be demoted to a backseat-driver, as if it were an Israeli Knesset or a European Parliament, which are overshadowed by the Executive. It would be a slap in the face of the Federal System, the US Constitution, the US constituency and its representatives in the US House and Senate.

Moreover, Congress played a central role in upgrading US-Israel strategic cooperation, jointly with – and in defiance of – US presidents, especially during global uncertainties, violence and intensified threats. For example, in defiance of President Bush's and Secretary of State Baker's misreading of regional and global trends, coupled with their adversarial position on Israel, Congress was the key player/initiator of the unprecedented expansion of US-Israel defense cooperation

following the collapse of the USSR (when Bush/Baker were oblivious to the rising threat of rogue regimes), before Saddam's invasion of Kuwait (when Bush/Baker embraced Saddam Hussein and viciously criticized Israel), and before/after the First Gulf War (when the White House ignored Israel's role as America's most reliable, effective and unconditional strategic ally).

The assumption that the new defense package will prevent Israel from collaborating with Congress and submitting new initiatives and requests – as required by the increasingly stormy, unpredictable globe - for the next ten years, should be assessed against the realistic, worst case global and Middle East scenarios. Thus, as tectonic as has been the Arab Tsunami since 2010/11, it will probably be dwarfed by the intolerant violence around the corner, especially in (and from) the Middle East, which has been – since the seventh century – the most fragmented, unstable, unpredictable, volcanic, intolerant, violent, anti-Western region in the world, religiously, ideologically, politically and militarily.

The US and Israel cannot afford to base their strategic cooperation on a fixed, or linear, framework, ignoring global herky-jerky trends. The US and Israel should not demote and exclude the co-equal Congress from the process of strategic cooperation, at a time of a potential European collapse, swift proliferation of Islam-driven terrorism, an emboldened regime of the Ayatollahs, and a possible toppling of pro-US regimes in the Middle East, which will further exacerbate threat-assessment and security requirements.

A rush to conclude an MOU before January 20, 2017, in order to spare the uncertainties surrounding the next president, and the expected delay of a few months or a year, in finalizing the defense package by the incoming president, would sacrifice long-term strategic interests on the altar of short-term strategic convenience. It would write off effective congressional muscle, and therefore the full potential of the American goodwill.

In addition, both presidential candidates are at least as pro-

CONT.ON P23

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Parents Magazine

STRATEGIES | Rifka Schonfeld

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

IMPULSIVITY: DOWNFALL OR DELIVERANCE?

- | | |
|--|--|
| <p>1. Do you change jobs very frequently?
a. Always
b. Sometimes
c. Never</p> <p>2. Do you buy things you love even if it means going into debt?
a. Always
b. Sometimes
c. Never</p> <p>3. Is it difficult for you to stick to a diet because you constantly snack on food in front of you?
a. Always
b. Sometimes
c. Never</p> <p>4. Is it hard for you to turn down an invitation to do something fun, even if you should be doing something else?
a. Always</p> | <p>b. Sometimes
c. Never</p> <p>5. Do you forget to think before you speak?
a. Always
b. Sometimes
c. Never</p> <p>6. Do you find most rules and conventions very confining?
a. Always
b. Sometimes
c. Never</p> |
|--|--|

The quiz above asks you to determine whether your level of impulsivity. First, let's talk about the way that impulsiveness manifests itself in childhood, teenagers, and adulthood. Then, I will discuss the ways that you can monitor impulsiveness to make it a positive part of your life, rather than your downfall.

Mostly A's	Mostly B's	Mostly C's
You display impulsive behavior, prompting you to make decisions that you may regret later. You often choose the path of instant gratification in order because that is what looks good at the moment.	You are generally a stable and serious person, but you know how to have fun every now and then – but you have fun responsibly and appropriately. Every now and then, it feels good to have a break from routine.	You display little or no impulsive behavior. Your decisions are generally mature, thoughtful, and disciplined. At times, this means that you can be a little too serious and lose out on the spontaneous excitement that life offers.

Children

Impulsive behavior in children refers to a quick, unplanned action without consideration of negative outcomes. Often, when children are impulsive, they are making decisions with blinders on. Rather than seeing the “big picture,” children with impulsive behavior tend to live in the moment and cannot see the consequences of their actions. Because they cannot see beyond the specific moment they are living in, they will often blame those around them for their actions. For instance, an impulsive might say, “It’s his fault that I hit him because he would not give me the ball.” In many cases, this type of behavior can lead to physical or emotional damage to the child himself and those around him.

In children, impulsive behavior generally has negative outcomes. Therefore, it is important to teach children methods of self-control. Here are some suggestions for helping children deal with their impulses:

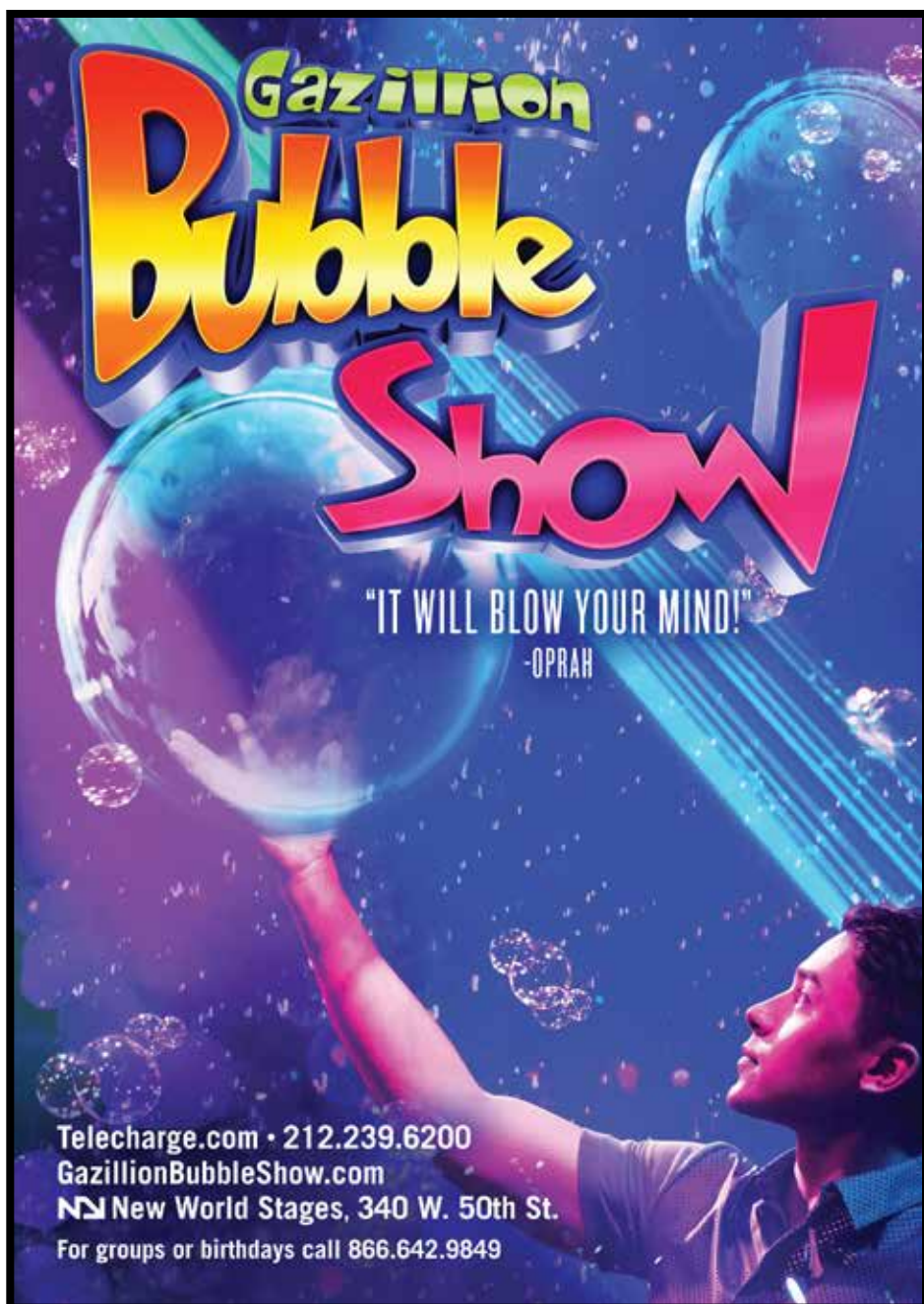
- Do not engage in a power struggle. Impulsivity is energy waiting for a spark to set it off. Don't create a situation in which you are trying to control the situation with stricter and stricter consequences. Then, it is going to become a power struggle between the two of you, rather than your child trying to control himself.
- Give room for healthy impulse discharge. Give your child some way to let loose, through music, physical activity, stomp in puddles, or a fun and active game. Sometimes this can help avoid impulsive behavior later.
- Have a daily routine. When children are aware of the routines of their days, they will be more likely to follow along without outbreaks. Then with a bit of warning, when you decide to change it up a bit, they might be more willing to go along with this alteration because of spontaneity.

Teenagers

There are several studies around teen brain development and impulsivity because the prefrontal cortex (which controls decision making) does not fully develop until age twenty-five. This still developing prefrontal cortex leads to a disconnect between behaviors and judgment. Poor judgments are controlled by the frontal lobe and are most common when influenced by peer pressure or when in emotional situations. Laurence Steinberg, a Temple University psychology professor, explains that “The teenage brain is like a car with a good accelerator but a weak brake. With powerful impulses under poor control, the likely result is a crash.”

Because of these discrepancies in brain development, it is very easy for teenagers to give into their impulses and to act before they think. Therefore, it is the job of parents and educators to help instill practices of self-control, especially for teenagers.

- Explain reasoning. At this stage, teenagers are able to understand cause and effect and therefore are more capable of comprehending the reasons behind your rules. Sit down and talk with them about why you have certain rules in order to help them think rationally when they have the opportunity to break them.
- Encourage dialogue. Though at times they seem like children, teenagers have highly developed emotional lives. If you engage them in conversation and let them take part in some of the disciplinary decisions you make, they will be more likely to sign onto those rules.
- Promote responsibility. Showing that you trust your teenagers will do wonders for both his self-esteem and his ability to control his impulses. Consider giving him enjoyable tasks that require responsible action. Of



CONT.ON P21



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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

S	M	T	W	T	F	S
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25	26	27	28	29	30	

OCTOBER

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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					

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SCHONFELD

CONT. FROM P20

course, if he abuses the privileges that come along with that responsibility, consider taking it away.

Adults

Up until now, I have been talking about strategies for controlling impulsivity. But, if you notice the chart at the end of the quiz, if you are an adult and never act impulsively, that can have negative effects as well. After all, impulsive behavior every now and then such as taking an unplanned weekend getaway with your family or eating that cookie that has been staring at you for a week is healthy. Some psychologists say that spontaneity can be a healthy

defiance of routine.

Clearly, though, it is about balancing the thoughtful, deliberate decisions with spontaneous bursts of activity. While life is safer and more productive when you are not ruled by your impulses, making snap decisions when it comes to the small stuff can make life a lot more enjoyable. So, how can you maintain that balance?

- Know your risks. Be aware of the areas in your life where you tend to make impulsive decisions that are detrimental to your health, finances, or personal life.
- Plan for your risks. Once you know what your risks are, make sure that you deliberate before making any major

decisions in those areas. Chances are, if you are not thoughtful about those decisions, you will end up regretting it.

• Give yourself a break. Every once in a while if you are not dealing with a “risk area” allow yourself to make an impulsive decision. By giving in to this inconsequential issue now, you will be better able control yourself in your risk areas in the future.

Remember, impulse control is extremely important – but so is spontaneity!

An acclaimed educator and education consultant, Mrs. Rifka Schonfeld has served the Jewish community for close to thirty years. She founded and directs

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

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SAVAGE

CONT. FROM P13

true as well for the Security Council,” he said.

Hatuel-Radoshitzky explained to JNS.org that Israel’s selection to head the Sixth Committee might also help bolster its chances for the non-permanent Security Council seat.

“According to the UN Charter,

in presenting their candidacy for a non-permanent UNSC seat, states should be evaluated based on their contribution to “the maintenance of international peace and security and to the other purposes of the UN,” she told JNS.org. “Naturally, chairing the Sixth (Legal) Committee can serve to strengthen Israel’s claim to a UNSC seat in this respect.”

However, due to the prominence of the Security Council, Israel is likely to face stiff opposition not only from Arab and Islamic countries, but even from allies like many European countries, who are sometimes troubled by Israel’s policies towards the Palestinians.

“First is the time factor,” Hatuel-Radoshitzky explained. “The

election is to commence two years from now, and in our region this is a very long period of time in which ample developments could potentially unfold, influencing Israel’s policies and actions, as well as those of her regional neighbors,” she said.

Additionally, the ballot for the Security Council voting is closed,

CONT.ON P24

Raw Vegan Mushroom Pizza

MARINA YANAY-TRINER

This Raw Vegan Mushroom Pizza is packed with plant based alternatives to products such as cheese, crust, and even cooked marinara sauce. Make sure to read the recipe in advance and allow enough time for soaking.

INGREDIENTS:

Crust

- 1 large Portobello mushroom, stem removed
- A few drops of ume plum vinegar
- Marinara Sauce
- 3 cups tomatoes, chopped
- 1 cup sundried tomatoes, soaked

Raw Vegan Jerusalem Hummus

MARINA YANAY-TRINER

This easy hummus is made in just 5 minutes with a food processor. With chia seeds, zucchini, and spices, it's not your regular hummus.

Ingredients:

- 1 tablespoon tahini (unroasted)
- 1 tablespoon chia seeds
- Juice of ½ lemon
- ¼ teaspoon sea salt
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- ½ teaspoon onion powder



- ½ teaspoon garlic powder
- 1 small red pepper
- 1 small zucchini
- 1 garlic clove
- ¼ cup water

Preparation:

1. Throw all ingredients in a blender, and blend until extremely smooth. You can add more water if you need to for blending. Note: If you do not have a high speed blender, be sure to

mill your chia seeds ahead of time in a coffee grinder.

ahead of time for 30 minutes in just enough water to cover

- 1 ½ tablespoons chia seeds (which I also like to get on Sunfood)
- 2 cloves garlic
- 1 small piece of ginger
- Italian herbs to taste (Oregano, basil)
- Pinch of salt, if necessary (taste test first)
- 1 tablespoon onion powder
- Mushrooms
- 2 cups sliced white-button or mushrooms of choice
- 2 tablespoons coconut aminos
- Coriander to taste
- Italian seasoning to taste



Raw Vegan "Cheese"

- 1 cup raw macadamia nuts (soaked overnight)
- Small amount of water, enough for blending
- A pinch of sea salt and black pepper
- Juice of half a lemon
- Optional: 1 tablespoon nutritional yeast

Toppings (optional)

- Finely sliced raw olives

- Chopped spinach, and any other vegetables of your choice

PREPARATION:

1. For the crust: Wash the mushroom with a paper towel (it soaks a lot of water so it's best not to put it directly under a stream of water) and rub it in a small amount of ume plum vinegar (just a few drops, it's very strong), letting it soak in for about 30 minutes.
2. For the marinara sauce: Blend all ingredients until very smooth. Add water from the soaking liquid of the sundried tomatoes

only if necessary for blending.

3. For the mushrooms: Soak mushrooms in coconut aminos and spices for 30 minutes or more.
4. For the "cheese": Blend all ingredients together in a high speed blender (you will need one for this recipe). You can use your tamper if necessary. You will probably have cheese leftover, which you can use in another recipe, or ferment overnight by placing in a bowl with 1 probiotic capsule mixed in.

Monthly Favorites

RACHELI FRIED

I did something different this year and it's really paying off. Normally what happens when the calendar hits August 1st, I blink and shake my head in disbelief at how quickly July whizzed by. I'm still doing that this year because life didn't slow down by any means, but this time I started off the summer differently. At the end of June, when the kids finished school and stepped onto the bus for the first day of camp I took the time to sit and make a conscious effort to slow down and breathe. That morning was the first time in forever that I sat down to eat breakfast and read. Normally, I would be doing a million things to return things my kids didn't need to a few stores, clean up after the tornado that was packing up two kids for sleep-away camp, and a gazillion other errands to mark the start of the Summer. No, this time, I stopped, made myself a GOOD breakfast...not a handful of cereal and a banana while I'm running out the door...I'm talking eggs, fruit, coffee...you get the picture. I actu-

ally set the breakfast table for myself and set out a crisp newspaper and enjoyed the headlines with a steamy cup of freshly brewed coffee. And I breathed. And I took it all in. And I



said to myself...enjoy this moment... this is the start of the summer. This is the moment that I'll yearn for come September 1st when the hectic craziness starts all over again-G-d willing, of course...should I be so lucky. :) I did the same thing or at least tried to on most mornings (ok-I was lucky if it happened twice a week) but I must say...this has truly

enhanced my summer. Another thing I've been doing is, instead of thinking...ugh...it's already August... the summer is halfway over...I think about how we have another glorious month (again, G-d willing) of relaxed schedules, less pressure and fewer deadlines. This new attitude is one of my favorites for the month and I certainly hope I can keep it going because it is truly a wonderful way to live.

Another favorite I've been enjoying-especially now during the three weeks when we can't listen to music is my Audible App. It's a way to listen to books on your phone or any other compatible devices and I've been enjoying it tremendously. There really is nothing like having a book read to you while cooking, cleaning or driving and I highly recommend it. I do know that you can also get free audible books through your local library so definitely check into that and start losing yourself in a great book!

My next favorite is something that not only has been bringing me so much joy but it's been nourishing me both inside and out...and that is my fruit and vegetable "garden". A few months back, when it started to warm up, my kids and I planted

various fruit and vegetable plants on our deck in planters...nothing fancy or complicated...but boy is it making us happy. There is nothing like going outside at mealtime and picking fresh fruit and vegetables to slice up and eat at your meal or to snack on throughout the day. Somehow Hashem manages to provide just enough for the day and we never have too much or too little... every last bite gets eaten up! Last night the kids came in with a beautiful juicy cucumber and ripe red tomato each, crunchy fresh bright orange carrots and crispy green and red peppers and to top it all off, some warm sweet juicy strawberries and fresh mint for dessert. YUM! We washed everything off, checked for bugs and enjoyed our summer bounty. I sliced up some fresh limes (from the store) and crushed some mint into a tall pitcher of water, stirred in lots of ice and we had the most refreshing healthy drink for dinner and to fill our water bottles for the next day. It really is the simple stuff that brings the most joy and I hope you are all having a wonderful happy and healthy Summer and remember to take it all in-there is still another glorious month to come!

Vegetarian Beef Empanadas

TAMAR GENGER

Fake meat works magic in this recipe for empanadas so that no one would know they are vegetarian. Keep it simple with puff pastry or make your own empanada dough, either way they are delicious. They freeze well too.



Ingredients:

- 2 tablespoons oil
- 1 teaspoon paprika
- 4 onions
- 1/2 teaspoon chili powder
- 1/2 teaspoon oregano
- 1 package vegetarian ground beef

1 tablespoon Tomato paste
Empanada Dough or Puff Pastry
Preparation:

1 In frying pan, heat oil with paprika and saute onions until soft. Add chili powder, oregano, and salt. Add fake meat and mix with onions. Add tomato paste and cook until hot.
2 Place a spoonful of stuffing on half of each dough circle. Fold dough over filling. Wet the edge with milk, fold over again and seal. Bake in a 200°C/400°F oven until cooked and lightly browned.

TIPS FOR A HEALTHY SHABBOS

CHAYA YEHUDIT BATTINO

One way to have a healthy Shabbos is to approach the day in a peaceful state of mind. Shabbos is my weekly retreat, and the only place where I get to experience true Shalom on earth. With all the stressors of life and horrors going on in the news, how fortunate are we Jews to have a refuge from it all each and every week! We should savor every moment, and set aside all conversation about world events on Shabbos. If we guard the speech that is right and befitting for the day, we will receive the blessing of Shalom in our hearts and in our minds, which will directly affect our overall health. I have a book called 'The Healthy Jew' on my bookshelf which I purchased because I am fascinated with how HaShem in His infinite wisdom has de-

signed the halachot in such a way that by observing them, it actually goes along with the natural order of the world and with what is naturally healthy and good for us. For example, during the Black Plague of Europe, many people wanted to blame the Jews because they could not understand why everyone else was dying except for the observant Jews. This was before the scientific community discovered such a thing as germs and proper hygiene to reduce the chance of infection. The Halacha tells us to wash our hands in the morning, before and after eating and after using the restroom. It's a beautiful thing that long before the scientific community told us that washing our hands at these times would protect us from infection and disease, the Jewish nation

was practicing these laws simply because HaShem commanded it! Thus, we got blamed for the Black Plague! Today, science has verified the mind-body connection and its effect on our health. This means that properly keeping Shabbos is by nature health promoting! So my advice to you this week about keeping Shabbos in a healthy way does not have to do with the food you are about to consume. It has, instead, to do with your state of mind before and during Shabbos. Planning ahead so that you will be able to stop all preparations early enough to come into Shabbos with a relaxed state of mind will elevate your experience of the day and have a lasting effect on your stress levels for the entire com-

ing week. So will refraining from discussing weekday matters, such as work and the news. This is not new information, just a reminder and a wake-up call to those of you who are not yet aware of the connection between proper Torah observance and good health.

Shabbat Shalom!
Chaya

About the author: Carolyn Chaya Yehudit Battino is a public speaker, Certified Intrinsic Coach, Integrative Nutrition Health Coach and Shadchan. She has a program for singles to help increase their chances of getting engaged. The program is called Shidduch Appeal. She is currently recruiting singles for this program. Learn more at www.shiduchappeal.com. You can also join Chaya at her next speaking engagement at the Awesome Jewish Events Shabbaton July 29th weekend! Check out <https://awesomejewishevents.eventbrite.com/>. Go to www.healthcoachlink.com to be kept up to date about future retreat and workshop opportunities with Chaya and to book a free initial consultation with her!

ETTINGER
CONT. FROM P19

Israel as is President Obama, and would therefore support a defense package at least as generous as is currently proposed, receiving a thunderous support on Capitol Hill.

The supposed demand, by President Obama, to deny Congress the capability to upgrade/initiate future US-Israel strategic

cooperation undermines the US Constitution, and may reflect an intention to constrain future enhancement of such cooperation, which has contributed, uniquely, to the US economy, national security and homeland security.

Finally, when it comes to US MOUs, guarantees and treaties, one should note their three critical and legitimate attributes: non-specificity and ambiguity,

intended to facilitate partial-implementation; non-automaticity, enabling delay, suspension and non-implementation; and avoiding implementation if it harms US interests. For example, in 1957, President Eisenhower issued an Executive Agreement – in exchange for Israel's full withdrawal from the Sinai Peninsula – supposedly committing US troops on behalf of Israel should Egypt

violate the ceasefire. However, in 1967, Egypt violated the ceasefire and established an anti-Israel Arab military front, but President Johnson contended that the agreement was non-binding.

US and Israeli policy-makers may benefit from Benjamin Franklin's advice: "He that can have patience can have what he will."

FRESH PERSPECTIVE | Breindy Reiss**The ABARBANEL zt"l
Finding Solace in 'The House of Hashem**

Historically, Rav Don Yitzchok Abarbanel is known as a fearless leader of Klal Yisroel who tried valiantly to stop the expulsion of Spanish Jewry in 1492. King Ferdinand greatly valued the expertise of the Abarbanel who navigated the financial wellbeing of his empire. He even offered the Abarbanel the ability

to continue to live in Spain along with nine other families with total freedom to practice Yiddishkeit! Ferdinand promised the Abarbanel a luxurious life style and full religious autonomy if he would agree to abandon his flock and continue his important cabinet position as finance minister. The Abarbanel refused and marched

together with his people on Tisha B'Av, 1492 out of Spain. The three hundred thousand Jews that followed him, left their homes and fortunes behind and hoped to resettle and live their lives as Torah true Jews. What is not well known is the earlier tranquil life of the Abarbanel before he left Portugal for Spain. The following is a free translation of the Abarbanel's introduction to his commentary on Neviim Rishonim in which he lists his genealogy for a few generations and states that his family are direct descendants of Dovid Hamelech. He describes

a Torah rich life in Portugal that took a sudden opposite turn.

"I was tranquil in my home, a house and wealth, and inheritance from my fathers, a house filled with the blessings of Hashem in glorified Lisbon, an important city in Portugal. There Hashem had commanded the blessing in my granary, wealth and honor and all human enjoyments. I built for myself houses and roomy lofts. My house was a meeting place for Torah Scholars. There

CONT.ON P29



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SAVAGE

CONT. FROM P21

meaning that countries that may publically endorse Israel, such as European allies, could potentially vote for another state without having to explain their choice, Hatuel-Radoshitzky said.

Complicating matters further for Israel is also its geographic membership at the UN. Although geographically sitting in southwestern Asia, Israel's membership to the UN's Asian group has been blocked by Arab and Muslim states. As such, the Jewish state belongs to the Western European and Others Group (WEOG), along with non-European countries such as Canada, Australia and New Zealand. This means Israel faces more competition from other democratic countries for the seat.

The WEOG group is expected to produce two members to join the council in 2018. Currently, Israel, Belgium and Germany are competing for the position. However, Germany is expected to gain the seat, leaving the battle between Israel and Belgium for the final slot.

Despite the uphill battle faced by Israel for both continued legitimacy in the UN and a seat on the Security Council, Danon remains optimistic that Israel will achieve these goals in time.

"There is a lot of time to go between now and then, but we're preparing for it. I believe that we've shown that Israelis are capable of reaching any position in the UN as our Sixth Committee victory has proven," Danon told JNS.org. "And in the end of the day, to win and make great achievements is not going to be straightforward or easy, but I have full faith that it is possible."

JNS.org

SOBEL
CONT. FROM P2

above scenario; a chronic habit of stonewalling can be poisonous to a relationship.

What's Your Poison?

When thinking about criticism, contempt, defensiveness, and stonewalling, it can be helpful to try to identify which of the four we tend to use more often in our relationships. We can work on increasing positive interactions and enhancing the general atmosphere of our home by lowering our reliance on this form of negative communication. Usually, each of us has a "go to" strategy based on our personality, history and coping style. We can focus on trying to reduce our use of these "weapons" of communication, not just in our marriages, but also with our children, parents, siblings, friends and co-workers.

It's also important to recognize that the Four Horsemen make an appearance in almost all marriages at one time or another. That doesn't necessarily mean that one's marriage is weak or doomed. This is particularly true if a couple is good at something Gottman calls "repair attempts" – statements or

actions a couple use to de-escalate and prevent tension from spiraling out of control. Examples of this are saying a simple, "I'm sorry" even if it's not your fault, making a private joke that only the two of you would understand, doing something funny to defuse the tension like making a silly face, or even a plaintive, "Do you love me?"

Couples who are good at recognizing, receiving and initiating repair attempts are demonstrating not just emotional intelligence, but also humility and spiritual awareness. They instinctively understand that far more crucial than any point to be scored in the midst of conflict is the need to extinguish the fire before it burns out of control and causes irreparable damage to the relationship.

Repair attempts are a way of saying to your spouse, "I know we are not agreeing right now. We're both frustrated/angry/hurt/fearful, but I love you and I don't want to destroy you or our marriage. Maybe you're in the wrong or maybe I am. It doesn't matter. I'm sending you this white flag of surrender because our marriage is sacred and I want to be close to you."

Aish.com

HOFF
CONT. FROM P16

elected Roman emperor granted all of his requests. He even provided a safe escort for the Torah sages as they relocated to Yavneh.

At first glance, one is left to wonder whether Rabban Yochanan's requests truly addressed the needs of the people. In fact, some of his colleagues criticized him, stating that the Bais Hamikdash, perhaps even the entire city, could have been spared had the appeal only been made. Seen from the vantage point of historical hindsight, however, we can see that Rabban Yochanan ben Zakkai, in asking for Yavneh, understood that for the sake of survival, the Jewish people would be better served with a viable Torah center even more than its own capital.

"Give me Yavneh and its wise men!" Rabban Yochanan ben Zakkai stood before the Roman emperor and asked of him, not the preservation of the state, because it was no longer a state of the Torah, and not the preservation of the holy Temple, because Herod's name was associated with it – but the preservation of the oral law of the Torah, which depended on Yavneh and its sages. He knew that if there were a people of the Torah,

there would be a land of the Torah, and in the future – a state of the Torah. With "Yavneh and its wise men" he saved everything. (Rabbi Eliyahu E. Dessler)

In a physical sense, the Romans emerged from this war as the victors, capturing Yerushalayim and destroying the Bais Hamikdash. History, however, has shown that the Jews won the greater ideological struggle, keeping themselves and their Torah alive long after the fall of the empire and its pagan values. When the Bais Hamikdash and the political entity that it represented disappeared, the spirit of Yiddishkeit, represented by Yavneh, stepped in and filled the void.

Over the past two millennia, the Jewish people have managed to survive and even thrive, despite the general absence of political, economic or religious autonomy. Compounding matters have been the unspeakable pain and torture, including persecution, expulsion, and even mass murder, that they have had to endure. Yet, they have retained their unique identity, because of "Yavneh and its wise men". Inspired a message of Torah primacy, they have continued to forge ahead in their unique,

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CROSSWORD ANSWER

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NOTICE OF FORMATION of Fish Buildings LLC. Art. of Org. filed with the Secy of State of NY (SSNY) on May 19, 2016. Off. Loc.: Richmond County. SSNY has been desig. as agent upon whom process against it may be served. The address to which the SSNY shall mail a copy to is: The LLC, 1 Norwood Ct. Marlboro N.J., 07746. Purpose: Any lawful act.

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Rabbi Dr. Bernhard Rosenberg

THREE WEEKS

The Three Weeks is an annual mourning period that falls out in the summer. This is when we mourn the destruction of the Holy Temple and our launch into a still-ongoing exile.

The period begins on the 17th of the Hebrew month of Tam-muz, a fast day that marks the day when the walls of Jerusalem were breached by the Romans in 69 CE.

It reaches its climax and concludes with the fast of the 9th of Av, the date when both Holy Temples were set aflame. This is the saddest day of the Jewish calendar, and it is also the date that many other tragedies befell our people.

The Second Holy Temple stood in Jerusalem for 420 years (349 BCE–70 CE). Unlike the

period of the First Temple, when the Jews were for the most part autonomous, for the vast majority of the Second Temple era the Jews were subject to foreign rule: by the Persians, the Greeks, and eventually the Romans.

Aside from the troubles caused by these external powers, the Jews were also plagued internally by tumultuous politics, and they divided into many factions—a phenomenon that ultimately led to the Temple's destruction and our nation's torturous exile.

The destruction of the Temple, and the subsequent destruction of the national entity of the Jewish people, occurred to a great degree because of warfare among the Jews themselves. The warring groups besieged in Jerusalem destroyed all hopes of victory.

Rabbi Eliyahu Kirsh

The End of Sefer Bamidbar-Yericho Final Stage of Exodus from Mitzrayim to Geulah

Sefer Bamidbar ends with the following verse, 'These are the Mitzvos and laws that Hashem commanded at the hand of Moshe in the Plains of Moav by Yarden Yericho.' The city of Yericho is a well-known city in Eretz Yisroel with a long, colorful history. However, Bnai Yisroel did not cross the Yarden River and capture Yericho till after Moshe Rabbeinu's demise. Yarden Yericho is a designation of the general area.

The area of Yeruicho is a lush, fruitful area, known throughout history for its palms, bananas and sugar-producing plants. Yericho is believed by archeologists to be the oldest continually inhabited city in the world. There is archeological evidence of Yericho being inhabited from prehistoric times before history was being recorded. Archeological evidence also confirms our account of the destruction of Yericho in Yehoshua's time and being rebuilt several hundred years later against the curses and warning of Yehoshua. [See Yehoshua 6:26 and Sefer Melachim I 16:34. The city was depopulated when the Assyrians invaded and captured the Northern Kingdom. Under King Koresh of Persia, when we were allowed to return to Eretz Yisroel the city was rebuilt and repopulated. The city became an administrative center under Persian rule and later became a private estate of Alexander the Great. During Hellenistic rule the city's defenses were built up. Later, Herod leased the city from Queen Cleopatra. During this time, Herod also had a winter palace there and also had the famous Hippo-Dome theater built. After Herod's time the city became a winter resort for the upper classes of Yerushalayim. After the destruction of the Bais Hamikdash and Yerushalayim by the Romans, the city lost its importance again and remained a Roman garrison town. The city went through a number of ups and downs in population and importance during the period of our galus. Currently it is under Palestinian Authority but hopefully, will be returned to us in the near future.

The Midrash Rabba states on Bamidbar that Challah refers to Yericho, the first conquered city of Eretz Yisroel. Because of it was the first city captured by Yehoshua, it retained a special status for all times. Part of this

special status was that it had a special connection to the Bais Hamikdash. The Mishna Tamid in the third chapter lists a number of things that could be heard in Yericho from the Bais Hamikdash such as the songs of the Leviyim and the sounds of the signals for the Kohanim to do various segments of the daily avodah. It seems that the holiness of Yerushalayim spilled over to Yericho. Because Yericho was captured on Shabbos, it was holy and therefore cherem, unable to be benefited from. Hence, Yehoshua cursed whoever would attempt to build it.

We also can apply a Kabbalistic concept that each tribe corresponds to a specific month. Therefore, each tribe had its own territory. Yericho, like Yerushalayim, corresponded to Yaakov. Just like Yerushalayim corresponded to Yaakov and contained elements of each tribe and did not belong to a specific tribe, the same was the case with Yericho that it did not belong to any tribe and ended up being given to Yisro's descendants who were not descended from any one of the twelve tribes.

The Midrashim also tell us that Yericho is the lock to Eretz Yisroel. Just as Yehoshua conquered it first, so too, Melech Hamoshiach will speedily in our days conquer it first and open all of Eretz Yisroel for us. In this way, we can understand why Chiel built Yericho after Yehoshua's curse and continued to build even after suffering the consequences of losing his children, lo aleinu. Chiel's intentions were to hasten Moshiach's arrival. Though he was wrong and was punished for it, his intentions were leshaim Shamayim to bring the final redemption. We have seen throughout history a number of individuals who try to hasten the end of days and make wrongful attempts at doing so. But hopefully, in the near future, we will truly merit the final Geulah. Just as Yericho in the past unlocked the gates of Eretz Yisroel for us, so too may it happen for us in the near future as we complete the long process of Yetzias Mitzrayim. Amen

Acknowledgement is given to Sefer Tzion Ve' Areha, Zion and Its Cities, a summary of Derashos By Rav Moshe Wolfson Shlita, Mashgiach of Yeshiva Torah Vadaas.

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REISS
CONT. FROM P24

they judged (the people) and from there were distributed seforim from myself and other writers filled with understanding and knowledge and the fear of Hashem. In my home and in my walls were ancient treasures, charity, a bastion, Torah and greatness like the mighty ones of past times. And tranquil (was I) in the palace of the King Don Alfonso; a mighty king and ruler of the oceans and he was successful in all he did. He (King Alfonso) judged (properly) who did kindness and justice and charity in the land. A king who believed in G-d, fearing and turning away from evil, who sought the good of his nation, a king who gathered together the heads of the nation, a wise man, and who like him was a mentor? He ate from the tree of knowledge, favor, and wise counsel... There was abundance and safety for the Jews...

A time came, that day was dark and he (King Alfonso) fell bedridden, and there he fell-- and in a few days' time death came..... There was a great fasting, crying and eulogies, a great sorrow for the Jews... Pain fell upon me in my sorrow for him..... His son Don Juan became king after him, "a

new king that did not know" who turned his heart to hate all his princes to plot against his servants, and he became a stranger to all his father's admirers... He plotted against them saying; "You are deserving of death because you have all plotted against me and my nation to give it over to the king of Spain". He (Don Juan) caught the ...second to the King...and killed him by sword! The king accused me of plotting against him saying: "Because these people would do nothing without revealing to me (first) their secret plots..." And people without the fear of Heaven who wanted to push me away...and take all that is mine away, sharpened their tongues like snakes...

False messengers were sent to me "the king has said, come to me quickly, do not delay" And I, in my innocence, did everything the king bid me to do traveling to the place the king had commanded. On my way to the inn, a man stood intercepting me and said; "Don't come closer, run for your life, because it is a time of evil for I have heard the bad words of many..."

I said to myself: "Where can I

CONT.ON 36

TISCHLER
CONT. FROM P5

It is here that people come from all walks of life to pray, to talk to God, to listen, and to trust in the divine energy that you feel when you take those first steps toward that wall, and allow it to move something within you. This wall is one of the busiest and most prominent holy sites in the world, yet it feels like the quietest place I've ever been.

One day prior to my experience at the wall, a lovely woman at a yeshiva told me, "God is your trainer, and His job is to push you beyond your limits. But He never gives you more than you can carry." At the Kotel I expressed my gratitude for everything God has allowed me to carry, always coming out the other side, better than I was when I walked in.

I also received the gift of understanding unconditional love from a man who found home in the middle of the desert in a Bedouin tent. He told me the best thing about his life is serving others, because when you give, God always gives back. Perhaps this is the greatest lesson of them all: live from a place of abundance,

but never forget to give off from the top.

Perhaps the greatest gift that I can attribute this journey to is the scared, freaked-out, inner critic of an individual known as myself. The woman who said she would never get on a plane to travel overseas because life is just that scary, and she has now returned to Israel for the second time. The one who told herself before she left that she felt unmotivated to do anything and who had now climbed Mount Arbel in Tiberias just to challenge herself because of that little voice which whispered you can.

I've learned to be present in the moment and to cherish it. When our inner negative voices try to get us to falter, this is the time to move forward in search of our truth. When we have the willingness to be open to the messages of selfless love, courage, and faith, we can begin to move to a higher level of being. To get quiet and pause, and listen to our own souls for whatever it's calling out for us to do the most.

As Rabbi Noah Weinberg, of blessed memory, often said, "If you don't know what you're living for, you haven't yet lived." Israel has given me the gift of life.

Our Precious Greek Jewish Heritage

Joseph Frager, MD

My first Sabra grandchild was born, blessed be G-d, last week. He inherits a great and precious Jewish Greek Heritage from his great-grandfather. I thought it only appropriate to learn more about the Jews of Greece. It is a fascinating subject.

Josephus records Aristotle in the 4th century BCE speaking about a Jew he met in Asia Minor. Josephus quotes the historian Clearches of Soli. Aristotle said of

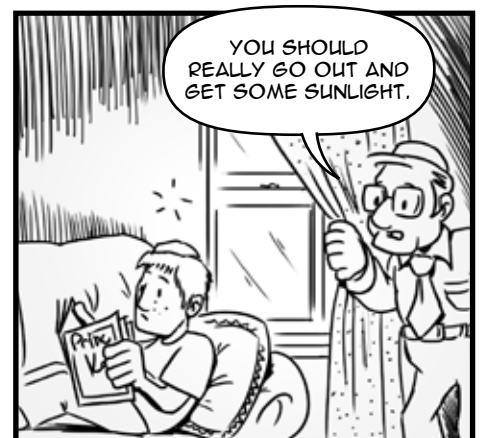
this meeting, "But as one who had been intimate with many cultivated patrons, it was rather he who imparted to us something of his own." Greek Jewry derives from different periods of our existence. Some Jews are descendants from the First Temple Exile of the Babylonians in 586 BCE. The Romaniotes who lived in Greece for close to 2000 years claim they descended from Jews who escaped a Roman Slave Ship in the year

of the destruction of the Second Temple 70CE. The Romaniotes DNA more closely matches Ashkenazic Jewry.

The Wall Street Journal on June 28th ran a story about the last remaining Romaniote Synagogue in the Western Hemisphere and a New York City Landmark in the Lower East Side. The Romaniote Jews as well as the remaining Jews of Greece were nearly wiped out by the Nazis. Thousands of Spanish Jews settled in Greece after the Inquisition began in 1492. More than 80% of all Greek Jews were murdered by the Nazis (many were taken to Auschwitz).

This was the Sephardic population that suffered the most at the hand of the Nazis. The Nazis did not distinguish between Ashkenazic or Sephardic Jews. They killed anyone who was a Jew or had a Quarter Jewish roots. The Great-Grandfather of my grandson had a bust of Jabotinsky in his house in Greece. Zionism was alive and well in Greece long before World War II. Greece under Eleflierio Venizelos was one of the first countries to accept the Balfour Declaration of 1917. Our Greek Jewish Heritage is a source of pride and meaning. Am Yisrael Chai.

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Israeli security firm wants to help Trump build his border wall:

An Israeli security firm expressed interest in being involved with Republican presidential candidate Donald Trump's proposal to build a larger, fortified barrier wall to prevent illegal immigrants from crossing the border between the United States and Mexico. "We would join forces with a major U.S. defense company that has experience with such projects worldwide," Koursh said. "We've done it in the past and we would definitely want to do it," Sa'ar Koursh, owner of Magal Security Systems Ltd, told Bloomberg News on Tuesday. Koursh said that he hopes to expand his company's market, such as in Europe for instance. He also plans to focus more on selling products including fences, cameras and detection equipment. Magal is known for building its "smart fence" around the Gaza Strip using video cameras, ground sensors, motion detectors and satellite monitoring. They also helped construct security barriers along Jordan and Egypt. Koursh currently has a contract to build a barrier between Kenya and Somalia where al-Qaeda militants in Somalia have been fighting Kenyan troops.

Israelis want IDF to embrace pluralistic values system, poll says:

A new study on religiosity and pluralism in the Israel Defense Forces (IDF) reveals that a majority of Jewish Israelis believe the IDF should embrace more of a pluralistic values system that includes placing military rules above religion, if necessary. According to the Israel Democracy Institute's (IDI) "Monthly Peace Index" poll, 72 percent of the respondents said soldiers should obey military orders over a rabbinical ruling should there be a contradiction. Only 12.4 percent said soldiers should obey the rabbinical ruling and the rest were unsure or declined to answer. Additionally, 69 percent believe the IDF should have a pluralistic value system including accepting "others" such as the LGBT community, while 23 percent did not believe such a system was good. The majority of respondents across the religious

spectrum believed the army should be pluralistic with 81 percent secular, 76 percent nonreligious-traditional, 52 percent religious traditional and 57 percent religious agreeing with that sentiment. However, 29 percent of Haredim respondents that disagreed with the open value system.

Palestinian civil engineering student planned Jerusalem light rail attack:



A Palestinian civil engineering student was revealed to be the terrorist arrested for plotting a large-scale attack two weeks ago on Jerusalem's light rail in revenge for Jews visiting the Temple Mount, Israeli police said on Tuesday. Ali Abu Hassan, 21, was a student at the Polytechnic University from the Palestinian village of Beit Ula in the Hebron region. Prosecutors said in statement that prior to taking three pipe bombs and other weapons in a bag to Jerusalem's Jaffa Center light rail stop to detonate during rush hour, Abu Hassan had left a will at the university, Yedioth Ahronoth reported. Abu Hassan not only built his own pipe bombs with shrapnel doused in rat poison, but he even tested out explosives in open areas in the Hebron region, Israeli police said. A security guard noticed Abu Hassan and asked him to open his bag for inspection. Abu Hassan was restrained when he ignored the request. Then another guard found the bombs in his bag and he was arrested. Abu Hassan will be indicted for attempted murder.

Netanyahu speaks with UK PM Theresa May for the first time:

Israeli Prime Minister Benjamin Netanyahu held his first phone conversation with his British counterpart Prime Minister Theresa May since she took office last month. According to Netanyahu's office, the two leaders discussed ways to maintain and increase cooperation in a variety of fields,

including regional issues and the threat of global terrorism. Netanyahu also wished May luck as she begins her premiership. May became the U.K.'s second female prime minister following the resignation of David Cameron last month after the country's vote to leave the European Union in late June. May, who formerly served as home secretary, has long been seen as a supporter of Israel and a champion of the British-Jewish community. Theresa May has repeatedly shown herself as "a committed and conscientious friend to both Israel and Jewish communities in the U.K.," Paul Charney, chairman of the Zionist Federation of the United Kingdom, told JNS.org last month.

Israel poised to get official 'Air Force One' within a year:

After years of using chartered planes for overseas travels, Israel's leaders may soon get their own Air Force One. Israel Hayom has learned that the government plans to buy a used commercial plane that would be

fitted with various communication and defense systems. The cost of the aircraft and the overall refurbishing is estimated at \$70 million. According to the plan, the plane will have the necessary technology to allow Israeli leaders to carry out their duties in full while airborne and have room for some 100 people. According to sources familiar with the issue, assuming an Israeli company will refurbish the yet-to-be-purchased plane, it will need about a year to fit the necessary technology according to the criteria set by a special committee comprising representatives from the Shin Bet security agency, the Transportation and Road Safety Ministry and the Finance Ministry. A company has already been chosen through a bidding process but its name cannot be published for security reasons. Accordingly, the plane could be ready by mid-2017 at the earliest. The plane will have an estimated maintenance cost of about 30 million shekels (about \$7.8 million) per year.

CONT.ON P31

DOVIE'S LUNCH STUFF 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 out on 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.



- | | |
|-----------------|------------|
| AMERICAN | PANINI |
| BOLOGNA | PASTRAMI |
| CHICKEN FINGERS | PHILLY |
| COLESLAW | PICKLES |
| EGG SALAD | PIZZA |
| GRILLED CHEESE | ROAST BEEF |
| GRINDER | SALAMI |
| HOAGIE | SPROUTS |
| LETTUCE | SWISS |
| MUSTARD | TOMATO |
| OLIVE LOAF | TUNA FISH |
| ONION | TURKEY |

ANSWERS ON PAGE 36

JNS
CONT. FROM P30

Palestinians file FIFA complaint over Israeli restrictions:



The head of the Palestinian Football Association has submitted a complaint to the international soccer governing body, Fédération Internationale de Football Association (FIFA), after Israel prevented seven soccer players and staff from traveling from the Gaza Strip to the West Bank. Jibril Rajoub says the Shabab Khan Younis players were attempting to attend the final Palestine Cup match in Hebron. The game, scheduled for Saturday, was postponed. Israel's Shin Bet security agency said team members were barred due to "severe negative security background." Israel has maintained a blockade on Gaza since Hamas wrested control over the strip in a violent coup in 2007. In 2015, Rajoub asked

FIFA to suspend the Israeli soccer association because of restrictions of movement on Palestinian players. Israel has asked FIFA to condemn Rajoub's hailing of Palestinians who attack Israelis as courageous heroes.

Yad Vashem Holocaust seminar helps Rwandans commemorate genocide:

The International School for Holocaust Studies at Yad Vashem and Israel's Foreign Ministry held a seminar on the 1994 Rwanda genocide, whose anniversary took place earlier this week. Several Rwandan genocide survivors were part of delegations attending the seminar. In 1994 members of Rwanda's majority ethnic Hutu government killed an estimated 500,000-1,000,000 ethnic Tutsi Rwandans over a period of three months. The seminar at Yad Vashem continues a partnership founded in 2005, when the museum first hosted survivors of the Rwandan genocide who were making efforts to commemorate

the genocide. This delegation to this year's seminar met with Israeli Holocaust survivors and learned about the work of the Holocaust Archive and Conservationists, and the Yad Vashem Museum. They also learned how they can use techniques developed at Yad Vashem to build their own memorial to the Rwandan genocide. "Yad Vashem is exactly what we are trying to create," said the head of the Rwandan delegation Gerta Honorah and head of the Kigali Genocide Memorial, Yedioth Achronoth reported.

Israeli youth raise thousands to fund camp for kids with disabilities:

Several weeks ago, dozens of teenagers from the Israeli community of Avnei Hefetz in Samaria decided to dedicate a portion of their summer vacation to hold a summer camp for children with disabilities. When they realized they lacked adequate funds for the project, they decided to raise money via Headstart, an Israeli crowdfunding site for entrepreneurs. To their surprise,

within three weeks they were able to raise over 32,000 shekels (~\$8400). Thanks to the considerable donations from people across the country, the camp opened on Wednesday at Avnei Hefetz and will run for four days. Some 40 children with disabilities from around the country, ages 7 to 18, will attend the camp and enjoy the variety of attractions it has to offer, like a water park, kayaks, clowns, an inflatable bounce house, bonfires, meals around the clock and more, all sprinkled with lots of warmth and love from a group of very special young adults. Shoham Weitzman, who will start 11th grade in September, helped organize the summer camp. "To see these kids having fun fills me with joy," he said. "I was very surprised by the public answering the call to help the summer camp succeed." Yossi Dagan, the head of the Samaria regional council, congratulated the teenagers involved in the project. "It is another story of Samaria's wonderful youth, and it fills us with pride. There are those who say this generation is getting worse, and we say you have outdone all of us."

**TRUE HEALTH | YAEL TUSK
ADHD: MANEUVERING AN UNFORGIVING SYSTEM**

(*Names have been changed)

Leah shared the following story with me:*

"I was very upset when my husband told me that he took Ritalin as a child. But recently my mother-in-law told me a part of the story that was unknown to all involved until now."

This is her mother-in law's story:

"During my son's elementary school years, the school administration insisted that we put him on medication for ADHD. We visited a psychiatrist who was more than happy to diagnose my son with ADHD and prescribe Ritalin. I bought a bottle of the drug, took it home and poured its contents into the garbage. Then, unbeknownst to anyone (including my husband and kids) I replaced the pills with vitamins. I knew what I was up against, and I didn't want anyone

else to have to lie, so it was my own little secret.

Eventually, the school told me that they wanted us to increase my son's dose. The second pill would have to be administered in the middle of the school day by the nurse. Understanding that the nurse would realize that the vitamin I had been giving my son was not Ritalin, I told the school that I would bring him the pill each day.

For the next year, I left work in the middle of the day, drove a half hour to my son's school to give him the "Ritalin" (vitamin), and then made the long trip back to work again. Finally I told the school that my son's condition had improved and I wanted to have him reevaluated, to which they consented. I found another psychiatrist who determined that my child no longer needed the

CONT.ON P33



Saul M. Berger CFE, CPA, CFF

**PROTECTING YOURSELF FROM FRAUD
MEDICARE FRAUD UPDATE**

As I have done previously, I enjoy revisiting certain topics that I have written about in prior articles. This provides a refresher to you, the reader, while at the same time providing the latest developments and fraudulent schemes bring committed out there at the present. Below, there are three different examples of Medicare fraud that have been perpetrated and eventually discovered. These cases have all been uncovered since March of this year. Many of us are involved in our daily lives to one extent or another with Medicare and Medicaid. Reading about these frauds might be helpful to you one day if you think something doesn't seem right in your dealings with doctors, other providers, the government etc.

- In March, a Houston doctor was sentenced to three and a half years in jail for fraudulently

billing Medicare and Medicaid for hundreds of thousands of dollars in prescriptions, treatments, tests and other services that were either not necessary or, as in many cases such as these, were never provided at all!

Between 2006 and 2010, the doctor's office submitted fraudulent claims totaling in excess of \$600,000 to Medicare and Medicaid for vestibular tests. This test is given to patients that experience either vertigo or dizziness, and are used to detect any brain or inner ear related issues. The government ended up paying approximately 50% of these "claims". The doctor's defense lawyer argued that his client was unaware of the fraud that went on right under her nose for close to half a decade! The judge did not fall for this tall tale, maybe since the income generated by this doctor from the

fraud represented almost 25% of her total earnings, an amount that one would suspect, would be hard to miss! As it turned out, this doctor was one of four involved in the scheme headed by someone with no medical training, but with connections to two health care and rehabilitation centers in the Houston area. As you might have thought, the doctor's medical license was suspended by the Texas Medical Board as a result of the conviction handed down on six counts of health care fraud and one count of conspiracy. The other three doctors were tried, convicted and sentenced to jail as well. As far the ringleader goes, in exchange for his cooperation with the prosecutor, he pled guilty on all counts at all four trials and received a reduced sentence of approximately three years.

- In June, three North Texas taxi cab company executives and their entities agreed to pay the U.S. \$1.125 million regarding Medicaid fraud allegations brought against them. They were charged with violating the False Claims Act, a federal law that levies penalties against those who defraud federal government programs. The cab company had a contract to provide transportation for those eligible to receive rides to and from the doctor's office, hospital or another medical office. According to the whistleblower lawsuit brought by three ex-employees (the "ex" being added as a result of retaliation by the cab company against the whistleblowers), the scam that the fraudster executives perpetrated resulted in over \$1 million of pilferage.

The whistleblowers alleged that most of the claims submitted for transportation did NOT comply with Medicaid regulations but were processed as legitimate claims as if there was nothing wrong with it. Employees knew full well that fraud was being committed, but as I have hammered home these past few articles, the "tone at the top" explains it all. Fraud permeated the company, at every step of their operating procedures. The CFO was even caught presenting fraudulent financial statements. Fortunately, these three executive fraudsters were caught before they had a chance to drive away with fraud, showing that the government does not tolerate fraud or

the misuse of taxpayer money. I guess the silver lining here is that the fraud was disclosed before the fraudsters were able to abscond with their ill-gotten gains.

- In June, the U.S. Justice Department announced that federal law enforcement officials had conducted the "largest takedown ever" against defendants allegedly attempting to defraud Medicare and other federal insurance programs.

This record takedown netted 301 people accused of stealing government money to the tune of \$900 million by via fraudulent means. Among the defendants charged in the takedown include two owners of a group of outpatient clinics and a patient recruiter who stand accused of filing \$36 million in fraudulent claims for physical therapy and other services that were medically unnecessary. Some of the various fraud schemes used included Medicare Part D, psychotherapy, physical therapy, durable medical equipment, and home health care services. Included in the list of accused participants were doctors, nurses and licensed medical professionals, as well as owners and employees of health care companies. Some highlights of their Medicare fraud cases from across the nation: Coordination with Medicare Fraud Control Units in twenty three states facilitated the record takedown. Some examples of alleged frauds in some of those states are as follows:

California – 22 individuals stand accused of \$162 million in Medicare fraud, with \$12 million of that coming from one doctor who performed medically unnecessary vein treatments.

Florida – 115 defendants face charges for false billings in the amount of \$237 million in home health care, mental health services and prescription drugs.

Michigan – 19 people are alleged to have roles in kickback, money laundering and drug distribution schemes that totaled \$114 million. Among them are the owners of a physical therapy practice accused of stealing more than \$36 million by bribing patients with cash and writing medically unnecessary prescriptions.

CONT.ON P33

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TUSK
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drugs.”

There is no question that Ritalin has a powerful effect on a lot of children. Parents tell me that their children are performing better in school; they even claim that the child’s self-esteem is improving. I wonder if the child would agree that they feel better about themselves on medication. Many children are very uncomfortable with the perception that they need a pill to attain self-control.

ADHD drugs are among the most widely prescribed psychiatric medications today. Countless mothers have told me, “I didn’t want to put my child on Ritalin (Concerta, Adderall etc.), but I had no choice. It was either that or my child would get kicked out of school!” I ask parents: if you found out that students or teachers in your child’s school were sharing speed or cocaine, how would you feel about sending your kids to that school?

How has medicating children into compliance become the educational norm? Ritalin is an addictive narcotic in the same class as stimulant street-drugs, like speed, and even cocaine. We must ask our doctors and educators; what is the difference between giving children a mind-altering prescription drug, and a mind-altering street drug?

While studying pharmacology during graduate school, our professor reported that the generally accepted belief among manufacturers is that when medications of an addictive nature were used

therapeutically, (such as Codeine or Morphine for surgical pain) they would not cause addiction. The assertion was that if these same drugs were used on the street, they could lead to drug addiction.

At the time, I was both astounded and perplexed by this. I wondered: how do the mind and body know not to become dependant on these drugs just because they were accompanied by a doctor’s prescription? Now I realize that the manufacturer’s reassurance is totally false. Even when administered according to doctor’s orders, people become addicted to prescription psychiatric drugs and pain medications all the time.

The most disturbing thing about giving psychiatric drugs to children is that they cannot do a proper risk-benefit assessment for themselves. They are not the ones to decide whether taking the drug would be right for them. Drugs which strongly influence a child’s behavior and emotions are administered to children supposedly in their own best interest. However, it is the child who will suffer from the side-effects and withdrawal symptoms of the drug. He may even become addicted to a drug that he never asked for.

Coming next week: why drugs like Ritalin are highly addictive...

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

were not done at all. Remember, taxpayer money being misallocated to fraudsters means that much less money for real, honest Americans that do indeed need government services that they are legally entitled to. If you suspect that something fishy like this is taking place, maybe think twice, and report your suspicions to the proper authorities.

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.

BERGER
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New York – 10 people in six cases, including five who are charged with defrauding Medicare and Medicaid of more than \$86 million that they laundered through shell companies.

Texas – 35 people were charged with submitting \$193 million in fraudulent bills, including one doctor who billed Medicare for physician services that he allowed unlicensed individuals to carry out.

The common denominator in these states is that either the services done were not needed or

What’s in Your Lotion? Ask Dr. P

Susie from Michigan recently questioned, “Dr. P. What’s the deal with deodorant? I know it isn’t supposed to be good for me, but I hate to stink, especially in the hot weather we’ve had lately. What can I do? And what’s the difference between deodorant and antiperspirant? Aren’t they both the same thing?”

Some excellent questions, Susie! I’m glad you are becoming more conscious about the products you put on your body! Remember, Dr. P’s motto: If you can’t eat it, don’t put it on your skin! Let’s take a look at what’s in the product most of us know as “DEODORANT.” I recently received a free trial from a “natural” product company. As I read the ingredients, I am presented with ingredients that I might not necessarily like to eat—ingredients such as aluminum chlorohydrate. It is found at 22% in the particular antiperspirant under question.

So, what IS aluminum chlorohydrate? According to Wiki-

pedia (not always the best source, but perfect for our present needs), aluminum chlorohydrate is an “inorganic polymer” and one of the most common active ingredients in commercial antiperspirants. It is also used as a “coagulant ... in waste water treatment processes to remove dissolved organic matter.” Mmmm. Just like mom used to make!

In antiperspirant, aluminum chlorohydrate functions to prevent sweating. Now, I don’t know about you, but this does NOT sound like something anyone should be eating! ‘Ok,’ you say to yourself, ‘but I’m not eating antiperspirant!’ True, but like it or not, it is still being ingested through the skin. There are many people who avoid aluminum-based products for a variety of reasons. If you are one of these people, look for a deodorant, not antiperspirant.

What’s the difference you ask? Again, another great ques-

CONT.ON P35

Rabbi Jonathan Gewirtz

"The Observant Jew"

Be a Potato Peeler!

People have various aspirations in life. If you ask little kids what they want to be when they grow up, you'll hear things like Fireman, Talmid Chacham, Basketball Player, Mother, Nurse, and more. There's even the story of the kid who told his teacher that when he grew up he wanted to be possible. "Possible?" she asked. "Yes," he replied. "Now my parents tell me I'm impossible, so I want to grow up to be possible!"

Well, one day, as I was peeling potatoes for the cholent, I thought of a job that I, even though I currently have a full-time position, plus the fact that I write several weekly items, would like to grow up to do. I'd like to be a potato peeler. Now, I don't mean in a restaurant or kitchen, actually peeling potatoes.

What I mean is that I'd like to work on and achieve the attributes of a potato peeler, the mechanical kind that most of us have floating

around in our kitchen drawers.

Chazal tell us (Eruvin 100b) that if we hadn't gotten the Torah, we could have learned modesty from a cat, not to steal from an ant, and fidelity from a dove. It stands to reason, then, that everything in the world can be a source of education on how we should behave. We don't learn everything from each animal, as we know, for example, that cats are considered ungrateful, yet we take the good lessons that are possible to take. If so, why not learn from a potato peeler?

So, the first thing to note about them is that they separate bad from good. They are able to easily reveal the hidden goodness underneath the rough, dirty exterior. This is similar to what the Gemara says about R' Meir who learned Torah from Acher, who had become a heretic. It is said that he found a pomegranate, ate the fruit and discarded the shell.

He had the ability to take the good and leave the bad, something that would be good for us all to learn.

If we see people do things wrong, we can still separate the sin from the sinner and love that person unless there is a halachic reason not to do so. Appreciating people even though they have faults, and not "throwing them away," is a mida we can learn from the potato peeler.

Another thing to think about is that potato peelers are tools. Despite what people might mean these days when they call someone "a tool," referring to low intelligence, or someone who is easily "used," I think it's a compliment. What better reason for a person to exist than to help others and be useful?

There's a story about R' Moshe Feinstein whose family had left him home to rest while they attended a simcha. When the phone rang and the Yeshiva boy who had been asked to attend to R' Moshe if he needed anything answered, R' Moshe asked who was calling.

It was a certain Talmid Chacham who wanted R' Moshe to help him with dealing with some difficult people who were causing

him trouble. R' Moshe immediately arose and began dealing with the situation with great energy. Soon after, his family members returned from the simcha, and expressed dismay that R' Moshe was not resting.

R' Moshe stood up, and, like a faithful soldier to his Father in Shomayim, said with great vigor, "What did we come to this world for, if not to extend a little chesed to a downtrodden Jew?"

That makes two lessons from a potato peeler, both of which would be sufficiently worthy of mention. However, as I continued peeling, I had a final insight which I think is perhaps even more significant than the first two.

I noticed that the blade on the peeler I was using is not stationary. It pivots and swivels. This flexibility enables the peeler to smoothly continue its job even when it hits bumps or valleys in the potato. Instead of hitting a snag and getting stuck, the peeler just changes its course ever so slightly and goes right on ahead with its business.

It's so easy for us to get frustrated or upset when things don't

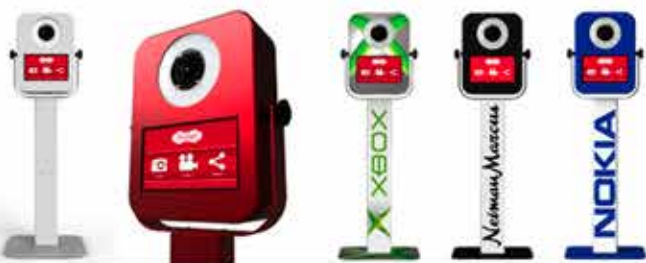
CONT.ON P35

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GEWIRTZ
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go according to plan. We can get stymied and stopped in our tracks. However, if we take a lesson from the humble potato peeler, we can start to react differently to these obstacles. By taking the irregularities in stride and even expecting things to not go smoothly, we will find a way to move on. By simply making a minor adjustment, we can keep on doing our job of being useful and helpful, and making the world a better place.

So, whether you're a doctor, lawyer or Indian chief, take on these attributes and you can proudly announce, "I am a potato peeler!"

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!

Choice of Learning

Even in topics of learning, the Talmud speaks about choosing that which one desires.

A person can find his specific passion in Torah study, which will help him excel and enjoy every moment of it. What do you truly love? What are

you very good at? What would be your dream goal in life?

Hashem provides each person with unique capabilities. There are areas of Torah Study that will excite you and may provide you with great joy and pleasure.

~~~~~  
"Give us our portions in Your Torah!"  
~~~~~

You can set aside a half hour each day to learn that which you enjoy most. It may become your happy hour.

How To

Learning should be creative, exciting and fun.

To change is a challenge, but we need to know the proper goals, and that we can achieve them, with Hashem's help. Growth comes with change, which requires new goals.

~~~~~  
"A wise person learns from every person," Avos 4:1.  
~~~~~

Start learning more today. There are treasures to be discovered from each person you know already and from the new people you will meet.

~~~~~  
How can you learn from all these people? One answer: Ask, ask and ask!  
~~~~~

Nothing is impossible...it just takes a few more prayers and a few more phone calls.

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DR. P
CONT. FROM P33

tion! Antiperspirants work by preventing sweating by clogging or blocking pores (with aluminum, if that's in your product) so sweat is not released. Deodorants work by neutralizing the smell of sweat and providing antiseptic action against underarm activity. There are some natural barrier ingredients, including dichotomous clay, that are used in natural deodorants that do offer some wetness protection, but nothing like an antiperspirant.

If you are transitioning from a chemical, aluminum based product to something more natural, please be patient! Your body will initially have more of an odor as you detox from the chemicals in the antiperspirant. A natural deodorant can include ingredients such as arrowroot powder, known to absorb wetness (and a staple in

gluten free cooking), baking soda (although it can irritate sensitive skin in high concentrations), and essential oils such as tea tree and lavender, natural deodorizers. Hope Solid Lotion has been working on an all natural deodorant that will hold up to the abuse an active lifestyle can dish out, and I'm happy to report we will have a solid deodorant stick launching in the next few weeks. It is the ONLY thing I use on my underarms. It includes only organic, edible ingredients and is nut free. It will be available at HopeSolidLotion.com and Facebook.com/hopesolidlotion.

Susie from Michigan, stay cool as you navigate the world of natural skin care remember, if you can't eat it, don't put it on your skin! I wish you good luck and smooth skin!

Hadassah Chaya Davies

Pardo, Chief Lotionist and owned of Hope Solid Lotion has a PhD Communication. She has been

making lotion since the 1980s. She can be reached at hopesolidlotion@gmail.com.

HOFF
CONT. FROM P16

eternal mission, undeterred by the powerful forces of history.

Nearly two thousand years ago, Rabban Yochanan ben Zakkai risked his life for one purpose, to preserve our most precious commodity, the Torah. His efforts have borne remarkable fruits, a steadfast nation committed to the dictates

of Hashem's eternal message. Only through this commitment, have we managed to buck the historic trends that should have terminated our existence so many years ago. May we merit to a further strengthening of this commitment, so as to restore the Shechina within our midst.

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

REISS
CONT. FROM P29

go? They are tricking me and they are ambushing me to kill me...It is best for me to save myself and I will be oppressed and robbed then rest of my days.....I have left and lost all that is mine, my wife that Hashem has given me, my children that Hashem has given me and I myself escaped

The sun shone upon the Earth and the order was heard in the "house of Pharaoh" saying; "Chase him and catch him to kill him!" Together his (the king's) troops came and followed me...they ran after me the entire day and night into the desert and in Hashem's great mercy He did not allow them to harm me. It was midnight and I left Mitzrayim, the kingdom of Portugal, and I arrived at the kingdom of Castile."

The Abarbanel mourns his losses and faults himself for taking away time from his learning in the House of Hashem to engage in dialogues with the king's scholars. He finds solace in the idea of rededicating his life to full time learning and the writing of his monumental payrush on Neviim Rishonim.

Rav Don Yitzchok Abarbanel would have loved nothing more than to sit all his remaining years full time in the House of Hashem. Tragically he was found out by King Ferdinand of Spain and drafted, into the cabinet of the king. He used his talents as finance minister and trusted adviser and was the leader of his people in ruchniyus as well.

He writes; "I was called to come to the palace of the king, this is the king of ... and I served them eight years...and in the ninth year... the king of Spain (Ferdinand) ... and he decided to please his god... by bringing to the Christian faith the 'bas hashovayava' (the Jews) saying; 'if you baptize and worship the gods of the gentiles, then you will enjoy the best of the land like we do. You may stay here and make a living, but if you refuse, if you rebel and do not mention the name of my god...then get up and leave the lands of Spain...and my dominions and within three months there will be no remembrance of the name of Jacob and Israel in my kingdom!"

"At that time, when I was in the palace ...I pleaded; "Save us king! Why should you do this to

your servants? (better) tax us (for gold and silver...and the Queen (Isabella) stood on his right side to cause hatred , to turn him with her many words to do this act swiftly and to finish it...wherever the proclamation of the king was announced, 'there was great lamenting for the Jews'. "And they went without strength three hundred thousand by foot, with myself among them, from the young to the old, children and women, in one day, from all the provinces of the king in whichever direction the wind blew...and Hashem at their lead...some went to Portugal, and to the kingdom of Navarre, nearby, and behold many tzaros...and there remained less than the (original) many, ... May Hashem's Name be blessed. Also I chose the way of a ship of the sea, and I was among the exiles with my household...here to this city of Naples whose kings are kind, this year the year of 'gayrim* hayisem' 'you are exiles' (Shmos 22:20). And I spoke to myself that I should fulfill my vow of writing a commentary on Sefer Melochim that I was unable to do until now. Also 'it is a time to do for Hashem', a remembrance

of the destruction of our Bais Hamikdosh, our glory, and of the exiles that happened to our nation that are written in this Sefer..."

The Abarbanel left Spain on Tisha B'av 1492 and resettled in Naples Italy. He comments that he finished recording his payrush on Sefer Melochim on the last day of Elul. In his closing comments to the entire commentary of Neviim Rishonim he reviews the four exiles we have been subjected to. He adds the note that there were five things absent in the Second Bais Hamikdosh that will return when we are redeemed. Rav Don Yitzchok Abarbanel closes with the beautiful nevuah of Yeshaya (2:2&3):

"And it will be in the End of Days, it will be reestablished the Mountain of the House of Hashem at the head of mountains and upon the hilltops And all peoples will stream towards it, and many nations will go and they will say; 'Let us go and climb up to the mountain of Hashem, to the House of Jacob and they will teach us from his ways and we will go in His paths because from Zion will the Torah go forth and the word of Hashem from Yerushalayim'."

YANKOVICH
CONT. FROM P17

destruction of the first and second Temple, but for the Holocaust and the many other tragic events that befell upon our people. We will refrain from food, beverages, leather shoes, music, bathing and all pleasurable activities in our superficial attempt to somewhat understand and 'feel' the immensity of that day.

But over the years, I feel like this day has become somewhat diluted as with the rest of our Holy Days. We still abstain from food and drink, but now the focus seems to be too much on how we can avoid the discomforts of the day.

There are special pills be-

ing sold that claim to minimize feelings of thirst and headaches. Drinks are advertised to squelch hunger pangs. We have wonderful lectures being offered to enlighten and inspire us, but it is frequently highlighted that they will be in roomy, air conditioned rooms, lest anyone feel cramped or sweaty on this already hard day.

This focus of ease has trickled into our daily life as well with convenience being the focal point. So many advertisements today boast the slogans "Fastest Service" "Curbside Pickup" "No Wait Time" "We'll Come to You!" "You deserve the best!" as ways to appeal and attract customers. We simply are too busy and too stressed to be any further

inconvenienced by....well, life.

G-d forbid our stomach grumble a little so we can endure briefly what are ancestors felt as they were trapped and surrounded by the Babylonians who refused any incoming food into Jerusalem making the Israelites so hungry that they resorted to cooking and eating their own children!

We cannot be expected to sweat while we are already being inconvenienced by fasting. It's not important to relate to our ancestors who stood helplessly breathing in the smoke and fire as Betar, the fortress headquarters of Simon bar Kokhba, was being burned down by the Romans. Only two generations ago, our

grandparents were gassed and burned in crematoriums, but we cannot endure a humid day of fasting.

It's such a long, boring day without the pleasures of our daily life to distract us. We need to pass the time by being presented with colorful, surround sound videos (sad ones, of course) offered in auditoriums. Who cares if our ancestors were busy running for their lives fleeing from the Crusades and Inquisitions?

Our ancestors traveled in the desert for 40 years, but we cannot handle the stress of shopping in stores that don't have wide aisles and multiple cashiers to help us move along.

CONT.ON P39

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

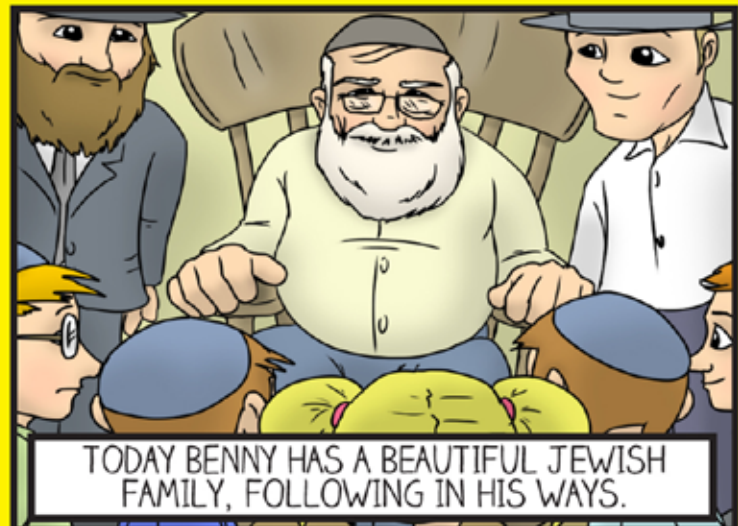
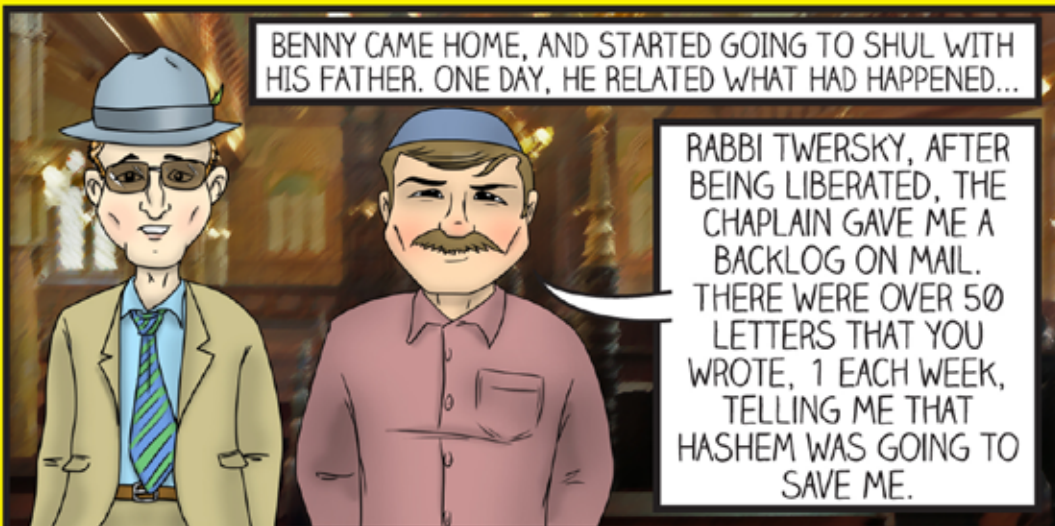
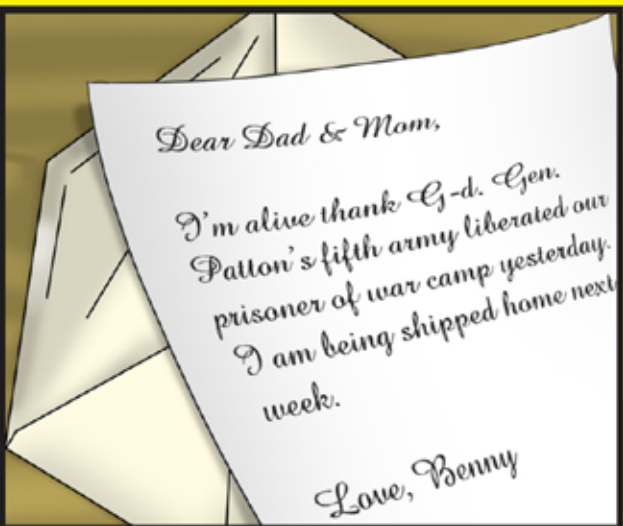
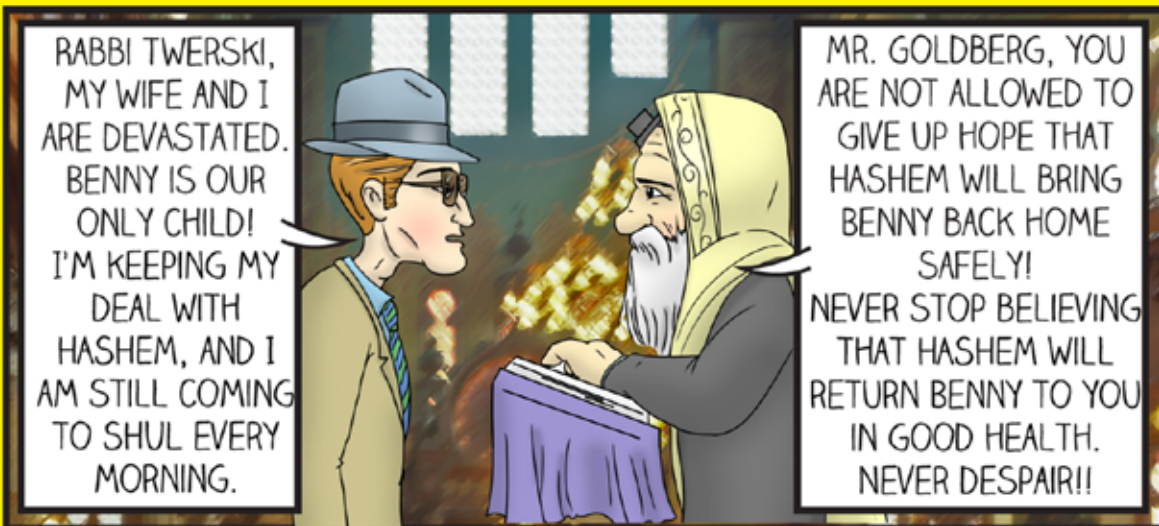
Sudoku Puzzle Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

Torah Connection

By: Daniel Keren

Illustrated By: Tzai R. Pensky



NEW STORY NEXT WEEK 11"1

AMID TERROR AND ANTI-SEMITISM, JEWS OF FRANCE ARRIVE IN ISRAEL



AT THE CHASSUNA OF THE GRANDSON OF THE UHELER RAV



L-R Liska Rebbe, Harav Tzvi Pollack Rav of Agudas Shomrei Hadas - Grossverdan Rav



L-R sitting, Liska Rebbe, Harav Tzvi Weiss, Uheler Rav; Rav Yosef Frankel, Vyelipoler Rav, chosson

CAMP PICTURES



Moshe Frisch enjoying Summer Camp



Eitan Markovitz swimming at camp

JAMES CAAN, THE FAMOUS AMERICAN MOVIE STAR VISITS THE KOTEL



COJO-NYPD PCT. 120 MEDAL DAY CEREMONY, JULY 26, 2016



L-R
Chief DeLatorre
Comm. Off. Patrol Boro Staten Island,
Mendy Mirocznik,
Pres. COJO-SI,
Insp. Thomas Delahanty,
Oper. Comm. Pat. Boro SI

HARAV YITZCHAK YOSEF, ISRAEL'S CHIEF SEPHARDIC RABBI, MEETS WITH RABBINICAL ALLIANCE OF AMERICA IN DEAL, NJ



Rabbi Mendy Mirocznik with Harav Yosef



Rabbi Yaakov Spivak shaking hands with Harav Yosef



Rabbi Yaakov Klass with Harav Yosef



POPE MEETS WITH SHAVEI ISRAEL FOUNDER, MICHAEL FREUND, IN KRAKOW, POLAND

YANKOVICH
CONT. FROM P36

There was a famous Rebbetzin who was surrounded by her loved ones on her deathbed. They couldn't stand seeing her in pain and asked the nurse to give her some pain medication. The Rebbetzin refused saying, "You think it's easy to leave this world? Let me feel some pain to make it easier for me."

It's good to feel some pain

now and then. Pain lets us know that are stomachs together with our lives are void of needed spirituality. It's good that our mouths are dry; it reminds us that we need to watch carefully the words uttered by our tongue. It's good to have an achy head, so we can contemplate our actions to others we've wronged. It's good to feel uncomfortable sometimes so we know not to get too settled here in the hallway, when we need to focus on arriving at the main gate, which is Yerushalyim.

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