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Jewish IMAGE Magazine is the official publication of Sephardic National Alliance - a non-profit educational organization.

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Published Monthly,
Deadline for advertising is the 15th of the month, prior to publication.
Subscriptions are available for $24 a year (12 issues).
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Dear Readers,

Every February we scour the Internet and attend bridal shows to bring you the best Wedding Issue possible. What we found this year were a great many embellished accessories—everything sparkled with crystals and rhinestones. We also saw numerous modest wedding dresses, with high necks and long sleeves. They are some of the most alluring and beautiful dresses we’ve seen over the past few seasons. Of course, you can decide for yourself by turning to page 66.

To go with these spectacular gowns are gorgeous accessories, including soft and lovely veils of all lengths and styles, headbands, hair clips and tiaras adorned with pearls, crystals and sequins. Belts and sashes are extremely in fashion at the moment, even for dresses that don’t come with them. On page 84, we have tips for brides-to-be for choosing the perfect belt or sash for their dress. Some brides choose to finish their ensemble with a pair of silky, satiny or lacy gloves, which are also very in fashion at the moment. Gloves are fun and sassy or can be sophisticated. The accessories were so spectacular that we wanted to include them all, thus we have 9 pages of them, beginning on page 76.

For the young men in our community who are ready to pop the question, we have all of the latest engagement ring trends. Several are so new that we’ve never seen them before. Colorful diamonds are in vogue—including red, blue, pink, violet, green, black and brown—as are rings shaped like flowers, and diamonds set on rose gold. Square and twisted bands are also fashionable. As for traditional shapes, the marquise cut and pear shaped diamonds are making a comeback.

In addition to our bridal features, we have an important article that every parent must read about smartphones and the effects they have on children. In older children, they can include depression, inability to make friends, and more. In very young children, however, the repercussions can be catastrophic, like losing the ability to focus, to concentrate, to pay attention, to sense other people’s attitudes, to communicate well, or to build a large vocabulary. The article does offer strategies for change. It’s on page 120.

We love putting together our community photo albums. It gives us a chance to look through all the photos we’ve used in the magazine, and to see new pictures that we receive from readers. Last month we requested photos from community weddings and you did not disappoint! We received a surprising amount of photos.

Other features include “Ways To Make Living Better In 2018,” a scary article about the flu epidemic, our cover story about the gorgeous Setai Hotels in Israel, and a feature about the tuition crisis that poses the question: “who’s doing what?”

Finally, Erev Purim is February 28th. So, be sure to read Rabbi Laine’s feature “Purim: Festival of Joy.”

Happy Purim. Enjoy.

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Dear Readers,

Last month, in our January issue, we ran an article about community member Naomi Houllou A"H, who was taken from her family much too soon. In the text of the article, her last name was spelled correctly, but in the title, her name was spelled with only one l, when there should have been two. We’d like to apologize to her family for this error. Also, there was another poem which they wanted to share with the community. Here it is:

Naomi - you were so vibrant,
Alive,
One of a kind.
Mommy, wife and friend,
Incredibly devoted till the very end.

Malka - you were true royalty.
Adored by all,
Lifting spirits ever higher,
Kindness and giving,
An inherent part of you.

How can it be you are no longer here?
Once so full of life, taken in your prime.
Unforgettable,
Loving to all you knew,
Laughter and warmth shined from you.
Our tears mingle with hope as we pray.
Until the coming Mashiach... we await that special day.

Dear Editor,

For the past several years, the word legacy has been tossed around as a profound, important word, and school of thought.

One of the definitions from Vocabulary.com is, “something handed down from one generation to the next.”

For all of those implementing this word in non-financial terms, it means how one is to be perceived after he’s dead, and how he’ll be perceived in the annals (and judgment) of time.

So, one should not be talking about his own legacy. Worrying about one’s future importance, can be perceived as an exercise in self-conceit. Isn’t doing the right thing what’s important?

Leave the issue of your legacy to those who come after you. It’s kind of like wondering how one’s profile will look on a coin of currency. It’s distasteful to bring up.

If one wants to leave an impressive legacy or reputation, how about that of being a nice guy? It’s good, simple, and less self-centered.

Jmhiday

Dear Editor,

The article in your January issue about anti-Semitism in the housing industry made my jaw drop. I can’t believe that there is such outright discrimination in New Jersey! Thank goodness for men like Councilman Greenfield and NJ Attorney General Christopher S. Porrino. I feel like Councilman Greenfield did so much for our community. I wish him luck in his new position, but I’m sad that he will no longer be representing us.

Susan R.

Dear Editor,

My mom made cholent almost every week when I was growing up and I’ve continued the tradition with my family. I honestly didn’t know that it was a specific type of cholent or that there were other recipes. It turns out I’ve been making Sephardic D’fina. Now, I can’t wait to try all the other versions. I made the Moroccan Cholent this past weekend and my family loved it!

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Artist Neil Kerman’s artwork shown in a modern space.
Parashat Yitro
Parashat Yitro contains the greatest event in all of Jewish history—the giving of the 10 Commandments at Mt. Sinai.

All of the commandments are important, however, the fifth commandment is more important than many may realize. “Honor your father and your mother, so that your days will be lengthened upon the land that Hashem your G-d gives you.”

One might be tempted to ask, “what is there to discuss about this?” Most of us learned this as children. This is the first of the commandments that contains within it a very powerful promise of blessing from G-d. Right in the text of the instruction, He tells us that giving honor and respect to our parents will have the direct effect of lengthening our lives—no small blessing! When we honor our parents, G-d regards it as honoring Him. Our heritage as Jews derives from a chain of generation to generation from Abraham to Sinai to the very present day. The Torah is preserved as parents teach children, who then become parents and teach their children.

Our reverence for our parents is deeply connected to our reverence for G-d. To dishonor them is to dishonor the Almighty.

Parashat Mishpatim
In Parashah Mishpatim there is a verse that is very compelling: “You shall not wrong a stranger or oppress him, for you were strangers in the land of Egypt.”

What makes this verse so powerful is the fact that there is no one for whom we need have less responsibility than a stranger. We owe him/her nothing; however, the Torah teaches us that the stranger is not an anonymous person for whom we have no responsibility. A stranger is a human being endowed with the same attributes as those around us and therefore deserves the same humane treatment.

This is so because we were once strangers in the land of Egypt, where we were enslaved and abused. We are commanded to remember what it was like. Our memory of slavery obligates us to turn the stranger’s anonymity into identity. It is the wisdom of the Torah explaining that we must overcome this tendency to dehumanize the stranger. Once we can do this, we can begin to understand what justice is—in its deepest depths.

Parashat Terumah
Parashah Terumah deals with the first fundraising campaign in history. It was initiated by Moses in order to build the Sanctuary, as well as to acquire all the materials needed for sacred services.

Jewish tradition teaches us that those who give and think they are only giving are foolish. Those who give and understand that they are also receiving are wise. We actually receive more than we give, certainly, in our relationships—family, business and social—because our generosity is often reciprocated. However, it goes beyond giving in order to receive. The fact that we have done something noble gives us a sense of satisfaction.

Occasionally, people stop giving because they become frustrated by lack of appreciation. How sad that they don’t realize that even if their friends and relatives are unappreciative, G-d takes note of every act of kindness we perform and He responds with infinite blessings. Our Sages taught that if we express regret over the good that we do, we might forfeit all the merits we would have deserved.

So whenever you think you’re a big deal because you did something for a good cause, remember; you are receiving much more than you are giving. Let us all be givers and be blessed for it.

Parashat Tetzaveh
In modern society, there has been a turn away from defining a person by his profession. In Parashah Tetzaveh we read that out of all the Jews, one family was singled out for priestly duties—Aaron, and his sons.

High Priest was not only their job, it was who they were—a calling, not a profession. G-d had Moses sanctify every member of the clan. They and their descendants had no choice—should a member of the family attempt to protest, he was told, “you are a Kohen. You must live up to your responsibilities.”

They were also told not to feel special. Being singled out for greatness should not be a source of pride; rather it demands a sense of humility as it is a great burden.

The same is true about every one of us. There is a task waiting for each of us that no one else can fulfill. You may not welcome your burden, but it is yours, and yours alone, to accomplish. Like Aaron, you must live up to your responsibilities and do so humbly.
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Yossi ben Yo’ezer used to say, “Let your house be a meeting place for the sages, cleave to the dust of their feet and drink thirstily their words.”

(Chapter 1, Mishna 4)

This basic message of this Mishna is that it is not sufficient to study from Torah scholars. We must also ensure that scholars congregate in our homes. The implication is two-fold. We must make our homes a place worthy of scholars—and scholarship.

This often requires that we overcome a major psychological barrier. People are often prepared to attend services or lectures in a sacred location outside of the home. Our homes, however, are our own sacred abodes. We reign supreme—and we are the sole arbiters of the standards of modesty and behavior to be maintained.

The first message of this Mishna is that we must not serve G-d only when we are outside alone, while maintaining our own “space” within our homes. G-d must permeate every aspect of our lives. There cannot be any dark closets in our houses or corners in our hearts, which do not allow G-d to enter. Our homes must be places in which both scholar and layman feel comfortable and welcome.

The second message is that we should not interact with scholars in religious or intellectual contexts alone. We should invite them into our homes. We should see them close up, in personal interaction, and our homes should be molded by such contact. This is because we should not only study Torah; we must see it in action. This is truly the way we find out what Judaism is all about.

Observe a Torah scholar. What is he really like? How does he interact with others—his wife and family? What are his values? How does he spend his time? Torah scholars are the role models modern man so desperately needs. A Torah scholar is not one who spouts abstract wisdom. He is one who lives it.

There is a final aspect to the importance of personal interaction with Torah scholars. We need to know who we are and what our individual qualities are to truly discern the Torah’s personal message for us.

One must know everything the Torah has to say about values and priorities, and decide how they relate to him personally. Only a true Torah scholar can do this. And if he knows you personally, he may help you discover the Torah’s personal message for you.

With his help you can tune in to that message. He can help you find a career that is right for you. You can ask him how much time you should set aside for study, for community work, for spending with your family. He’ll help you recognize the character traits you should focus on and develop—and how to realize your potential.

Our homes must be places in which both scholar and layman feel comfortable and welcome.

He’ll help you answer all the questions you have. He’ll help you find the Torah’s personalized message for you, because there is no one verse that can set you on the right path. (Actually there are quite a lot of them, all pointing in different directions.)

Thus, we are told to cleave to Torah scholars. We must not only study Torah from them. We must get to know them—and get them to know us. They are our surest means—and mankind’s last great hope—of discovering G-d’s eternal message to mankind.

The preceding was adapted from Torah.org and written by Rabbi Dovid Rosenfeld.
ne of the most discussed social challenges in Jewish communities worldwide is tuition affordability. The increasing cost of tuition at Jewish schools has outstripped the ability of many families to pay. More families than ever before—one out of two—is on tuition assistance today.

Surveys show that our community places a high value on Jewish education. We want our children to be raised in a Jewish environment and to remain in the community after they grow up and marry. A Jewish education is the single most important thing we can provide—as a community—to keep our children near and dear.

A yeshivah education is the very foundation of our community, preparing our children to be future leaders. Yeshivahs are the glue that holds our community together, where our core values, such as keeping Shabbat, performing hesed, giving tzedeka, keeping kosher, as well as our other fundamental values are instilled in our children, and where they make lifelong friends.

While there is no single big solution to the tuition crisis, there are multi-pronged efforts in the works.

What’s Being Done?
Whenever someone that my parents knew was short money, my mother would say a “piddle and a piddle make a puddle.” In other words, you get a little bit here, and a little bit there, and before you know it, you have what you need to make up the financial shortfall.

As a consultant working with many nonprofit organizations in the community, I see their work, their dedication and their commitment to helping families with tuition. Currently, at least three organizations have long-term initiatives to help alleviate the problem. Each organization has a different approach.

Teach NYS – Teach NYS was formed by the Sephardic Community Federation, and in 2013 it merged with the Orthodox Union. New York non-public schools educate approximately 400,000 students, but receive less than 2% of state education funds. Teach NYS advocates for the government funding to bridge that discrepancy.

Relying on a network of lobbyists, lawmakers, partner schools, devoted grassroots volunteers and a full staff, Teach NYS advocates for affordable and necessary resources for non-public schools. As a result, New York State now appropriates close to $300 million for non-public schools. Through various Teach NYS programs, Sephardic yeshivahs in Brooklyn are receiving well over $10 million in funding.

This funding has tripled since Teach NYS and the OU merged, and is used for resources including security, technology, and mandated services reimbursement.

Imagine if our school systems received the same government resources for secular studies as public schools, because that idea is rapidly gaining steam. Recently, a historic government program—completely engineered by Teach NYS—began the process of providing $5 million in assistance for STEM (science, technology, engineering and mathematics instruction), giving stu-
Imagine if our school systems received the same government resources for secular studies as public schools, because that idea is rapidly gaining steam. For the first time in the nation’s history, this bill begins to provide equal funding for STEM instruction in non-public schools and public schools alike.

Communal Responsibility

When Moses was in the dessert, G-d instructed him to take a census of the Jewish People in order for each Jew to pay a half-shekel tax to maintain the central communal institution of Jewish learning—the Mishkan (Tabernacle). The Mishkan was supported by all.

Each member of the community has a financial obligation to support our schools. Strengthening the educational system ensures that our children will grow up firmly entrenched in Jewish values.

Each of these three organizations is doing something different to address the tuition crisis. Each is effective in its approach. As my mom said—a piddle and a piddle make a puddle—every dollar helps.

Sarina Roffe is a career journalist. She holds a masters in Jewish Studies and is considered an expert in Aleppan Jewry. She is a member of Brooklyn’s Syrian Jewish community and the Jewish Genealogical Society, Inc. of New York.

Project Education

During the past several years, Project Education has had many accomplishments. The board met with community members, conducted online surveys, and held focus groups. Under the leadership of Albert Laboz, the organization found that our community places an extremely high value on Jewish education.

While nearly half of the parents in our community receive tuition assistance of some kind, Project Education developed the Tuition Assistance Principles, which sets out expectations and responsibilities of both the schools and parents who receive tuition assistance in a most respectful and dignified manner. Six community schools were signatories to the Principles document, which is a major accomplishment of Project Education.

The six schools also agreed to a universal application for tuition assistance, which means when families have children in more than one school, they can use the same application. The application is being used by five yeshivahs. When each school had a different application for assistance, it was very confusing for parents. A universal application makes it easier. We have a fillable pdf on projectedu.org.

Currently, Project Education is working on a fundraising initiative to decrease the cost of high school tuition by as much as one third. It would decrease tuition overall, and make it possible for half the families on tuition assistance to afford tuition.

Project Education will continue to find solutions that help, and eventually will alleviate the high cost of tuition. More information is available at projectedu.org.

United Children’s Education Foundation (UCEF)

The mission of UCEF is to use the united buying power of community businesses to support yeshivah education. UCEF recruits businesses and refers them to vendors that provide business services. The vendors have been approved through the UCEF pilot-testing process and include a range of business services from branding to printing, office products, credit card processing, warehousing and distribution, cargo insurance, ocean and air freight, and e-commerce.

When there is a successful pairing of a business and vendor, the vendor pays UCEF a royalty, which is used to offset the cost of tuition for the community’s most needy families. UCEF is recruiting on an ongoing basis and there is no limit to how much can be raised through these business relationships. Community members can recommend that a business use a UCEF vendor to benefit the community.

In the 2016-2017 school year, the organization raised enough funds to provide $350,000 in scholarships to qualified children. To qualify, the families must have a minimum of two children enrolled in grades K-12 in a community yeshivah, and pray regularly at a community synagogue. There are also some financial considerations that UCEF requires. More information is available at ucef.com.

Imagine if our school systems received the same government resources for secular studies as public schools, because that idea is rapidly gaining steam. For the first time in the nation’s history, this bill begins to provide equal funding for STEM instruction in non-public schools and public schools alike.

Communal Responsibility

When Moses was in the dessert, G-d instructed him to take a census of the Jewish People in order for each Jew to pay a half-shekel tax to maintain the central communal institution of Jewish learning—the Mishkan (Tabernacle). The Mishkan was supported by all.

Each member of the community has a financial obligation to support our schools. Strengthening the educational system ensures that our children will grow up firmly entrenched in Jewish values.

Each of these three organizations is doing something different to address the tuition crisis. Each is effective in its approach. As my mom said—a piddle and a piddle make a puddle—every dollar helps.

Sarina Roffe is a career journalist. She holds a masters in Jewish Studies and is considered an expert in Aleppan Jewry. She is a member of Brooklyn’s Syrian Jewish community and the Jewish Genealogical Society, Inc. of New York.

Imagine if our school systems received the same government resources for secular studies as public schools, because that idea is rapidly gaining steam. For the first time in the nation’s history, this bill begins to provide equal funding for STEM instruction in non-public schools and public schools alike.
What future do we want for our children?

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To Live Better In 2018
Forging A Path Filled with Love, Connection, Kindness & Gratitude

Slovie Jungreis-Wolff

As we begin 2018, let's take a few moments and think about how to live life better this year.

Write Your Story
Stop reacting. Stop complaining. Instead, start thinking about what you want to be. True, we cannot control certain situations. We are thrust into challenges beyond our power. But our thoughts, our mindsets, and our actions, are in our hands.

What is the story you'd like to write? Is it pity, sadness, loneliness, or would you rather begin a new chapter of resilience, laughter, and friendship?

Begin by paying attention to how often you think negatively. Now create a new mantra, a positive sentence or favorite line from a prayer. Each time a negative message pops into your head, replace it. We can only think one thought at a time; be sure that your mind empowers you and does not weaken you. You will be calmer and feel fortitude.

Disconnect More From Technology
How often do you walk into your home at the end of a long day still on your device, saying “I just need to answer this e-mail,” or “I’m just checking my texts.” We’ve become addicted to our screens. It’s time to take back our lives. Why make the people who matter most feel as if they count least? Why must we live comparing other people’s vacations, parties, children, and social lives to our own?

When I was asked to give one piece of advice to help create better relationships, I responded “Turn off your phone!” Decide to create a sacred space with no technology. Own your dinner time, eating out, driving in the car with family, or conversing with friends. Free yourself from that constant need to be engaged with other people’s lives. You will feel as if you have discovered a sense of peace that has long been lacking.

Let Go
Living life in the rear view mirror does not allow us to move on. We get shackled to the past. We live with yesterday dragging us down today.

True, there were those who could’ve done better, or should’ve done more. There are those who
Enrollment period for the 2018 Grant will be
February 1-28, 2018
Visit UCEF.com to see if you qualify and how to register.

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caused you hurt. Perhaps you are thinking about your own mess-ups and are buried in guilt. Now what?

Focus on what you can change. Think about how to make today better. Do not allow suffering from days gone by to overcome your present. You are only stripping yourself of a hopeful tomorrow. True, this is a difficult challenge but once you decide to let go (and if need be to forgive) you will cherish your newfound serenity.

Take Time To Love

Time goes quickly. Without realizing it, parents age, children grow up, spouses drift apart. Too late, we think if only. If only I had listened more, taken more time to show that I care, paid attention, or voiced my love. Why wait?

Take time each day to show someone that you love him/her. Hug your family more, smile, call a friend you’ve lost touch with, visit your grandparents, set a steady time to go out with the most important person in your life. Ask yourself how you can connect better this year. As the months pass, be sure not to lose your momentum. Each day your love and affection should be felt.

Build A New Character Trait

Do you wish you could be a better mother, father, spouse, more patient, or less angry? Stop wishing. Start doing.

If you lose your temper easily, decide that this year you will work on controlling your anger. If you’re a complainer, catch yourself and make a conscious effort to recognize your blessings. If you’re judgmental, work on finding the good in people.

Challenge yourself to greater emotional and spiritual heights. If you fall don’t get discouraged. Angels never fall but man picks himself up and begins again.

Choose Goodness

We are surrounded by others whose hearts are heavy. There is incredible need in this world. So many could use a good word, an outstretched hand, a listening ear. Despite our own challenges, we can always find a way to help another. One never goes wrong by choosing goodness.

Don’t let a day go by without doing an act of kindness. It can be random or thought out. There is no joy like the happiness felt when deep inside we know that we’ve made a difference.

Think Thankfulness

Gratitude is the oxygen of life. When we appreciate the people in our lives we grow to cherish more and complain less. When we open our eyes to all that we have, we become cognizant of our blessings and joy fills our hearts.

But human nature takes us in a different direction. We tend to see what we are missing instead of what we have. Our eyes zero in on what irritates us about others and we lose out on appreciation.

Resolve that this is the year to create a gratitude attitude. Begin each day with the prayer of Modah Ani (Thank you G-d for returning my soul to me). Make it a habit to think each morning of one blessing you have been given and you are grateful for. If you are thinking that this is difficult for you, now you know where your work lies.

Just being given another day is a vote of confidence from G-d. How thankful we can be for the gift of life. Now take it from there, you will see that indeed, you have been given blessings. It is awareness that has been missing.

Life is filled with choices. We can forge a path filled with love, connection, kindness and gratitude.
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The Sophistication and Renowned Service of the Setai Hotel Brand Comes To Israel with The Opening of Two Luxury Hotels

Visitors traveling to Israel will find new levels of premium accommodation with the opening of The Setai, Tel Aviv and The Setai, Sea of Galilee. The two new five-star deluxe hotels mark Nakash Holdings' first and second properties in Israel, and the third globally, with the ultra-modern Setai, Miami Beach. The Setai, Sea of Galilee is already welcoming guests, while The Setai, Tel Aviv at the Kishle Building in Jaffa’s Clock Tower Square is soft-opening now.

“The Setai, Sea of Galilee was the first step in the Nakash brothers’ vision of bringing their prestigious hotel brand to Israel. After many years in which no new hotels were built in this region at all, the Nakash Group has invested in building a hotel in a key area that links the Sea of Galilee, the Galilee, the Jordan Valley, the Golan Heights, and Mt. Hermon,” said Avi Hormaro, CEO of the Nakash Group in Israel.

The elegant Setai, Sea of Galilee, is located in the foothills of the Golan Heights, and provides an exceptional vacation experience—among the very finest in Israel and around the world—together with unmatched views of the Golan Heights and the Sea of Galilee. Opened in May 2017, one of the most remarkable features of this hotel is its heated infinity pool, which overlooks the Sea of Galilee, and appears to “flow” into it.

The newest property, The Setai Tel Aviv, is nestled on a historic 13th century historic site known as the “Kishle,” and was originally constructed by the Turkish Empire to be a prison on the site of a Crusader fortress. The hotel joins the leading hotels of the World Ltd.’s prestigious
collection of independent luxury hotels.

“We are excited to extend the prestige and sophistication of the Setai brand in Israel with our third property, The Setai, Tel Aviv,” says Bruno H. de Schuyter, General Manager. “The 13th century structure that is the foundation of the new hotel is unlike any other, and we took meticulous care in preserving and infusing important historic elements into the transformation of the building.”

The hotel’s exceptional design vision, led by the London office of Ara Design, is ‘old meets new,’ and blends Middle Eastern and Mediterranean elements with a contemporary style. To maintain this vision, Ara Design incorporated modern oak and leather furnishings into guest rooms that feature outer walls made of the original stone, balanced with antique Arabic patterns on walls and carpets. Separated from the bedroom by an innovative electronic LED glass partition, the bathrooms can be privatized electronically at the guest’s demand.

The lobby lounge includes a bar flanked by reclaimed timber from the building’s original roof.

Upon acquisition, the Nakash team commissioned comprehensive research to properly preserve the historic structure. Preservation efforts included extensive archaeological digs, carried out by the Israel Antiquities Authority, which unearthed remains dating back to the Crusader Period through the Ottoman era.

Feigin Architects, an Israel-based firm, led the architectural planning and execution of the hotel, transforming the historic site into a five-star luxury property. A large arch at the hotel’s entrance bears the seal of Abdul Hamid II, 34th Sultan of the Turkish Empire. The original Kishle, including wooden ceilings and ironwork, has been preserved, while wooden doors and windows have been recreated to emulate the original. Former prison yards were meticulously restored and now serve as the hotel’s front and rear courtyards.

Accommodations at The Setai, Tel Aviv include 120 rooms and suites including premium options with views of the Mediterranean Sea. Amenities include a restaurant with first-class Israel-centric flavors and Mediterranean cuisines, a spa offering a variety of treatments. Continued on page 42
and massages, and a Turkish bath and a swimming pool overlooking the Mediterranean Sea. The hotel also serves as an ideal venue for business conferences and private occasions, with nine spacious event and banquet halls designed to accommodate 15 to 150 people. Just steps away from The Setai, Tel Aviv, guests will find all of the lively, culture-rich surroundings of the city, including authentic restaurants, boutiques, flea markets and bustling ports.

Accommodations at The Setai, Sea of Galilee include 110 villas and suites, including premium options with views of the Sea of Galilee and the Golan Heights mountains. Amenities include a restaurant serving Galilean cuisine, a lavish spa and health complex, an indoor mineral pool, a Turkish bath, and sauna. Visitors to The Setai, Sea of Galilee will explore the Galilee region and enjoy a wide-range of activities, including guided trips around the Sea of Galilee, excursions to hot springs, cycling and hiking the Golan’s many scenic trails.

For more information about The Setai, Tel Aviv, and The Setai, Sea of Galilee, visit www.thesetaihotel.co.il, email Trips@jordache.com, or call (646) 383-8133.
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Ordinary Heroes, Extraordinary Times
The History of Purim

Danger In Exile
Jewish morale was at an all time low. The First Temple in Jerusalem had been destroyed; the nation conquered, and for almost 70 years, had been dispersed in foreign lands. The prophesied end of exile had not materialized, and the plight of assimilation had set in.

Just then, the enemy arose to carry out his evil plans. This time it was Haman, descended from the Jew-hating tribe of Amalek. Haman devised a scheme to annihilate every Jew, men, women and children, throughout the world—in a single day.

Rallying the Jews
It may have worked, were it not for Mordechai. A descendant of King Saul, and advisor to King Ahashverosh, Mordechai sensed the danger. Donning sackcloth and ashes, he went to the gate of the palace, crying aloud, rallying the Jews to return to Torah.

His niece, Queen Esther, called for him. He told her that she must go to the King and plead for her people. Officially in disfavor, she feared to go, but saw that she had no choice. She undertook a three-day fast of penitence, and called upon the whole Jewish people to do like-wise. She then went to the king.

Victory
It is a story of great courage and self-sacrifice, first and foremost by Queen Esther and Mordechai, and ultimately by the whole Jewish nation. For throughout the duration of the whole year, not one single Jew chose to convert—even to save his life. The nation was awakened to a whole-hearted return to Torah and mitzvot, and throughout the year strengthened their faith and observance.

And in the merit of this, they were able to rise up against their enemies and destroy them, on the 13th of Adar, the very day destined for Haman’s plan.

The Jewish people had shown their true character. They had earned the right to leave exile, to return to the Holy Land, and rebuild the Temple.

As it was in those days, so may it be with us today. Each year in fulfilling the special mitzvot of the Purim festival, we reaffirm our commitment to the eternal values of the Torah, and we share in the same merit that redeemed the Jewish people in the days of Mordechai and Esther.

On Purim Day

Megilla Reading
To relive the miraculous events of Purim, we listen to the reading of the Megilla (the scroll of Esther) on Wednesday night, February 28 and again on Thursday, March 1 during the day.

Send Gifts of Food
On Purim we emphasize the importance of Jewish unity and friendship by sending gifts of food to friends.

Charity To The Needy
Concern for the needy is a year round responsibility for Jews. On Purim, particularly, it is a special mitzvah to remember the poor and give them charity.

Festive Meal
As on all festivals, we celebrate Purim with a special festive meal, when family and friends gather together to rejoice in the Purim spirit.

Happy Purim
May this most joyous of Jewish festivals bring joy to you and your loved ones. May the miracle of Purim be reenacted in your life, and in all our lives, and may we rejoice together in the culmination of the miracle of Purim, the imminent arrival of Moshiach, and a better world for all humankind.

Rabbi David Laine

Rabbi David Laine is Director of Friends of Chabad Vocational Schools.
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SMRU 1713628 Exp. 12/07/2018
Hamantaschen
Delicious Traditional & Unique Recipes

There are four ingredients that make home-made hamantaschen better than those you find in a bakery—they are fresh ingredients, delicious fillings, the perfect dough and, of course, love.

Following we have recipes for delicious buttery dough and incredible chocolate dough, plus classic fillings and some that will surprise you. You'll want to try them all.

Buttery Dough (Dairy)
This dough produces tender, sweet hamantaschen. It will work with any filling, and won’t open or expand in the oven during baking, as long as you don’t overfill your cookies. There are a few drawbacks—it needs to be thoroughly chilled before rolling (it’s too sticky to roll at room temperature), and it is not as flexible to work with as the dairy free dough. If you would like to make this dough chocolaty, add 1/2 cup of cocoa powder.

Ingredients
- 3/4 cup unsalted butter
- 2/3 cup sugar
- 1 egg, room temperature
- 1 teaspoon vanilla
- 1 teaspoon grated orange zest
- 2 1/4 cups flour
- 1/4 teaspoon salt
- 1-5 teaspoon water

You will also need a large mixing bowl, an electric mixer, a sifter, a pastry scraper, a rolling pin, and a 3 inch cookie cutter.

Slice room temperature butter into small chunks and place in a large mixing bowl. Add sugar to the bowl. Use an electric mixer to cream the butter and sugar together until light and fluffy.

Add the egg, vanilla, and orange zest to the bowl. Beat again till creamy and well mixed. Sift flour and salt into the bowl. Mix with the electric mixer on low speed until a crumbly dough forms. Begin to knead the dough until a smooth dough ball forms. Knead until the dough is the right consistency. If the dough is too dry and not smooth, add water slowly, 1 teaspoon at a time, using your hands to knead the liquid into the dough. Knead and add liquid until the dough is smooth and slightly tacky to the touch (not sticky), with a consistency that is right for rolling. If the dough seems too wet, knead in a little flour until it is the right texture. Form the dough into a flat disk and wrap in plastic wrap. Place in the refrigerator to chill for 3 hours or overnight. Before you begin to assemble the hamantaschen, make your filling. Preheat oven to 350˚. Lightly flour a smooth, clean surface. Unwrap the dough disk and place it on the floured surface. The dough will be very firm after chilling. Use a rolling pin to

Continued on page 48
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roll the dough out to 1/4 inch thick. At the beginning, it will be tough to roll—you may need to pound it a bit. A heavy rolling pin works best. As you roll, cracks may form on the edges of the dough. Repair large cracks with your fingers and continue rolling. When the dough reaches 1/4 inch thickness, scrape the dough up with a pastry scraper, lightly re-flour the surface, and flip the dough over. Continue rolling the dough out very thin (less than 1/8 of an inch thick). The thinner it is, the more delicate and crisp the cookies will be. If you prefer a thicker, more doughy texture, keep the dough closer to 1/4 inch thick. Lightly flour the rolling pin occasionally to prevent sticking.

Use a 3 inch cookie cutter to cut circles out of the dough, cutting as many as you can from the dough. Gather the scraps and roll them out again. Repeat this process until you've cut as many circles as you can from the dough.

Place a teaspoon of filling into the center of each circle. Cover unused circles with a lightly damp towel to prevent them from drying out while you are filling. Follow the assembling directions from the dairy free dough recipe.

When all of your hamantaschen have been filled, place them on a lightly greased baking sheet, evenly spaced, and bake at 350° for 20-25 minutes, until the cookies are cooked through and lightly golden.

Cool the cookies on a wire rack. Store them in a tightly sealed plastic bag or Tupperware.

**Poppy, Raspberry and Apricot Fillings (Parve)**

**Poppy**

**Ingredients**
- 1 two-ounce jar poppy seeds

**Raspberry**

**Ingredients**
- 1 12-ounce jar raspberry jam
- 1/2 cup chopped walnuts
- 1/4 cup bread crumbs

**Apricot**

**Ingredients**
- 1 12-ounce jar apricot jam
- 1/2 cup dried cranberries, soaked in boiling water until soft
- 1/4 cup bread crumbs

**Directions**
For the poppy, raspberry and/or apricot fillings, combine the ingredients in small bowls, stir to blend, and refrigerate for 1 hour. The bread crumbs are used to make the filling thick to prevent it from leaking out of the dough during baking.

**Triple Chocolate (Dairy or Parve)**

Once you have made your chocolate dough you can get creative with the fillings. One of the best is delicious and easy Nutella filling which perfectly compliments the dark cocoa powder in the dough and the sweeter white chocolate drizzle on top. But you could also try filling the chocolate dough with raspberry jam or peanut butter.

**Dough**

**Ingredients**
- 1 egg
- 3/4 cup granulated sugar
- 1/2 cup butter or margarine
- 1 teaspoon milk/almond milk
- 1 teaspoon vanilla extract
- 1 1/4 cups flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/8 cup (dark) cocoa powder

**White Chocolate Drizzle**

**Ingredients**
- 1/4 cup white chocolate chips
- 2 teaspoons vegetable oil
- Nutella for filling

To make the dough: Beat the butter and sugar together until smooth. Add egg, milk and vanilla.
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until mixed thoroughly. Sift together the flour, baking powder, cocoa powder, cinnamon and salt in a separate bowl. Add dry mixture to wet mixture until incorporated.

Note: If the dough is too soft, increase flour amount by 1/4 cup until firm.

Chill dough for at least 1 hour or up to 24 hours.

To make the hamantschen:
Preheat the oven to 400˚.

Dust your work surface with powdered sugar or flour to keep from sticking. Roll the dough to about ¼ inch thick.

Using a round cookie cutter, cut out and place onto cookie sheet. To keep the dough from sticking to your cutter, dip in powdered sugar or flour before each cut.

Fill cookies with 1/2 teaspoon of Nutella. Bake for 7 to 9 minutes. Allow cookies to cool completely.

To make white chocolate drizzle: Place white chocolate and vegetable oil in a small glass bowl. Heat in the microwave at 30 second intervals until melted. Mix until completely smooth. Use a fork or a small plastic squeeze bottle to drizzle white chocolate sauce back and forth on cookies. Allow to dry completely on a cooling rack before serving.

### Dulce De Leche Filling (Parve)

#### Ingredients
- 2 cups nondairy milk of your choice
- 3/4 cup sugar
- 1 teaspoon vanilla
- 1/4 teaspoon baking soda

#### Directions
Heat nondairy milk and sugar in a saucepan over medium heat. Add vanilla, stir until sugar is dissolved. Add baking soda, stir and bring heat down to lowest setting, allowing to cook on a low simmer for about 2 hours, stirring every so often. Once filling turns brown and thickens a bit, strain through a strainer.

### Lemon Filling (Dairy)

#### Ingredients
- 2 large eggs plus 1 egg yolk
- 1/2 cup sugar
- Zest (grated outer peel) of 1/2 lemon
- 3 tablespoons fresh lemon juice
- 3 tablespoons margarine
- 1/4 cup confectioners’ sugar

#### Directions
In a double boiler, combine the whole eggs, egg yolk, and sugar. Add the lemon zest and juice and stir. Cook uncovered over simmering water, stirring occasionally, until a thick mixture is formed, about 25 minutes. Be patient and do not stir too much. If the water in the double boiler boils too fast, turn down the heat. Remove the bowl from the heat and whisk in the margarine in small pieces. Cool for 5 minutes and then cover with plastic and refrigerate overnight. To use immediately, place the bowl of lemon curd in a larger bowl containing about 2 inches of ice and 1 cup of cold water. Let the smaller bowl sit in the ice for 15 minutes and the curd will be ready to use. Top cookies with confectioners’ sugar.

### Caramel Pecan Filling (Dairy)

#### Ingredients
- 1/2 cup sugar
- 1 cup (2 sticks) butter or margarine
- 3 tablespoons hot water
- 2 tablespoons cocoa powder
- 1 egg
- 1 egg white
- 1/4 cup honey

#### Directions
Bring sugar and water to boil in heavy saucepan over medium-high heat, stirring with wooden spoon until sugar dissolves. Remove from heat and add pecans, butter and milk. Return to heat, stirring constantly, and simmer until thick, about

Continued on page 52
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10 minutes. Remove from heat and stir in honey.
Transfer to oven-proof glass bowl, cover with plastic wrap and refrigerate until set, about 1 hour.

### Coffee Cake Filling (Dairy)

**Ingredients**
- 1/2 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 cup finely chopped walnuts, pecans or cashews
- 2 tablespoons melted butter
- 2 tablespoons apple butter

**Directions**
Mix all the ingredients well and garnish with some sprinkled cinnamon and chopped nuts.

### Cherry Filling (Parve)

**Ingredients**
- 1 pound sweet cherries, fresh or frozen
- 2 tablespoons cornstarch
- 1/3 cup sugar
- 1 tablespoon lemon juice
- 1 cup cold water
- 1/4 cup confectioners’ sugar

**Directions**
Place one pound of cherries in a pot. Cover the pot, and warm the cherries over medium heat until they have lost a lot of their juices and are able to simmer. In a separate container, whisk together 1 cup of cold water and 2 tablespoons of cornstarch. Pour the mixture into the cherries and stir. Cook the cherries, uncovered, at a rapid boil for about 5 minutes until the liquid has thickened into a medium-bodied syrup. If you use a metal spoon to scoop out some of the syrup and put it into the freezer to chill for a few minutes, the syrup should solidify into a gel. Once the cherries have thickened, remove them from the heat, and stir in 1/3 cup of sugar and 1 tablespoon of lemon juice. You could also add in some vanilla extract if you like. Allow the cherries to cool in the refrigerator. As the cherries chill, they will continue to thicken. Once cold, use them in your hamantaschen. Top with confectioners’ sugar.
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When your child has special needs, handing over responsibility can be a real challenge. You might feel (as I do myself) that you are the only person who can do the job, and doubt that anyone else could meet all of your child’s needs—which is probably true. Or you might feel like you need your privacy and don’t want an extra person in the house. Deep down, after all the different excuses you tell yourself for not wanting help, you realize it is really guilt. Maybe because you feel, you should be doing it yourself because you are fully capable—or for whatever other reasons you personally have for feeling guilty.

Please remember, you are not superhuman, and you may be right that no one will take care of your child as well as you, but if you don’t accept help, it will eventually become problematic. There is only so much you can give, or do for your child and family, before you feel mentally, emotionally and physically drained—and you will burn out. Which will make you useless to everyone around you, including yourself.

That’s why it’s a necessity, not a luxury, to get the proper help at home. When you take time to recharge, you will not just be taking care of your child as well as you, but if you don’t accept help, it will eventually become problematic. There is only so much you can give, or do for your child and family, before you feel mentally, emotionally and physically drained—and you will burn out. Which will make you useless to everyone around you, including yourself.

As a parent raising a child with a disability, I know how hard it is to find “me time.” Sometimes it feels more like a fantasy than a reality. It is important to have time for yourself, or one-on-one time with a spouse, friend, or even another child.

There are a few ways for a parent of special needs children to get free help. If a child has Medicaid Waiver, there are two services that are offered called Respite and Comhab. With Medicaid, there is also Homecare available.

Respite Medicaid Waiver offers parents exactly what it says—hours of respite—daily, weekly, or weekends. Through the respite program, children are taken to a community based agency’s facility, or you can have a respite worker come to your home to help take care of your child. With respite, you can even hire someone you know, trust, and are comfortable with to provide the services.

Comhab Medicaid Waiver offers a comhab worker, which is a person who works with your child on skilled needs—either in your home or out in the community. You and your service coordinator sets goals for your child, and the comhab worker works with your child to meet those goals.

HomeCare Medicaid can send a home health aide to your house to help take care of the child’s needs, such as feeding, bathing, personal care assistance—and the list goes on.

These services are out there for you to use, because it is vital that families get the proper help they need to live healthy and as-normal lives as possible.

Do not try to do everything on your own without help, until you are burnt out. Once that happens it is hard to recover and get back to being the good parent you truly are. If you need help, accessing these services call the C.A.R.E. office for assistance at (718)975-7171 or email info@careforspecial.org.

Victoria Safdieh is a co-founder of C.A.R.E. and a mother of a child with special needs.
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A Picture Perfect Weekend
And A Blessing “Inn” Disguise

Brian Marcus

I look forward to receiving the “The Travelzoo Top 20” email in my inbox. The website puts together 20 of the week’s best travel deals and I don’t think a week goes by without me perusing the list. They present a well-rounded mix of destinations near and far, from local cities to exotic islands, and each destination is always accompanied by an appetite whetting picture designed to lure you in.

A couple of summers ago while scrolling through my email, there was a picture that captured my eye. It showed a charming old inn from the 1700’s with covered porches, colonial columns, and picturesque shuttered windows—a meticulously maintained building that likely hasn’t seen much change in the nearly 250 years of its existence. The structure sat on a solemn hill amongst lush greenery with the colorful hues of the massive Berkshire Mountain Range as a dramatic backdrop. The description of the inn promised exactly what the photo depicted, which was peace and quiet. We invited another couple to join us for a relaxing getaway weekend in the mountains, and booked it.

It was within the last 10 miles or so of the scenic drive up that we realized just how remote this destination was. While cruising through the narrow bendy mountain roads, our GPS lost its signal. There was no cell service and all communication was shut down. The area was so desolate that we couldn’t even find a nearby town or a wandering person to ask directions. That last 10 miles took well over an hour, but we finally arrived—a car full of people with shot nerves.

I offered to go inside the inn solo, so I could check us in and get us settled and give my frazzled friends a chance to defuse. As soon as I was within a few feet of the giant inn, I realized that it wasn’t as meticulously cared for as it seemed. I opened the rickety screen door to enter and it slammed so hard behind me, it produced a clapping sound that echoed loudly throughout the house with an aftershock of falling pebbles within the walls. It was dark, lonely, and had an almost eerie atmosphere. I believe I even spotted cobwebs in some of the ceiling’s corners. The St. Regis this was not, and I was afraid to go back to the car for fear of being ridiculed for booking them into such a dump.

When the rest of my party finally entered the inn, they didn’t waste any time in scorning me. It wasn’t the type of place that you’d expect to see spoiled Brooklynites patron-
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ize. Things only went from bad to worse when we learned about the lack of amenities. Topping the list was no WiFi, or even cell service for that matter. There were no TV’s, the sinks had separate hot and cold faucets, and there was zero soundproofing. The death stares I received after the discovery of our new primitive surroundings were chilling. It was going to be a long, long weekend.

We finally settled in and decided that we’d try the inn’s restaurant for our first dinner there. The restaurant was simply the inn’s dining room and resembled somebody’s home more than it did an eating establishment. While waiting for a table, I realized that there were several awards hanging on the wall. The James Beard Award and Michelin Stars that proudly graced the wall are only reserved for the finest restaurants. I was impressed. The meal turned out to be nothing short of incredible and the cozy dining room only added to the laid back atmosphere. It was during that meal that I realized what was happening. The website’s promise of rest and relaxation was underway, and this old home was the conduit that would provide it.

Cell phones are part of the lay of the land today. We never keep them out of reach unless they’re charging, and that’s only so we can never keep them out of reach. We’re all addicted and dependent on them, but something magical happens in their absence. We connect with the people around us. Through this forced abstinence we enjoyed each other’s company without any outside distractions, and by disconnecting, we became connected.

Among the laughs and good times we were experiencing, we all had a realization that we didn’t think we would just 24 hours prior. We realized that this old inn, with the chipping paint, the squeaky floors, and the inadequate lighting, was actually perfect just the way it was. There was a certain charm with the inn showing its age. It had a character and feel of a time centuries ago that even the finest new hotel could never capture.

On the night before we left, after dinner, the four of us sat on one of the porches and had wine and cigars. It was a perfect summer evening with an even more perfect setting. That night, after a memorable and relaxing weekend, I was actually thanked for finding us the inn and introducing everyone to something unique. Sometimes the nicest places are just around the corner from your comfort zone.

Brian Marcus is a community member and a contributing writer.
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Dancing with Cancer

Judy Erel

I recently wrote the book “Dancing with Cancer,” this is my story: “Give up your return ticket and stay,” said a voice from my heart as I walked through the magical streets of Jerusalem. I had received a free ticket as a counselor on a teen tour in 1969 after graduating from university. Two weeks later I wrote home asking for warm clothes and my life changed forever. That was the first time I consciously listened to the voice in my heart.

The next time I heard this voice, my mother was looking trustingly at her doctor as he relayed the protocol for her newly diagnosed aggressive bladder cancer. I sensed her doctor didn’t believe the chemo would work, but worse, I knew that Mom unconsciously accepted his expectations. My heart voice spoke fiercely, “So you decided already that you are going to be an exemplary patient, go through all the chemo without complaining because you are very brave, but you will not be 100% cancer free, so you’ll have your bladder removed and live. Make another decision. Decide one series of chemo will be enough!”

I began to lead my mother in guided imagery meditations and we worked together on conscious intentions, expectations and much more. I was back in Israel from my visit home to America when my mom called saying “Guess what, I finished the first chemo series and my bladder is 100% cancer free. Can you believe it? My doctor doesn’t.” We both knew what happened, and I felt the enormous power that one’s mind and mindset can have on the body.

Little did I know then, that this understanding would save my life. Flat on my back in a hospital bed with a totally collapsed vertebra, I listened as my new hematologist said, “You have multiple myeloma. There is no cure, but this kind of cancer is treatable.” The words incurable, treatable cancer exploded in my mind and I burst out crying.

When the tears dried up, I heard myself say, “If I could guide Mom, I can guide me. If she could do it, so can I.” The next thing I knew I was guiding myself using journaling, non-verbal creative exercises, guided imagery meditations, and much more to bring me to remission and full back function, along with the medical treatment I was receiving. My creative thought-work helped empower me through this seemingly powerless time, when everything feels scary and beyond our control.

It seems I’ve been guiding and reassuring myself and others ever since. After reaching remission, I’ve helped cancer patients privately and led guided imagery sessions and coloring activities in hematology and oncology waiting rooms and outpatient treatment rooms supported by Roche Pharmaceuticals in Israel.

I’ve worked with hundreds of patients and their companions from all walks of life. One example I’ll never forget occurred when a brusque, ultra religious man asked me curtly if I could help him release his anger. He said he was angry at everything, everyone, at himself and even angry at G-d. “I forgot how it feels to smile,” he said.

“Put all your anger inside the circle,” I said, giving him a piece of paper with a large circle in the center, watercolors, and paintbrushes. Slowly, and with deep concentration, he filled the entire circle with darkness, leaving no breathing space at all. When I told him to tear up the anger filled drawing and throw it away, he did so ceremoniously. When he left he had a huge smile on his face.

In my debut book, “Dancing with Cancer,” I share my story and provide techniques to help anyone facing cancer, or any other challenges or illnesses, along their own personal journey. I’ve collected practical exercises using verbal and non-verbal actions like setting healing intentions, journaling, creatively expressing emotions and intentions, mindful breathing, guided imagery meditations and more to influence the body. “Dancing with Cancer” doesn’t work overnight, there is work to be done—and it should be done with focus, intention, authenticity and even enjoyment.

Judy Erel is a painter, a poet, an art teacher, a meditation guide, and a health coach. Her book “Dancing with Cancer” will be published on February 6, 2018.
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You’re Ready for Marriage

It has far less to do with age than it does with being emotionally ready for a lifelong commitment.

When I was in college one of my friends insisted that no one can possibly be ready for marriage before age 30. Ironically, this friend ended up getting married a year after I did, at age 23. Being ready for marriage has actually far less to do with age than it does with knowing the signs that we are emotionally ready for a lifelong commitment. Here are ten signs that you are ready for marriage.

1. **You know why you want to be married.** There are many external factors that can pressure singles to want to get married, like parental pressure or watching many of their friends pair off and settle down. However, before you commit, you should know why you want to get married and discuss your vision of marriage with your partner to make sure you are on the same page.

2. **You are aware of and accept the flaws of the person you are dating.** It’s crucial for us to see and understand our partner’s weaknesses as well as his or her strengths. Make sure you can live with those imperfections instead of white-washing over them or rationalizing that they will somehow disappear after the wedding. Most importantly, make sure you have no intention to change your partner.

3. **You’re focused on the marriage you want to create together, not the wedding.** We all have a vision of what our weddings should look like and who should be there. But as special as a wedding is, becoming lost in the details of planning it may sometimes indicate that we want a wedding more than we actually want to be married. Focus on planning the marriage more than the wedding.

4. **Your relationship has depth.** You and the person you are dating often have serious conversations about your values and have determined that you share compatible life goals.

Continued on page 64
You don’t have to be great to start, but you have to start to be great.

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5. You can’t imagine life without your partner. He is the first person you want to share good news with. She is the one you want to call right away when your boss criticizes your work. When you’re not with your partner, your life feels strange and incomplete. You can’t imagine a future without him in it.

6. You are focused on your partner’s character. Life is inherently unpredictable. A wealthy partner may lose all of his wealth. An attractive partner may gain weight. A dream of having two perfect children and a golden retriever may not come true or may change. You are ready to get married when you are truly committed in richness and in poverty, in sickness and in health, in peaceful times and in stressful times. You can envision sticking by your partner no matter what life brings.

7. You understand that love requires a lot of hard work. You are at the point when dating for fun is no longer fun, and you realize that real love requires consistent effort and grows from what you put into it.

8. You know how to put your needs aside sometimes. You and your partner can resolve conflicts together and each of you knows how to sometimes put aside your own needs in order to help each other. You are ready to take yourself out of the spotlight of your life and make room for another person’s feelings and needs.

9. You have learned the basics of emotional regulation. You have enough self-awareness to understand your own strengths and weaknesses and how to cope with them in your life. You know how to calm yourself down, how to accept other people’s bad moods without personalizing them and how to be responsible for your own moods.

10. You have so much more you want to give. You have a life that you are happy with, but you have so much more that you want to give. Being single feels like you are missing the opportunity to express a crucial part of who you are. You feel like you want to build and create something that goes far beyond anything that you can create on your own.

Sara Debbie Gutfreund received her BA in English from the University of Pennsylvania and her MA in Family Therapy from the University of North Texas. She has taught parenting classes and self-development seminars and provided adolescent counseling.
ENGAGEMENT RING TRENDS
2018 WEDDING GOWNS
BEAUTIFUL BRIDAL ACCESSORIES
TRENDY WEDDING CAKES
From long sleeves to capes with delicate embellishments, high neckline and ruffles, this year’s wedding dresses prove that they don’t have to be slinky to be chic. While demure styles have been a theme of 2018 fashions in general, it’s not surprising that designers continued this modest motif when creating their bridal gowns.

Wearing any of these stylish dresses will make you look gorgeous on your wedding day. Here are some beautiful gowns by talented designers.
From blindingly opulent crystals to refined pearls and runway-friendly sequins to intricate beading and sometimes all of the above—2018 wedding dresses are all about the embellishments.

Continued on page 70
Gary Zindel
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Gorgeous Gowns...

Continued from page 68

Long, short and mid-length capes were all over the wedding runways this year.

Continued on page 72
introducing a new venue

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Sleeves are back in style. Lace sleeves, or illusion sleeves with lace detail, are everywhere right now. If you don’t want a long sleeve, you can find beautiful dresses with mid-length sleeves.
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Once you've found your perfect wedding gown, it’s time to start thinking about what you’re going to wear with it. Do you want a long veil or a short one? Maybe a tiara is just right, and perhaps a simple sash will look lovely on your gown. Are you going to wear gloves? They’re sophisticated, very in style right now, and there are dozens to choose from—long, short, with fingers and without—there’s a pair for every bride. Here are some examples of the incredible accessories available to complete your wedding attire.
Veils

Think how different the gorgeous picture to the right would be if the bride was wearing a different veil. The veil she’s wearing is beautiful, with just a little bit of embellishment. There are several types of veils, including the cathedral, birdcage, blusher and mantilla.

The long, gorgeous veil that you see in movies trailing the bride, is called a cathedral veil. It’s classic and a touch regal. With more than 100 inches of fabric extending from the comb, it will trail gracefully beyond your dress’ train as you move.

If a cathedral veil is too long for you, perhaps a mid-length veil is just right. Mid-length veils include elbow-length, fingertip, and walking veils. They outline the upper body for a flattering silhouette. This option also provides a traditional look.

Birdcage veils are another option. They cover only part of your face and are attached to either a headband or a comb. Often made with fishnet-patterned tulle, this style gives off a vintage vibe that juxtaposes perfectly with modern wedding dresses.
Blusher veils are short, and conceal your face. This is the kind of veil that the groom has to lift to see the bride. You can pair a blusher veil with a longer veil worn down the back.

Also available is the mantilla veil. It has a thicker lace trim along its edge. The embellished border frames the face for a beautiful effect.

All of these veils are gorgeous and come in a range of shades including white, ivory, champagne, and whisper pink. Single-tier and multi-tier options allow you to select the level of volume that’s right for your look. You can also double up on veils to create a completely custom two-tier effect with exactly the look you desire.
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Many brides choose to adorn their hair, after the ceremony, when the veil is removed, with a different beautiful accessory, such as a crown, tiara, comb, flower, or clips.

Crowns & Tiara-You can wear these alone or with a veil or headband. Choose a dainty understated look for a more traditional style or a glamorous look if you’re dreaming of a fairytale wedding.

Hair Combs-Hair combs vary in size and shape, and look stunning in hair that has been styled in an updo. Believe it or not, hair combs are the most popular choice among brides.

Flowers—Flowers have been in fashion in the past, they’ve gone out of fashion, and now they are back! The key is to keep your hair loose and tousled. The flowers are almost all the styling you need. You can use larger blooms for a simple style and smaller ones for intricate looks. Be sure to use the same flower in your bouquet for consistency!
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**Hair Vines**—Vines are perfect for a romantic look. They can be bent and manipulated into different shapes to accent any hairstyle. Twist a hair vine in the back of a soft braided updo, around a bridal bun, or wear it on the top of your head like a headband.

**Hair Clips**—Hair clips work best in an updo, or when your hair is half up and half down.
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If your dress doesn’t have a belt or sash attached, that doesn’t mean you can’t wear one. Sometimes a thin sash or an embellished belt are the perfect accent to a gorgeous bridal gown. They are a simple way to add unique style to your wedding day look.

Here are a few tips to help you choose the belt for you.
- Enhance a creamy ivory gown with champagne or gold embellishments.
- For bright ivory (almost white) gowns, play up cool tones with silver, opal, or clear crystal.
- Pair flowy or lace gowns with a sash featuring organic details and soft lines.
- Pair clean or modern silhouettes with a more structured, geometric sash.
- For a cohesive look, add a sash to tie the top and bottom together.
- Place the sash between your navel and the bottom of your rib cage for the most flattering silhouette.
- Ask an expert tailor to tack it into place for your big day.

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Champagne Crystal Sash

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Accessories...

Continued from page 84

Silver and Rhinestone Belt

Rhinestone Beaded Belt

Silver and Rhinestone Belt

Peach Flower Sash with Rhinestones

Continued on page 88
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Bridal Gloves

There was a time when women wore gloves to every dressy affair they attended. They always looked sophisticated and beautifully put together. Today, they are available in many lengths, multiple fabrics, and designs. Short gloves cover the hands and wrist, medium length gloves reach to the elbow, and long gloves go above the elbow and up to the shoulder. The most popular fabrics for bridal gloves are satin, silk, and lace. Some gloves are fingerless and fit snugly around the wrist while some fingerless gloves are held on by a loop hooked around one finger. Embellishments could include beads, pearls, crystals, flowers, bows, and ribbons. Some gloves just slip on and fit snugly while others have closures like laces and buttons. Choose a pair that fit your personality.
Wedding Accessories...
Continued from page 88

- Long, Lacy Gloves
- Short Lace Gloves with Bows
- Classic Lace Gloves with Fingers
- Short Satin Gloves with Lace
- Classic Lace and Rhinestone Gloves
- Lacy Medium Length Gloves with Flowers

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Way before most girls meet the man of their dreams, they've envisioned the engagement ring they'd love to receive one day. And like the men that each woman chooses, everyone's idea of the most beautiful ring is different. Some women love the striking diamond solitaire, while others dream of a round diamond and still others picture an engagement ring with multiple diamonds.

Today the options are way larger than they have been in years past, especially for women who want something a little out of the ordinary. Following are the newest engagement ring trends.

**Floral**

Engagement rings resembling flowers are one of the biggest trends right now. They often are made of multiple stones and look very feminine which may explain their allure.

**Colorful Diamonds**

Most of the time, diamonds are valued for their lack of color. “Colorless” diamonds receive the highest grades on the scale used to classify diamond color. Yet, diamonds come in a wide range of bright and beautiful hues—from red and pink, to green, violet and blue, to yellow, brown and black. Girls who like to stand out in the crowd and love unusual accessories, may adore a colorful diamond.

**Double Shanks**

Double shank engagement rings, also known as split-shank rings, feature one band that parts as it reaches the center setting. Typically, these designs have a visible gap between the band and the center diamond or halo. They're unusual looking, very trendy and definitely for a woman who doesn't want a traditional ring.

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Engagement Rings...

Continued from page 92

Rose Gold
Rose gold engagement rings are made with a warm metal that adds an extra special pink hue and a modern, feminine look. It makes diamonds of every shape look even more beautiful.

Square Bands
Square stones are nothing new when it comes to engagement rings, however square bands are definitely trendy. Oddly, women say they’re very comfortable.

Elaborate Side Views
A plain engagement band with a diamond on top is classic and pretty, but it’s not enough for a modern woman with exotic taste. Intricate details on the sides of the band mean the ring will look amazing from all angles.

Mixed Metals
If you love yellow gold, rose gold and platinum, and can’t decide which to choose, just tell the jeweler you want them all. A yellow gold halo gives a white gold engagement ring a very modern flair. Plus, halos make your center stone look even bigger!
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Twisted Bands
A twisted band looks very modern, beautiful and sophisticated. If you like the twisted band, but don’t want one on your engagement ring, you can get a twisted band wedding ring, instead.

Bows
From the time girls are little, they love bows. This trend is very feminine, modern and lovely. This is one bow she can wear forever.

East-West Setting
An east-west setting is an oval-cut diamond, which is already unique, positioned horizontally on the band. This is an engagement ring that everyone is going to notice.

Pear Shaped and Marquise Cut Diamonds
Round diamonds are pretty, and the most popular stone, but today, it’s the pear shaped and marquise stones that young women want. They’re back in style and trending at the moment. Multiple bands are another trend of the season, so you really can’t go wrong with a marquise diamond on multiple bands.
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Trendy Wedding Cakes

From Drip and Marble to Black and Hand Painted,
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Like every other aspect of a wedding, cake trends come and go. While naked cakes (cakes without icing) and cupcakes were very in style not too long ago, they are not among 2018’s trends. Drip cakes have made the top of the trendiest cake lists. They are exactly what they sound like, cakes with icing that looks like it’s dripping. Here’s a look at all of the most current cake trends.

**Drip Cakes**
Drip cakes are a dream come true for frosting lovers, and there’s no bigger or sweeter wedding cake trend at the moment. This trend is a nontraditional alternative to the classic white tiered cake. It’s a fun way to add a splash of color. Think of a traditional white wedding cake with red icing, caramel or chocolate dripping down the sides. They are especially beautiful when decorated with fresh fruit, berries and flowers.

**Marble Cakes**
This is not the chocolate-and-vanilla swirl type of marble cake that has been around forever. It’s a cake that looks like actual marble.

**Black Cakes**
Black is actually very popular with all wedding accessories this year. Black earrings, belts, and apparently wedding cakes are very in style. Black pairs beautifully with metallic accents and white embellishments. At first thought, a black cake doesn’t seem perfect for a wedding, however, once you see one, you understand why people love them. They look very sophisticated.

Elegant, clean, and modern, a marble wedding cake has been around for a couple of years, but is still one of the top trends of 2018.
While putting photographs on wedding cakes was all the rage a couple of years ago, now it's hand-painted cakes that are very in fashion. Most have beautiful flowers painted on them.

**Hand-Painted Cakes**

Naked cakes are no longer trendy, however nearly naked cakes are. With just a little bit of icing covering the inside of the cake, it goes from untrendy to trendy.

**Nearly Naked Cakes**

Continued on page 114
Geode Cakes
Covered in stunning edible crystals, these rocky confections have become the ultimate bridal must-have this season. The inside actually looks like a colorful gem. Geodes are gorgeous and so are geode cakes. It takes incredible talent to make a gorgeous and delicious geode cakes. They’re almost too pretty to eat.

Cakes with Words
Cakes with words are similar to hand-painted cakes, but instead of pretty pictures, words are painted on the cake. They can be anything from the couple’s names, to a favorite quote, or song lyric about love. Using words as a cake decoration is a simple, beautiful way to make a big impact on your guests.

Continued on page 116
While choosing trendy cake flavors like apple cider or orange liqueur may sound like a good idea, it’s not. Guests like to eat wedding cake and most don’t like special flavors. Stick with a vanilla or chocolate cake and dress it up on the outside.
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A unique and significant discovery was made during archaeological work in the Western Wall Plaza, on behalf of the Israel Antiquities Authority (IAA) and in association with the Western Wall Heritage Foundation. It’s a stamped piece of clay, which belonged to the “governor of the city” of Jerusalem—the most prominent local position in Jerusalem, 2,700 years ago, which was during the First Temple period.

This extraordinary find is a lump of clay, stamped and pre-fired. It measures 13 X 15 mm and is 2–3 mm thick. The upper part of the sealing depicts two figures facing each other, and the lower part holds an inscription in ancient Hebrew script. The sealing was presented to the Mayor of Jerusalem, Nir Barkat, during his visit to Davidson’s Center, near the Western Wall, recently. After the completion of the scientific research, the sealing will be on temporary exhibit in the mayor’s office.

The sealing, its use unknown, was retrieved by Shimon Cohen while wet-sieving the soil from a late First Temple-period building (seventh-sixth centuries BCE).

Dr. Shlomit Weksler-Bdolah, believes that “the sealing had been attached to an important transport and served as some sort of logo, or as a tiny souvenir, which was sent on behalf of the governor of the city.” He further suggests that “it is likely that one of the buildings in our excavation was the destination of this transport sent by the city governor. The finding of the sealing with this high-rank title, in addition to the large assemblage of actual seals found in the building in the past, supports the assumption that this area, located on the western slopes of the western hill of ancient Jerusalem, some 100 m west of the Temple Mount, was inhabited by highly ranking officials during the First Temple period.”

This is the first time that such a sealing was found in an authorized excavation. It supports the biblical rendering of the existence of a governor of the city in Jerusalem 2,700 years ago.”

Professor Tallay Ornan of the Hebrew University, and Professor Benjamin Sass of Tel Aviv University, studied the sealing and described it thus: “above a double line are two standing men, facing each other in a mirror-like manner. Their heads are depicted as large dots, lacking any details. Their hands facing outward are dropped down, and the hands facing inward are raised. Each of the figures is wearing a striped, knee-length garment. In the register Beneath the double line is an inscription in ancient Hebrew, with no spacing between the words and no definite article. It says: “belonging to the governor of the city.”

The governor of the city’ refers to an official appointed by the king. Governors of Jerusalem are mentioned twice in the Bible: in 2 Kings, Joshua is the governor of the city in the days of Hezekiah, and in 2 Chronicles, Maaseiah is the governor of the city in the days of Josiah.

When the find was presented to him, Mayor Barkat said,”it is very overwhelming to receive greetings from First Temple-period Jerusalem. This shows that already 2,700 years ago, Jerusalem, the capital of Israel, was a strong and central city. Jerusalem is one of the most ancient capitals of the world, continually populated by the Jewish people for more than 3,000 years. "Today, we have the privilege to encounter another one of the long chain of persons and leaders that built and developed the city. We are grateful to be living in a city with such a magnificent past, and are obligated to ensure its strength for generations to come, as we daily do.”

According to Dr. Yuval Baruch, archaeologist of the Jerusalem District in the IAA, “the outstanding significance of the finds brought upon the decision to conserve the First Temple-period building exposed in the Western Wall plaza excavations and open it to visitors”.

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On January 6, two of Apple’s biggest investors published an open letter calling on Apple and other high tech firms to do much more to protect the health of their youngest users. Citing studies showing that smartphones can have a grave impact on kids’ physical and mental well-being, the investors—California State Teachers’ Retirement System and JANA Partners LLC—have opened a major debate, asking tech companies to develop more controls on their products for their youngest users.

What is so bad about kids using smartphones? With more researchers look into the impact of smartphones and other technology on children, here are some recent results, as well as suggestions for what we can do when it comes to protecting kids from smartphone abuse.

### Stunting Babies’ Brain Development

The harm that smartphones and other screens do to kids is particularly acute in babies whose brains are still developing. Psychologists call the first three years of a child’s life “the critical period” in brain development because the way that brains grow during these years becomes the permanent base upon which all future learning relies. Receiving information and cues from the real world around them helps babies form neural pathways that make their brains strong and healthy. Stimuli from screens, including tablets and smartphones, get in the way of their brains’ normal development, overwhelming their still-developing minds with stimuli.

The damage from too much screen time can be permanent. “The ability to focus, to concentrate, to pay attention, to sense other people’s attitudes and communicate with them, to build a large vocabulary—all those abilities are harmed,” warns Dr. Aric Sigman, an associate fellow at the British Psychological Society and a Fellow of Britain’s Royal Society of Medicine.

The ability to interact with other people, and to empathize and read people’s feelings all have their foundations in babyhood. Spending time interacting with screens instead of human beings can permanently alter our children’s brain structures, making tasks like forming friendships and understanding the world around them much harder.

### Harming Teens’ Brains

While older kids don’t experience the same sort of intense brain development as babies, kids’...
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and adolescents’ brains continue to develop and can be harmed by too much smartphone use.

The problem is that teenagers’ brains are very adaptable. The experience of using a smartphone, switching rapidly between many activities such as texting and using social media, is associated with lower levels of brain matter in teens’ anterior cingulate cortex, the region in our brains that is responsible for emotional processing and decision-making. Less brain matter in this area is associated with higher rates of depression and addiction.

Another part of our brains, the prefrontal cortex, is necessary for interpreting emotions and for focusing on tasks, and is also harmed by smartphone use. This part of our brain doesn’t fully develop until our mid-20s, and excessive smartphone use can get in the way of that. “During our teenage years,” explains Paul Atchley, a Psychology Professor at the University of Kansas, “it’s important to train that prefrontal cortex not to be easily distracted. What we’re seeing in our work is that young people are constantly distracted, and also less sensitive to the emotions of others.”

**Harder to Make Friends**

Given the changes smartphones make to a developing brain’s ability to empathize with others, it’s no surprise that smartphone use is associated with difficulty in making friends.

For many teens, smartphones can become a crutch in difficult social situations. “When you’re with people you don’t know well or there’s nothing to talk about, phones are out more because it’s awkward,” one Connecticut high school senior explained to researchers.

Yet this “new normal” where smartphones are such a part of social interaction is dangerous, warns Brian Primack, Director of the Center for Research on Media, Technology and Health at the University of Pittsburgh. “There’s strong research linking isolation to depression, and time spent socializing with improved mood and well-being,” he explains. “If smartphones are getting between an adolescent and her ability to engage in—and enjoy face-to-face interaction—and some studies suggest that’s happening—that’s a big deal.”

**Smartphones and Depression In Kids**

Indeed, heavy smartphone use is associated with higher rates of stress and depression in kids. One study conducted by the Center on Media and Child Health at the University of Alberta found that over the past three to five years, as smartphone use has skyrocketed, 90% of teachers report that the number of students with emotional challenges has increased; 86% of teachers report that the number of students with social challenges has gone up as well.

Many teachers blame smartphone use for these jumps. Kids used to go outside during lunch break and engage in physical activity and socialization. “Today, many of them sit all lunch hour and play on their personal devices,” one junior high teacher said.

Between 2010 and 2016, the number of adolescents who experienced major depression grew by 60%, according to the US Department of Health and Human Services. Suicides have also increased significantly among kids ages 10 to 19 during that time. “These increases are huge—possibly unprecedented,” explains Professor Jean Twenge of San Diego State University. She has found that since 2010, teens who spend more time using smartphones and other technology are more likely to report having mental health problems than teens who spend less time with their devices.

Professor Twenge surveyed over half a million adolescents across the United States; her findings paint a troubling portrait of a generation both addicted to and harmed by smartphone use. Kids who spend three hours a day or more on smartphones or other devices are over a third more likely to suffer at least one suicide-related symptom such as feeling hopeless or thinking about suicide, than kids who limit their smartphone and other device use to two hours a day or less. Among kids who used devices for five or more hours each day, nearly half reported experiencing at least one suicide related outcome.

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Kids & Smartphones...

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Kids' mental health. Kids who use social media every day are 13% more likely to have high levels of depressive symptoms than those who don’t. In her research, teens who ditched their smartphones some of the time and who spent the most time interacting face-to-face seemed to be the healthiest emotionally.

Breaking the Smartphone Addiction

Despite the drawbacks of excessive smartphone use, limiting tech time can be difficult. In fact, many psychologists now view smartphone use as an addiction.

This is partly due to the nature of teenagers’ developing brains. The anterior cingulate cortex, mentioned earlier in its connection to helping teens develop the characteristic of human empathy, is also a factor in decision-making and addiction. “We know for a fact teens have very underdeveloped impulse control and empathy and judgment compared to adults,” explains Dr. Frances Jensen, a professor at the University of Pennsylvania and co-author of The Teenage Brain. As kids brains continue to develop, adolescents and teens are more prone to addiction.

Researchers have also found that the speedy interactions teens enjoy on their smartphones floods their brains with neurochemicals like dopamine, which induces a feeling of euphoria. It also can contribute to addiction, as kids learn to rely on the gratification they feel when they use their phones. Once an addiction develops, teens (and others) can experience feelings of anger, depression, fatigue and distraction when they’re not using their phones.

One rehab center near Seattle now offers therapy for smartphone and technology addiction, and has treated children as young as 13. Hilarie Cash, the Center’s founder, has explained that smartphones and other mobile devices can be so stimulating and all-consuming that they “override all those natural instincts that children actually have for movement and exploration and social interaction.”

Strategies for Change

Limiting smartphone and other tech use isn’t easy. In fact, in one recent study, teenagers were given a choice: would they rather break a bone in their bodies, or break their phones? It might not come as a surprise to teens and their parents that fully 46% of teenagers said they’d prefer to break a bone than their smartphone.

Yet change is possible. Here are three suggestions for starting to change: both for teens and their families.

• Lead by example. It’s hard to tell your kids to limit their smartphone use if you are glued to your devices. Try setting aside time for the entire family to come together, phone-free. That’s the advice of child psychologist Yalda Uhls: specify a set amount of time for your family to interact with no devices in sight. This can help foster the face-to-face interaction and emotional empathy that is lacking from smartphone-based communication.

• Consider Shabbat as an antidote to too much smartphone use. In my own family, we also struggle with too much technology time. Shabbat is the one day a week when we don’t have to worry about smartphones and other devices. For 25 hours each week we’re completely phone free. The results are amazing: a whole day without distractions, when we’re able to focus on each other and ourselves. While it can seem daunting to go a whole 25 hours without a smartphone, doing so is a welcome weekly respite from the tyranny of technology for us all.

Dr. Yvette Alt Miller earned her B.A. at Harvard University. She completed a Postgraduate Diploma in Jewish Studies at Oxford University, and has a Ph.D. in International Relations from the London School of Economics.
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Community members Michael Harary, Steven Matsas (Managing Editor of IMAGE Magazine) and Stephen Shamosh share a passion for cycling. Stephen has been riding for 36 years.

The men recently went to Israel to blend their love of cycling with hesed in a bike ride called The Next Ride from Jerusalem to The Dead Sea Through the Judean Desert. All three were inspired by the physically challenged men and women, some victims of terrorist attacks, who rode along with them. The ride forever changed their views of life.

Steven met Chaya, a teenager with no legs due to a congenital disease, on the ride. Michael and his father-in-law Stephen Shamosh, met Ziv during the same trip.

The Next Ride, established by the Israel Medical Fund (IMF) in 2015, is an Israeli non-profit organization that raises awareness of limb-loss and prosthetics, provides access to high-end prosthetics not provided by the Ministry of Health, offers technical and emotional support to amputees, and has estab-
lished walking and running clinic groups across the country.

Community members Elliot and Annie Daniel, Vered Shamosh, Sharon Dayan, and Isaac Bergman also took part in the ride, which raised over $400,000 for prosthetics.

**Steven Matsas’ Experience**

Riding up from the Dead Sea was a rough climb. Even experienced cyclist who came with us found it impossible to get up the hill, and around the switchbacks (a 180° bend in a road or path, especially one leading up the side of a mountain) to get out of the valley.

Chaya was riding a hand-bike, when she came up next to me and told me I was going too slow. She had a congenital issue and had tiny feet, that were useless, yet she blew me away. I am able bodied, and I gave up after 40 miles.

After the ride, I found out that she was on a borrowed bike. Hand-bikes cost between $5,000 and $7,000. My goal was to raise the funds to buy her one of her own—which we did. When we surprised her with it, she went crazy. She was so excited, because she never had her own bike. It was a big deal and I felt awesome because I had given her freedom with that small gift. She thanked me for fulfilling her dream.

I was impressed by her spunkiness and her positive attitude toward life. Some of us complain about little things. Chaya is a beacon of light and inspiration.

Tehila was on a school bus when it was hit by a roadside bomb in a terrorist attack. The bombing caused her to lose both her legs.

After recuperating and surgery, she was fitted with two prosthetic legs. Last year, she came to Next Step and wanted to participate in The Next Ride. Steven met her and saw that she too was on a borrowed tandem bike. A new bike was about $500, so he bought it for her.

These girls had tragic things happen to them. Still, they don’t give up. I was inspired by how they smiled, and by their determination. I have their photos in my office and when I look at them, it puts everything into perspective. I realize how incredibly blessed I am. Nothing stops these girls.

**Michael’s Experience**

My father-in-law, Stephen Shamosh, and I were just interested in a good ride. We liked the Next Step organization’s cause, so we decided to enter. Little did I know how this ride would change my life forever. I had access to Olympians and so many privileged people, but it was Ziv who truly changed my outlook on life.

Ziv was a combat soldier in an elite unit operating in Lebanon, ...
when Hezbollah opened fire. He had severe shrapnel wounds in his legs; they had to be amputated from the knee down. Due to the extent of his injury, he needed high-end prosthetics. He was in constant pain and needed $100,000 for new legs. We really wanted to help him.

I posted his photo on Instagram and received 18 donations in an hour. My father-in-law did the same by e-mail, and we hit the goal raising $100,000. This was before the ride, so I hadn’t even met Ziv yet.

We flew to Israel and went on the ride. It was amazing to meet people from different cultures and those who benefitted from the organization. On the second day, I saw Ziv at the starting line. He hadn’t ridden a bike since he lost his legs. My father-in-law stayed with him the whole day, riding 45 miles with him. The experience changed us. It made us understand that no matter what the situation is, you can go further if you have confidence and determination. Ziv was so thankful.

Stephen’s Experience

As a result of a terrorist attack or defending their country, some of the people that Next Step helps were injured and now have a physical challenge.

Once I really understood what it takes to have them walk around comfortably and have mobility, I became involved in the cause and that drove me to raise funds. It was awkward for me to fundraise, and I am thankful to all my friends and relatives around the world for their generosity. I got a lot more out of it that Ziv, who is now walking. It was an honor riding with him and it was a memorable ride.

It was challenging for him to ride comfortably due to the pain caused by the nerve damage from the loss of limb. Fortunately, due to the prosthetics that Next Step provides he will be able to function more comfortably and with greater mobility.

The new prosthesis we were able to fund is tailor-made for him and it helps reduce the nerve problems. He also must undergo a rare and risky operation because the nerves are compressing, and the operation will correct that.

In our community, we all give charity, but there is a difference when you can actually see the impact you are making on someone’s life. I saw the entire process from beginning to end and now a person I know is functioning better. It was all about these people. It was extremely emotional for me.

The mindset of these folks was so impressive, they don’t let a “little thing” like not having a limb affect their outlooks. It was the top week of my life. I have been blessed; and I had fun at the same time.

The IMF & Next Step

The Israel Medical Fund and its flagship project The Next Step, have improved the quality of life for many people. In 2017, the organization helped 17 amputees get state-of-the-art prosthetics that promise functional independence. These devices were unavailable under their health plans. Each situation is unique, but the whole process of customizing, fitting and learning to use a prosthesis can cost anywhere between $50,000 to $90,000. The Next Step brings amputees with complex amputations to the United States for the most advanced fittings.

Shoshana Dessler, the co-founder of IMF, said, “Israel is a hub for cutting edge innovation in the field of medicine. However, there are cracks in the healthcare delivery system. The Ministry of Health does not cover certain costs that would unquestionably make a significant difference in the lives of many Israelis. Our main focus is providing the essentials, not covered by the Ministry of Health.”

For more information or to sponsor an amputee, please call (216) 245-2306 or email sdj@israelmedicalfund.org.

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The Next Step is the only organization in Israel supporting and rehabilitating children and adults suffering from limb-loss.

ISRAEL MEDICAL FUND

הקרן לטרפאות בישראל
I still remember watching the premier of the movie *Grease* in 1978, starring John Travolta and Olivia Newton-John, when I was nine years old. My peers and I sang the songs all summer, mimicked every scene from “Summer Nights” to “You’re the One that I Want,” in the finale. I still know all the lyrics to songs like “Summer Nights” and “We Go Together” verbatim. It was the craze of my generation.

When my mother told me she had been a teen during the movie’s era, and attested to the poodle skirts that adored these girls, I was mesmerized. I had thought the movie was fictional. As a *Grease* junkie, learning that my mother’s crowd had a “Pink Ladies” group of their own, down to the jackets, was electrifying. With further inquiries, I learned that the guys had their own clubs and wore club jackets and jeans like the “Thunderbirds,” as well. Imagine a Syrian version of “Greased Lightning.” The concept of how Syrian American Jewish teens fraternized in the 50’s intrigued me; hence began my research.

Both Sandy Yedid A”H and Marilyn Chabbott A”H were Del Microns. They told me about

*Continued on page 132*
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Father and son gets the job done!
life as Syrian teens growing up in Bensonhurst in the 50s. When Sandy died tragically, then Marilyn soon after, it behooved me to share a slice of their lives, a segment of our Syrian American history.

My mother’s club, the Del Microns, was comprised of inseparable first cousins and close friends: Muriel (Blanco) Shamula (my mother), Marilyn Chabbot, Sandy (Laniado) Yedid, Sylvia (Blanco) Hamowy, Paulette (Ashkenazi) Bailey, Marie Harari, Renee (Kassin) Bijou, Gina (Bijou) Levy, Frieda (Dweck) Benun, Brenda (Battat Hazan) Hidary, Sally Asher, Marilyn Kassin, Florence (Sasson) Dweck and Anita (Klein) Suede.

Seth Low Junior High School’s 7th through 9th graders had many different clubs but unlike others, this group of women met to have ‘round robins.’

“We’d go around and tell each other what we hated about the other and leave insulted and crying,” Sandy reminisced laughingly with the girls (as they refer to themselves), when I interviewed them in 2008.

The Del Microns cut class to eat ice cream sundaes at Sweet Box, Meyer’s, or Jack & Irv’s, on Bay Parkway between West Ninth and Tenth Streets. They paid 25 cents a week towards buying a Del Micron jacket until they discovered their treasurer had been putting their money towards ice cream sundaes. That forced them to turn to their parents for the money. It was worth it. They were having a blast.

“We used to dial up randomly and ask people to ‘Name that Tune’ and win a prize,” My mother said. While other students did homework and watched game shows, they went to Coney Island to go on the rides, the Paramount to hear rock-n-roll, or the Marboro theatre on Bay Parkway to watch a movie.

Ezra Ashkenazi, Paulette’s brother, will never forget when his brother, Sammy A’H, wanted to know what Paulette and her friends thought about him and his buddies. He told Ezra to throw a ball under Paulette’s bed during a meeting and sneak a tape recorder. The girls saw, and began to circulate the flattery Sammy hoped to hear.

Our community leaders residing in Bensonhurst circa 1951 decided to purchase land on Avenue P, the site of Magen David Elementary School, and raise a building to serve the community’s needs. The Magen David Community Center was built to function as a yeshivah and social center for the youth, adults and elderly to meet. The center had a

Continued on page 134
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bowling alley, a popular sport then, and was a prominent place for singles to fraternize. The room had a jukebox and a dance floor. Meetings were held on the main floor. There was even a shul there through the mid-60’s with Cantor Isaac Cabasso leading services at the start.

My mother recalled the days they played stoopball and listened to oldies. “We used to wait in the schoolyard with our boom box listening to rock-n-roll until the bell rang,” she said. “You have to understand, rock-n-roll just came out. We’d bring our macaroons to the Paramount on Fulton Street during Passover, to hear rhythm and blues,” she continued. They enjoyed Stevie Wonder, James Brown, Buddy Holly, Eddie Cochran, and Ray Charles.

Their boy counterparts, Club 69, would hang out at the mailbox on 69th Street. They rented a basement as a clubhouse. Their members included Jimmy Ashkenazi, Morris Bailey, Joe Bijou, Dennis Dweck A”H, Murray Dweck, Abie Tawil, Mersh (Morris) Kassin (son of then Chief Rabbi Jacob Kassin), Abe Hanono, Dave Azar and Billy Mizrahi. The mailbox was their hot spot for socializing.

During my interview with Murray Dweck, I learned there were not only marriages made—he married Florence; Morris Bailey married Paulette; and Joey married Renee—but there was even an older group of guys who called themselves, The Silver Knights.

With further inquiry, I learned about Rabbi Moses Shamah’s group, The Marquees, and he told me about The Top Hats. They also had club jackets and rented basements where they congregated, on 72nd Street between 20th and 21st Avenues. There were also The Twisters, and the Eight Bulls.

At the time, Moe Gindi A”H wrote lyrics to an Arabic melody (of the song Adunia) describing social life then. It went like this:

```
O n 65th Street that’s where I met her,
I had a feeling that I was out to get her.
For her eyes they shine like uranium,
That’s when I knew that she was Arabian.
```

I said watch out boys she’s S.Y.

```
(chorus)
Her hair was blonde like the moon up above,
That’s when I knew that I was in love.
I took her out for a glass of lemonade,
Took out my oud and began to serenade.
```

The more I spoke with members of this generation, the more enamored I became. I wondered about the origin of the Del Microns’ name. Sally Asher recalled, “Delta had a Greek sound to it and we wanted to sound like a sorority.”

Continued on page 136
Rebuilding Smiles

One in six hundred babies in Israel are born with a cleft lip and palate. From early infancy, the long journey begins to properly repair the cleft and tackle all the complications that accompany a cleft lip and palate.

One of Sfat Halev’s many programs is the Rebuilding Smiles Program - Distributing special kits containing specialty feeding gear, accessories, and an educational resource guide to new mothers of babies born with a cleft lip and/or palate.

Sadly, children born with cleft lip and palate are hospitalized and fed by a gastric feeding tube because the correct feeding equipment is not available to them. Aside from the emotional and physical stress that the mother endures with this new challenge, she faces additional stress and needless hospitalization of her new born due to lack of proper equipment.

Sfat Halev, a project dedicated to help mothers and their children suffering from cleft lip and palate, has been providing such feeding equipment free of charge.

Sfat Halev is committed to provide each baby born with a cleft lip and palate with the proper feeding equipment so that they too can have the opportunity to develop as any other child.

A Sfat Halev volunteer will show up bedside within two hours of birth to provide the new mom with a care package that includes the specialty feeding equipment. This is made possible by the 34 volunteers scattered over 7 Sfat Halev centers across Israel.

The cost of each care package, including the specialty feeding bottles, is $100. Help us help them. Help us nourish them. Let them grow and thrive.

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הון ליפואמה בישראלי

They had boy clubs, too. The Cavaliers, Monterays and Club Morocco. After they would play ball, they would frequent Nat’s candy store for Coca-Cola, an egg cream, and toasted marble cake with ice cream on top.

Joe Betesh, a member of Club Morocco, said, “We all played ball together and still see each other 70 years later.” He feels badly that some of his friends passed on, “but I am still with them,” he said. He continued, “It was a great world in those days. We weren’t condemned by the stupidity we have now. So many cars, everybody’s running, you can’t understand unless you were there.”

He wasn’t the first person from his generation to share that sentiment. “Times were much simpler then,” Sandy had told me, referring to other aspects of the community. Its boundaries were between 63rd and 75th Streets and 18th Avenue and 20th Avenue, an area that includes Bay Parkway.

Subsequent generations extended to Manhattan Beach, Great Neck, Manhattan, Lakewood and Israel. In the summer, they vacationed in Bradley. Today, the community has also grown to other Jersey Shore towns, including Allenhurst, Deal, Elberon and Longbranch. The new generation mingles in private residences all over the shore and further inland. It’s more complicated to meet. We need organizations like The Sephardic Link or matchmakers to make matches.

The amazing part is that no matter where we move, there’s a conscious effort to live near each other, and to be in touch with family members back home. Amazingly, these childhood friends for the most part live in Brooklyn and still fraternize. Most spend winters in Florida and summers in Jersey. They pray together, celebrate simchas, and are there for each other in times of sorrow. For fun they play cards, bridge, Mahjong—whatever they want—together.

Florence put it perfectly when she said, “The years slipped by, but we’re all still connected.” In 2008, Sandy wanted to have a Del Micron and Club 69 reunion. She lamented, “The mailbox was removed three years ago, the Marlboro was closed down, and our Center has been torn down. Our whole youth is gone.” The one landmark that still stands is Stillwell Park—but even if it didn’t—the glue that holds this group together is way stronger than any piece of property. Some members may have passed on, but their memories are with us. It is time for one huge reunion including all our Greasers. Though, it may not be necessary, because they are all together, all the time.

Information in this article is based on oral histories and is therefore subject to vagueness of memories and partial information.

Carole Shamula, M.S., M.A. is a freelance writer and Jewish educator.
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Laura’s Lessons

Health & Nutrition Myths

Laura Shammah

If you Google health or nutrition, you’ll find an abundance of information. Unfortunately, you can’t believe everything you read on the Internet. There’s a lot of information, some of it is right, some of it is wrong and some of it is merely opinion. So, I’d like to clear up some of the myths you may have read.

**Myth:** The number on the scale is the best marker of health.

**Truth:** Weight may be one way your doctor lets you know if you’re at risk for certain lifestyle-associated diseases, however, even then it’s not always the most reliable indicator. Someone who’s technically outside of the “normal” range weight-wise, but has healthy habits, may be less at risk for heart disease than someone in the “normal” weight range who doesn’t eat well or exercise.

Habits are a better determiner of health than body size. Stop relying on the number on the scale! Eat right, exercise, and be happy.

**Myth:** You can eat whatever you like, as long as you exercise?

**Truth:** It’s all about balance. You can’t out-exercise an unhealthy diet, and you can’t out-diet a lack of exercise. Maintaining a healthy body is about leading a healthy lifestyle that is nourished by real, unadulterated food and taking part in some sort of physical activity.

Have you found your balance?

**Myth:** Salads are always the healthiest option on the menu.

**Truth:** Most people believe that ordering a salad is safe. If your salad is composed of just veggies and lean protein, then yes, the salad is the best option. However, if your salad is topped with croutons, cheese and creamy salad dressing, it can have more sugar, fat and calories than the burger or slice of pizza that you’re trying to resist.

Be aware of salad toppings: glazed nuts, fried chicken, crunchy noodles, and dried fruit can also add way too much fat and calories to your salad. Stick to leafy greens, lean protein, a small serving of healthy fat (avocado, nuts), and an oil-based dressing on the side. Don’t be afraid of healthy fats. They help you absorb the fat-soluble nutrients you’re eating.

**Myth:** Eggs are bad for you.

**Truth:** If you wish to shed flab fast, have an egg for breakfast. It’s the best way to start the day. It has been proven that having eggs for breakfast can reduce the calories you eat at lunch and dinner!

Eggs are high in quality protein, and contain essential amino acids. Whole eggs are among the most nutritious foods on the planet, containing a little bit of almost every nutrient we need. Eggs are high in cholesterol, but they don’t adversely affect blood cholesterol, because they raise HDL (good) cholesterol; organic eggs are best.

In short, forget the number on your scale, eat healthy, whole foods, exercise, stay away from unhealthy toppings when you order a salad and have an egg for breakfast! Stay healthy and stay happy.

Laura Shammah MS, RD, CDN is a nutritionist in Brooklyn.
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The Flu Is Officially An Epidemic In the US

The Centers for Disease Control and Prevention (CDC) has officially declared this year’s flu season an epidemic. The entire continental United States is experiencing one of the worst flu seasons in recent years. The main flu strain that’s wreaking havoc on our country is the H3N2 virus, and it is even more deadly than the swine flu. H3N2 is known for its severity and ability to evade the protection provided by vaccinations that are typically more effective against other types of flu.

It is already the most widespread outbreak since public health authorities began keeping track more than a dozen years ago. Now, with the threat of more strains emerging, it might get even worse.

As of the first week of January, the virus had sickened and sent more patients to the doctor than any time in recent memory. Now, the question for the rest of the flu season is whether levels will drop off precipitously, as they do most years, or if the return to school and work following the holidays accelerates the spread.

Most years, we have an active flu season; this year it’s severe. The difference is: an active flu season is when a large number of people get sick. A severe season is when the numbers of people hospitalized for flu, or who die from the infection, are unusually high.

Deadly cases of the flu often hit the ends of the age spectrum more than the middle, and that’s the case this year as well. People over the age of 65 are being hospitalized more than any other population. Even people aged 50 to 64 are being hospitalized in high numbers and tragically, 20 children have died.

It’s eerily ironic that this year marks the 100th anniversary of the 1918 global influenza pandemic, when the worldwide outbreak infected an estimated 500 million people, nearly a third of the planet’s population (then). More than 25% of the US population was sickened, and about 675,000 Americans died.

To make matters worse, some hospitals are going through a shortage of IV bags, due to the hurricane in Puerto Rico, where a factory was closed. Many hospitals have been so overwhelmed that they’ve had to send patients to other ERs.

If you think you have the flu, health officials request that you stay home so you don’t infect others.

FLU SYMPTOMS
- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue

Some people may experience vomiting and diarrhea. This is more common in children than adults.

If your child has the flu, make sure he/she gets plenty of rest and plenty of liquids. For a fever and to ease aches, you can give him acetaminophen or ibuprofen—you can get both in children’s versions. Do not give aspirin.

Talk to your pediatrician as soon as you know your child is sick, especially if he’s younger than 5 or has an ongoing (chronic) health condition like asthma.

Go to the emergency room or call 911 if he has trouble breathing, his skin turns bluish or gray, he seems sicker than in any previous illness, he’s listless or lethargic, or if he is dehydrated.
Guided by the principles of confidence building, students in Ilan High School are learning that individuality and self-expression are cornerstones of growth. They’re learning that respect fuels great students, sisters, and friends, and they’re learning that inner-confidence paves the way to discovering the joys of the Torah.

“We promote an atmosphere in which girls are encouraged to explore their individuality and be their own people, proud of who they are, their ideas and accomplishments,” said Ilan’s Principal, Mrs. Hena Diamond. “We help promote inner confidence to help them grow in the direction they choose.”

The school’s defining mantra, “A Place To Grow,” outlines its commitment to helping each girl shine. At Ilan, girls are inspired to become leaders and to find their own voice.

Six times a year, twice a semester, Ilan’s principals, Mrs. Diamond and Mrs. Molly Hazen host lunch “roundtable” meetings that give each student, from every grade, the opportunity to be heard.

“We go around the room and listen to each student. The roundtable discussions provide an open forum where girls express their thoughts and feelings, what they’re enjoying

Continued on page 144
EMPOWERING GIRLS THROUGH Confidence

At Ilan High School, instilling confidence is more than an idea. It’s part of the curriculum.

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in the school and areas they feel can be improved. During this time, the stage is theirs and we encourage them to embrace, develop and share their ideas."

Topics can include everything from academics and social pressures to extracurricular programs and lunch menus.

"These meetings are taken to heart, and we make sure the girls know that. Over the past few years, we’ve implemented many impressive propositions from students, including a school band, newspaper and midot program."

These inspiring monthly workshops spotlight Ilan’s important code of conduct: respect, responsibility and integrity. Led by Director of Student Services and renowned psychologist, Mrs. Mindy Rosenthal, the discussion groups analyze ideals that build strong character and successful women, presenting topics such as, “What does respect look like?” and “What does it mean to be true to yourself?” By engaging in stimulating dialogue, students learn important lessons for personal growth.

“Their personal insights, and the ideals we teach, remain with our girls long after their time in the classroom,” said Mrs. Rosenthal. “Seeing our alumni shine in their midot and watching the respect they have for one another reinforces our commitment to providing students with values that help them succeed in life.”

To learn more about Ilan High School, visit Ilanhigh.org.
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COMMUNITY MEMBERS

Photo Album...
Continued from page 147

Continued on page 150
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Continued on page 152
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COMMUNITY MEMBERS

Photo Album...
Continued from page 150

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Early intervention research has shown that intensive behavioral therapy during the toddler or preschool years can significantly improve cognitive and language skills in young children with ASD.

There is no single best treatment for all children with ASD, but the American Academy of Pediatrics recently noted common features of effective early intervention programs, which include starting as soon as a child has been diagnosed, providing focused and challenging learning activities at the proper developmental level for the child, small classes to allow each child to have one-on-one time with the therapist or teacher and small group learning activities. Also, special training for parents and family is encouraged, and providing activities that meet a specific learning goal, measuring and recording each child’s progress and adjusting the intervention program as needed.

Providing a high degree of structure, routine, and visual cues, such as posted activity schedules and clearly defined boundaries, to reduce distractions, will be extremely beneficial.

Children with ASD require guidance in learning, adapting, and maintaining new skills as well as applying them to new situations and settings. It is wise to use a curriculum that focuses on language and communication, social skills, self-help and daily living skills, research-based methods to reduce challenging behaviors, pretend play, and typical school-readiness skills.

One type of a widely accepted treatment is applied behavior analysis (ABA). The goals of ABA are to shape and reinforce new behaviors, such as learning to speak and play, and reducing undesirable ones. ABA can involve intensive, one-on-one child-teacher interaction—this will help children reach their full potential.

When your child is diagnosed with ASD, it is never easy to hear or comprehend. Just some words of wisdom: Take a deep breath and focus on obtaining the proper care for your child. The earlier treatment begins, the more beneficial it will be for your child. Early and consistent treatment results in the best possible outcome.
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Since 1949, the Israel Youth Village has been a residential middle and upper school which provides an academic education for both Israeli children from deprived backgrounds and new immigrant youth without parents in Israel.

The Village has been a warm and supportive home to thousands of youth over the years. Today’s student-body of over 300 students includes a large contingent of new immigrants from Russia, France, Morocco, and Ethiopia whose parents did not join them in Israel, as well as Israeli-born youth from deprived socioeconomic circumstances.

The Village provides a full academic education for 7th through 12th grades, preparing its students for matriculation. In addition, a vast and varied program of extra-curricular clubs and courses are held in the afternoons and evenings, including dance, music, theatre, sports, arts and volunteer work.

The overall aims of the Village are to instill Jewish and human values in all its students and to enable them to develop and achieve to their fullest—academically, culturally and socially—while guiding their growth as creative and independent individuals, as proud Jews and contributing members of Israeli society.

Each year, approximately 50 young men and women graduate from the Israel Youth Village residential school. The Village is extremely proud of the fact that,
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Upon graduation, almost 100% of its graduates are inducted into the Israel Defense Forces (IDF) where they serve their country for two (women) or three (men) years—sadly, these students become lone soldiers. This year there are over 6,300 lone soldiers in the IDF.

Israel is a small, family-oriented society and army service is often extremely difficult, dangerous and stressful. The IDF tries to allow its soldiers to have home leave as often as possible—usually every other weekend.

This creates a problem for many of the Israel Village graduates—they have nowhere to go during this time off, because either they don’t have parents in Israel, or due to unfortunate circumstances, the ones who do have family there cannot return to their homes.

These soldiers, having lived in the Israel Youth Village are now faced with life in the “real world.” In addition to adjusting to army life, they need to deal with the problems and challenges of renting an apartment, paying utility bills, buying and preparing their own food, while their counterparts who do have families in Israel are home being spoiled by their parents.

It’s sad, after living in a warm, supportive atmosphere surrounded by their friends, they are suddenly on their own when they most need the warmth and peer support.

In order to solve this problem, the Village has plans to build a residence for its lone soldier graduates, which will provide them with all the comforts which they enjoyed as students. Plans are underway to construct an additional floor on an existing dormitory with a separate entrance. This addition will include 10 to 12 living units with adjoining bathroom, a lobby/lounge, staff room/sealed security room, kitchenette and laundry room.

In essence they will be returning to the only home they’ve known for the past several years. And without the worry of where they will go and what they will do during their breaks, they will be able to concentrate their energies on dealing with army life. Army leave will be a time of relaxation and unwinding—which it is meant to be.

The American Friends of Lone Soldiers is working with the Israel Youth Village to raise donations to help fund this wonderful project. Visit af-lonesoldiers.org to make a donation or to find out more about the project.
“American Friends of Lone Soldiers” supports the Israeli soldiers before, during and after their military service.

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The soldiers are doing their part keeping Israel safe - let's do our part and support American Friends of Lone Soldiers.

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Hillel Yeshiva High School recently hosted its 9th Annual Follow Your Dreams program for its students and their parents. Follow Your Dreams, as its name suggests, empowers young women and men to discover their career passions and pursue them to success. This year, the school hosted keynote speaker Dean Michael Strauss of Yeshiva University’s Sy Sims School of Business, as well as four career panelists, to speak to the students about the personal journeys they undertook to follow their own dreams.

Three hundred attendees listened with interest as Dr. Gayle Krost, founder of the program, introduced the speakers and spoke about the new educational buzzword, “grit.” As Dr. Krost explained, “grit, which denotes tenacity, courage, passion, firmness of character and indomitable spirit, is something each one of the program’s speakers have in common.”

Dean Michael Strauss enlightened students about the twists and turns he took in his illustrious career. Born in Israel, and fluent in both Hebrew and German, he emigrated to the United States at age 14 with a strong work ethic and a passion to succeed. He received a BA from the City University of New York and an MBA from Baruch College. Before joining Yeshiva University, Dean Strauss was chairman of Sherwood Consulting Group, Inc. and served as CEO of multiple companies, delivering expertise in turn-around management. He also served in financial and managerial capacities at American Airlines, The Bank of New York and Citigroup. Much of his expertise was crafted during his 12 years at American Express where...
Hillel Yeshiva Main Entrance

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he was the executive VP of Travel Services. The lesson Dean Strauss took from his journey, and which he impressed upon the audience, was that it is important to use every opportunity to your advantage, as you never know where a particular path may lead.

Following Dean Strauss, each of the speakers spoke about their professions and the paths that led to their success. The speakers, who were alumni and school parents chosen based on the professions elected by the student body as the ones they were most interested in, were Mrs. Lisa Kepets, LSW, social worker; Dr. Jason Nehmad, physician; Professor Eric Stern, real estate professional and NYU professor; and Mrs. Elana Tawil, Esq., attorney.

Each speaker encouraged the students to attend a college that suits their professional and religious needs, choose a career that they love, and persevere through the challenges they will face.

Follow Your Dreams is just one of Hillel Yeshiva High School’s programs designed to encourage students to believe in themselves, realize and fulfill their own dreams and pursue rewarding careers.

Hillel strives to teach its students that much like the panelists they must pursue higher education and seize opportunities so they can grow into leaders of the community and beyond. ☐
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Our annual conference is extremely unique, because it is the only one in the world that brings together Sephardic rabbis. This year, at our three day conference, we held a gala dinner and the graduation of 15 new rabbis. They received their semicha after passing our rigorous training program.

Thirty-five SSC rabbis, from 17 countries around the globe including Germany, Spain, Madeira, Costa Rica, US, Brazil, Peru, Croatia, Turkey, Bulgaria, Prague, England, Greece, Italy, Russia, and the Far East traveled to attend the 10 sessions. Following are some of the highlights.

The Chief Rabbi of Jerusalem, Rabbi Shlomo Amar, who was the former Chief Rabbi of Israel, opened the conference. Rabbi Yaakov Peretz motivated our rabbis to have patience and understanding, which in turn will build Jewish communities.

Rabbi Yachiel Wasserman, the Head of the Jewish Agency, said that the Agency has greater success when working with existing communities. They can provide programming as a community endeavor much easier than they can working with individual Jews. A strong com-

Continued on page 166
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The Head of the World Mizrachi Movement, Rabbi Doron Peretz, is a former SSC student and rabbi in South Africa for 15 years. He spoke about how the loved rabbi is the most effective at building a community, because he is so revered. Therefore, the loved rabbi must always work to improve his own character and be an example to others.

Rabbi Yair Didi, the Chief Rabbi of Livorno, Italy, was also at the conference. As a result of his work, his synagogue is the only shul in Europe that does not need police protection. People can safely come and go as they please. Rabbi Didi explained that he deals not only with his congregants, but with the surrounding community, as well. He illustrated to the rabbis the importance of working with the neighborhood to build a stronger community.

Professor Dr. Yonathan Ellis, a Ramat Gan attorney, told us how to deal with diversified problems in a community. He explained that if a community has unity, there is no end to the great things that can be accomplished. Communal life is an essential tool that leads to Jewish continuity. It brings Jewish people together.

We held the graduation of our 15 rabbis at our Gala Dinner banquet. With their new rabbinical degrees, they will go out and work in Diaspora communities.

The dinner was a beautiful affair, with the blessing of Chief Rabbi Yitzhak Yosef. (It was Rabbi Yosef’s birthday, so the yeshivah presented him with a beautiful picture for his home.)

There were many rabbis and dignitaries at the banquet, including Hertzl Ari, the Mayor of the Old City; Rabbi Zvadia Cohen, the Head of all Jewish courts; Avraham Duvdevani, the Head of the Jewish Agency; Rabbi Eliyahu Bar-Shalom, the Chief Rabbi of Batyam; Rabbi Tuvia Kiel, Professor in Lifshitz’ Teacher’s College; and Chief Rabbi Wabshah, the Chief Ethiopian Rabbi. Each dignitary presented one student with a graduation certificate. After all 15 graduates received their certificates, the whole audience joined in for an hour of spontaneous dancing.

Other dignitaries in attendance, included Rabbi Sam Kassin’s grandson Shlomo Kassin, and the son-in-law of Rabbi Eliyahu Bar-Shalom, who received his rabbinical ordination and two other certificates. Rabbi Shlomo Kassin is now in Myrtle Beach, SC, working as assistant rabbi to Rabbi Shlomo Elharar (a former SSC student).

The dinner was sponsored by the Krupp Family of New York and Boston. Their grandson, Rabbi David Yosef Krupp received his semicha and will be a rabbi in a Tel Aviv synagogue. His grandmother, Mrs. Bernice Krupp and mother Mrs. Yona Krupp said that this was one of the most spiritual and blessed days of their lives, and that they want David to be a blessing for the Jewish people.

Rabbi Sam Kassin is founder and president of Shehebar Sephardic Center, a rabbinical school in the Old City.
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How To Start

To achieve balance, the best place to begin is your body’s five major systems. When you combine healthy habits with the right natural supplements, you can create synergy between these systems and help you maximize function.

The Immune System

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Continued on page 170
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As the founding Angel of Health, I offer recommendations based on the way I live my life—so every habit or product I suggest comes with a foundation of personal experience. My best tip for achieving balance is to fill your body with organic supplements and herbs. Eastern medicine seems to have the best handle on balance, with the goal of creating stability in our Chi, the universal life force energy that flows through everything.

While this energy binds us together, it’s important to remember that everybody is different. Nobody’s perfect, and we can all build a better version of ourselves. By trying something new, you may find the products and daily practices that achieve balance in your body and life. Once you find what works for you, there’s no limit to what you can do.

Norman Balassiano’s company Angels of Debt helps people resolve massive business debt. Angels of Health will try to accomplish the same with weight loss and stress control.
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If there’s one thing that drives a job applicant crazy, it’s waiting to find out if he/she got the job. While you’ll probably never be able to tell with certainty which way a recruiter is leaning, there are a few signs you can look for to indicate you may have nailed the interview. Here are a few “good” signs:

**You Hear When, Not If**
Most interviewers try not to get a candidate’s hopes up, so they will often speak in generalities such as “the person hired for this position would do XY and Z,” or “if hired, you would start on this date.” If they strongly believe that you are the right person for the job, they may slip and say, “This is where you will be working,” or “When you start, we’ll discuss...” These are strong indications that they are leaning towards hiring you.

**His/Her Body Language Gives It Away**
Even if an interviewer is trying to play it cool, her body language may hint at her enthusiasm for you as a candidate. Head nodding in agreement with what you’re saying is a sure sign she wants to hire you.

**The Conversation Turns Casual**
If the serious interview question stops and the conversation gets relaxed, it’s a very good sign. It shows that the interviewer is already satisfied you are qualified to perform the required duties and now has a genuine interest in getting to know you better.

**You Keep Meeting More Members of the Company**
If might be exhausting to be introduced to other team members during a marathon interview session, but rest assured this is a great sign, since the hiring manager wants everyone to meet you and be as impressed as he/she is.

**They Start Talking Perks**
If an interviewer goes from making you prove you are a good fit for the job to highlighting all the great things the company has to offer, you know that you are in his good graces. If he’s not interested, he’s not going to bother selling the company to you.

**You Get Details on Next Steps**
If the interviewer says “We’ll reach out next week with an offer,” you’ve got it in the bag. If she says, “We’ll be in touch soon,” it’s also a good sign. And if you’re told the hiring manager wants you to come back to meet your future boss,” it’s good too.

**Your Follow-Up Email Gets An Immediate, Positive Response**
Interviewers generally meet with a number of people most of whom will send them a thank-you follow up email right after the interview. Generally, interviewers don’t have the time to reply to all the emails. If they respond quickly and thank you in turn for coming in, it shows a genuine interest.

Barry Cohen has been named to “The Top 101 Career Counselors in New York City” and is credited for placing over 10,000 job seekers while at The City University of New York.
When its time to find a new house, you may feel overwhelmed by the sheer number of homes on the market. You may start your search intending to find a house that is just right; but like Goldilocks and her porridge—one house is too small—another house is too big—and still another needs too much work. No matter how diligently you research, you are left with the impression that “the” house is somewhere out there, if you could only find it.

You may be Internet-savvy and able to find just the right coffee maker or pair of slacks in a short amount of time, online; but navigating the real estate market to hone in on what may be the most serious investment you ever make, is very different from shopping for pants, and more difficult than you might think. That dilemma, in a nutshell, is the reason you need the help of an experienced and professional realtor. Three reasons in particular highlight this need.

One, a good realtor knows the neighborhood better than you—even if you already live there. You might be able to tell from photos in an ad whether a house has been recently remodeled; but an agent will know that the house has had several upgrades, and has twice been on the market, after being in escrow.

A realtor will also know how prices are trending in a particular neighborhood, whether the area is seen as up and coming, and whether comparable sales in the area reflect a property’s asking price. A good realtor justly earns his/her reputation by careful research, and knowledge of the market, and they put that knowledge to work for you.

Two, a realtor can help you answer the most important question you ask, namely, “How much house do I actually want?” For some people this question is a no-brainer. The answer for them is, “I want the biggest house I can afford.” This answer, however, is not true for everyone.
While the bigger-is-better principle may be true in other areas, it does not always apply to home buying. Are you anticipating adding to your family in the next few years? If so, then bigger is better, however if you are going to be empty nesters, a smaller home is probably the way you’ll want to go.

Do you entertain out of town guests often, or would you (secretly) prefer not to have a guest room for your in-laws? Is a huge, newly remodeled kitchen a must-have on your list, dictating a larger home? Realtors are familiar with this quandary, and regularly deal with clients who realize halfway through their home search that what they want and what they need is very different. They may want a large home, but they really only need three bedrooms.

Also, if your heart’s desire is a house with a one-of-a-kind enclosed porch or two luxury baths, it may take you months to find it, but a realtor probably knows exactly where it is.

Three, realtors know how to negotiate a price. They have a vested interest in seeing a sale close, but are detached and disinterested in the emotional aspect of the transaction. You may be willing to pay way more than the going market rate for the house of your dreams, but your realtor will make sure you have all of the information you truly need, to make that decision. They are professionals who negotiate on behalf of their clients, and get the best price possible.

Whether it is this house, or one down the street, they know they will eventually find the house you want and need, and will ensure your voice is heard during the sale.

So, when you’re ready to buy a home, by all means start your search online and get a feel for what is out there; then find a trusted realtor who can help you navigate the sometimes difficult process of finding just the right home for you.
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<td>Waterway Shopping Center</td>
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<td><strong>BAL HARBOUR/SURFSIDE</strong></td>
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<td>(954) 455-9200</td>
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<td>(754) 209-7099</td>
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<td>(954) 241-2011</td>
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<td>5800 Sterling Road</td>
<td>(954) 981-7710</td>
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(305) 778-5946, Dairy, KM

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(305) 653-6662, Dairy, KM

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& Spanish Take Out  
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(305) 891-6336, Meat, ORB

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(305) 892-1118, Meat, KM

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Lower East Side Restaurant  
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(407) 465-0565, Meat, Rabbi Menish Spitz

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Mozart Cafe  
11810 Collins Ave  
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Mozart Grill Bistro Express  
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(305) 974-0098, Meat, OK

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Claim Your Portion in the Torah of Kollel Chatzos Eretz Yisrael

Seventeen years ago, Rav Yehoshua Meir Deutsch and five friends decided to undertake the age-old custom of waking up at midnight to recite Tikun Chatzot, followed by an intense learning session until neitz. This group has since expanded into Kollel Chatzos Eretz Yisrael, with more than 100 outstanding avreichim, who, with their unique avodas Hashem, provide special protection for all of Am Yisrael.

The kollel members are a mix of all ages and backgrounds — young yungeleit alongside great-grandfathers; chassidim and yeshivahleit, Sephardim and Ashkenazim, engendering a warm feeling of achdus.
**Why Chatzos?**

*Why open a kollel devoted to prayer and Torah study specifically in the middle of the night?*

Rosh Kollel Rav Yehoshua Mein Deutsch explains: “Chatzos is a tremendous Eis Ratzon. The holy Zohar states that whoever wakes up to say Tikun Chatzos at night has nothing to fear during the day. He is accompanied by two angels, one for spiritual protection and the other for physical protection.

Rebbie Nachman of Breslov advised his chassidim to take upon themselves this age-old avoda, and it has since been rediscovered by many.

“There are so many segulot today, with various auspicious times and places to daven. Yet Hashem has given us the opportunity to draw closer to Him, mitigate evil decrees, and reach elevated spiritual heights every single night!”

This sentiment was echoed by the tzadik Rav Levi Yitzchak Bender, a Breslover chassid, who almost never missed a night reciting Tikun Chatzos. Seeing people in need of yeshuos, he would say, “Why are you running after all kinds of different segulot? You have chatzos every night!”

“The night hours,” says Rav Deutsch, “are a time of great clarity and serenity. The world comes to a standstill; there are no distractions, resulting in learning that is pure and unblemished.”

*Special Individuals*

In truth, not everyone is in a position to learn in such a kollel. Waking up each night for an intensive prayer-and-learning seder demands a commitment. It means not only rescheduling your entire life, but also ensuring you’re physically able to keep it up, which necessitates going to bed at a time when most people are busy with family, simchas, meetings, or other pursuits.

Kollel Chatzos Eretz Yisrael is made up of a select group of individuals who have committed themselves to this challenging schedule, with their family’s enthusiastic consent.

“At first it wasn’t easy,” T.K., the wife of a member of Kollel Chatzos Eretz Yisrael, admits.

“But we see such amazing yisroel d’shemoye in every aspect of our lives. Once we had a family simcha, and wanting to make me happy, my husband said he would stay late, but that would mean he’d have to miss Kollel Chatzos that night. I told him, ‘There’s no way I want to lose this zechus, even for one night.’

“The avreichim arrive each weeknight, locally, from Betar Illit, from Jerusalem, Beit Shemesh, and Modi’in Illit. Each member of the group is handpicked, having proved seriousness and consistency, both in the ability to adhere to the schedule as well as overall learning capabilities.”

**The Yissachars and the Zevuluns**

Rav Chaim Palagi writes that one who is unable to wake up at midnight to say Tikun Chatzos and learn Torah should strive to support a talmid chacham who is able to do so. Moreover, one who provides this support merits the same protection, brachah, and yeshuah as the learner himself. He has the same power to bring the Geulah for all of Klal Yisrael as well as personal yeshuos — above and beyond the laws of nature.

The most powerful manifestation of this segulah is the Yissacher-Zevulan contract of Kollel Chatzos Eretz Yisrael, which has the approval of top rabbanim, including Rav Yaakov Meir Shechter and Rav Yitzchak Zilberstein, who wrote up the contract and who himself is an enthusiastic supporter.

The donor and learner sign a binding halachic contract, each receiving an equal portion in the learning, while the donor provides monthly support for the learner. The learner endeavors never to miss a night of learning and to daven for the donor and his family.

“Our Zevulun are seen amazing, miraculous yeshuos in all areas — parnassah, health, shidduchim, nachas from children, shalom bayis, and more,” says Rav Deutsch. “And that’s in addition to the knowledge that they’re bringing special protection and blessing for all of Klal Yisrael!”

Rav Deutsch is in personal contact with all donors, and regularly keeps in touch with them. “I’ve received emergency calls for yeshuos on behalf of someone who needed a yeshuah for someone seriously ill, to okelos. I asked everyone to stop for a moment, and we dedicated the learning and davening to the zechus of that person in need.

Rav Deutsch adds that the donors of Kollel Chatzos Eretz Yisrael are also exceptional individuals. “Being part of this holy endeavor makes them aware and sensitive to the greatness of chatzos. Many of our donors also try to rise for Tikun Chatzos whenever they can. The Baal HaShem, Harav Yehuda Halevi Ashlag, wrote that those who have a strong affinity for chatzos have high reshemos — and I say that applies equally to the Zevulun as well as the Yissachars.”
Kol HaTorah Kulah
Rav Deutsch relates: “We have several avreichim in Kollel Chatzos who are knowledgeable in all areas of Torah — both niggul and nistar. One of our donors has a relative, a talmid chacham and a dayan, who was once visiting Eretz Yisrael. He told the relative that he should visit our kollel in Beitar. This relative saw me learning the sefer Otzaros Chaim with one of our extraordinary avreichim, Reb Z.C.

“What, you’re learning this sefer? I’ve had questions on Otzaros Chaim for 15 years!” he exclaimed. “I’ve asked many mekubalim but no one knew what to answer.” Reb Z.C. was able to answer all his questions with clarity and simplicity. “These are the kind of avreichim you have in your kollel,” he asked with amazement. “You have gedolei hador!” he said and went on to sign a Yissachar-Zevulun contract.”

The Power of Chatzos
“Many people have told me that as soon as they take part in a Yissachar-Zevulun partnership, they see a change for the better almost immediately,” says Rav Deutsch. “A 40-year-old single woman from Europe made a Yissachar-Zevulun partnership as a zechus to find her beshert. Baruch Hashem, she became engaged a short time afterward, but what’s interesting is that her fiancée was also one of our donors for whom we’d davened for a shiduch! Baruch Hashem, they were recently blessed with a baby girl.

“There was a businessman with a Yissachar-Zevulun contract who was being sued in court for a huge amount of money, and even his own lawyer didn’t give him much of a chance of winning the case. He donated an extra sum for a week and gave a piyum nishmat for each averich in the kollel. At the hearing, which took place at the end of that week, the judge miraculously ruled in his favor, clearing him of all charges.”

A Miracle Every Month
Rav Deutsch shares what it’s like to shoulder such a major responsibility, “I don’t have an elaborate fundraising system; I don’t do telemarketing. Every month I feel like it’s a miracle when I can provide the stipends for so many families.

“I was once approached by a young man, a serious oved Hashem and masmid, but I simply didn’t have the budget for another stipend. He asked permission to come and learn without a stipend, and I thought, ‘These are the kind of avreichim I need in the kollel!’ In the end, I decided to accept him, and asked him to daven that I find him a sponsor. ‘Rav Deutsch,’ he said. ‘It says in the Zohar that one who rises for chatzos has his blessings and decrees fulfilled. I hereby decree that the Rav find me a partner this very day! Not an hour passed, and a Yid from London called, asking about a Yissachar-Zevulun contract with an averich who learns Gemara, Rash, and Tosafos from chatzos until nitzotze. I told him I had a very special averich. Then I asked him, ‘How did you reach me?’ He said that he was in Yerushalayim with a very great mekubal, who told him that if he wanted salvation for all his problems, he should sign a Yissachar-Zevulun contract with an averich who learns Gemara at chatzos.”

The Building and Mikveh Fund
Rav Deutsch dreams big. There’s no other way to explain how kollel grew in such a short time from a tiny group to an entire community. “Baruch Hashem, the kollel is bursting at the seams, and we really are desperate for a bigger place.”

Rav Deutsch has plans in the pipeline for a magnificent mikvah that will accommodate many more Torah scholars. The grandiose project includes 300 seats in the bais medrash alone, as well as study rooms, conference rooms, and a state-of-the-art mikve. In addition, there will be a spacious area nishmat with shirim for women several times a week, which one woman has already sponsored.

Donors can gain the eternal zechus of contributing to the construction of this holy building.

To reserve Yissachar-Zevulun partnerships, sponsor a night of Torah V’Diblah by the entire kollel, partner with an averich for one month or more, donate, send biskhoz, sponsor weekly learning or just one night for a special occasion, yeshiva, arrange a private meeting or schedule a shivrut, please contact:

Rav Yehoshua Meir Deutsch, Rosh Kollel Chatzos
Israeli telephone: 972-2-5805123
American telephone: 646-4033750
Email: chatzot18@gmail.com
Fax: 972-2-5805123
For details about the kollel, videos, or to make a donation, please look for us online:
www.kollelchatzoz.com

Credit card donations can be made by phone.
Checks can be sent to: Friedman Family 1840 40th St., Brooklyn, N.Y. 11218 Or to: P.O. Box 30067
Belleville, Ill. 61001
Donations by credit card can be done over the phone or through our website. All donations are US tax-deductible.
Donors can make a monthly contribution and the kollel will daven for a request each night, by agreement with the Rosh Kollel.

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When I am in a hurry, I tend to eliminate certain steps when putting on my makeup. Maybe I will skip applying my foundation, or my eyeliner. However, there are certain steps I will never eliminate—no matter how little time I have. I may use only one eye shadow when I am in a rush. I can put on a moisturizer, concealer on my eyelids and under my eyes lightly, in a minute. I always add my blush so as not to look pale, I love to wear mascara, and I never skip lipstick applied with a lip pencil.

These are the minimum steps that I will take when I am in a rush. There are also certain habits that I try to maintain no matter how little makeup I apply, or how little time I have.

I like to lay out a layer of tissues before I begin and arrange the brushes I will be using on them. I also put out the makeup I will need, so I don't have to go searching through all of my makeup for one item. It's a great time saver, very organized. This method works best for me, because I only have the makeup I will be using at hand.

I always check my face, before finishing, in my magnifying mirror. My magnifying mirror is my #1 tool. I would never be without it. That is my insurance that my makeup is neat when I leave. Although I am blessed with good eyesight, no matter how perfectly or carefully I think I have applied my makeup, when I look in my mirror, I see that there are always a few specks of mascara to remove, and sometimes my eyeliner is not as straight or even as I would like it to be.

There are always a few imperfections. This happens to all of us, no matter how slowly or carefully we are while applying our makeup.

To remove specks of mascara, my best tip is to lightly roll a clean Q-tip lightly over it. Do it slowly so it won't erase your concealer, making it more noticeable. The most delicate to remove is a speck of mascara on eye shadow. So, when applying my mascara, I lift my eyelid and slowly apply the mascara. I wipe off the brush on a tissue if the mascara is new because sometimes big clumps arrive on my lashes. I also use a metal eye lash comb with a long handle to separate the clumps. If I find a dot of mascara on my eyeshadow, I very delicately roll a very slightly dampened Q-tip over it. Afterwards, I touch up the shadow with the brush I used to apply it, making sure not to use any extra eye shadow, or the shadow will mess up my eyeliner.

I use many Q-tips to neaten my face. If my eyeliner is a little heavier than I want it to be, I carefully roll a slightly dampened Q-tip under my bottom lashes. I like to use gel eyeliner on my eyes, because I find it goes on neater. I apply it in short strokes. I don't clean the brush until I check in the magnifying mirror. If a little needs to be added, it is already on the brush and I can add a small amount. Naturally, don't forget to blend your makeup very well.

Tip: when applying lipstick, check the corners to see if they meet.

Tip: Using long handled brushes gives better leverage when applying makeup.

These makeup tips make putting on your makeup easier, so you can do it more quickly, in a more organized manner, and with fewer mistakes. So, you will have makeup that stays neat all day.
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Sudoku

Sudoku is a logic-based number placement puzzle that has existed in various forms for hundreds of years. The game is played over a 9x9 grid that is divided into 3x3 sub grids called regions. The game begins with some of the grid cells already filled with numbers. The object of Sudoku is to fill all empty cells with numbers between 1 and 9, with one number only in each cell. A number can only appear once in each region, row, and column.

1. Difficulty: EASY

2. Difficulty: HARD

Some tips to help you solve the puzzle:

There’s no right or wrong place to start, but we do have to start somewhere, so let’s look at the three boxes at the top of the sample puzzle to the right.

There’s a 1 in the middle box, and 1 in the box on the right, but the box on the left still needs a 1. At first it seems that the 1 can go in any of the empty cells. However, the 1 cannot go in the top row of the box, because the top row of the grid already has a 1. A grid-row has room for only one of each number. Nor can the 1 go in the second row of the box because the second row of the grid already has a 1. There is only one place for the 1 to go. Look for similar patterns throughout.

You can’t change the digits already provided in the grid; you have to work around them. Also, every puzzle has just one correct solution. Try and approach the puzzle below in this manner, and see if you can complete it in under an hour.

Answer on page 219
Purim Word Search

A word search is a classic puzzle game wherein you have a grid of letters. Within the grid are hidden words. These words are placed within the grid horizontally, vertically and diagonally. The aim is to find and circle all the words as quickly as possible. The words you’re looking for are beneath the grid.

**Tips to Help You Solve the Puzzle**

The best way to solve the puzzle is to scan the grid row by row, from left to right. Then do the same vertically, move left to right scanning top to bottom. This will leave you words placed diagonally, which can sometimes be the harder ones to spot. Good luck and have fun.

Answer on page 219
Kalman Yeger and Corey Johnson Take Office

Political offices were officially filled in January. Kalman Yeger became the new city councilman representing Boro Park and parts of Midwood. Reflecting his Orthodox upbringing, Yeger did not take an “oath” of office but an “affirmation,” afterwards he wrote an email, saying, “It was a humbling and moving moment to take the official affirmation of office. The people of our community have entrusted me to be their voice at City Hall for the next four years, which is an extraordinary responsibility. I will spend my term in office fighting for our community, as I pledged to do during my campaign.”

Corey Johnson took office as the newly elected New York City Council Speaker. Jewish community leaders joined Councilman Chaim Deutsch as he introduced Johnson at a meeting in the home of Flatbush Jewish Community Coalition Chairman Josh Mehlman.

Speaking to more than a dozen leaders including Rabbi Chaim Dovid Zwiebel of Agudath Israel and Malcolm Hoenlein of the Conference of Presidents of Major American Jewish Organizations, Councilman Deutsch spoke about the long-standing friendship he has shared with Speaker Johnson, and the many opportunities they have had to work together. During his first term, Johnson served as Health Committee Chairman, a role that aided him in assisting private summer camps, food establishments, and other institutions in the Jewish community.

Mehlman also spoke to the group about his experiences working with Deutsch and Johnson, citing many examples of Johnson’s support and assistance in matters related to Jewish advocacy.

Beit Edmond Safra Events

Congregation Beit Edmond Safra recently had two insightful events. One was held at the synagogue in Aventura, and the other at the synagogue in Manhattan.

The first, which took place in Florida, was just for women. Featuring speaker Raquel Kirszenbaum, it was titled “Happiness: Some Pursue It, Others Create It.” The women were engaged from her first word, and remained enchanted by Raquel’s humor, enthusiasm and intellect.

The New York event was for young professionals in their 20’s and 30’s in celebration of Tu B’Shvat. It began with an inspiring class about the holiday, given by Rabbi Asher Vaknin and was followed by some mingling while sampling wines from Israel! It was a wonderful way to celebrate.
Recently the JNF held their first Shuk Shack: Tu B’S’vat Festival, inviting young adults to enjoy the holiday by experiencing Israel in New York. The promotion for the event said, “Savor Israeli street food, dance to the rhythms of Jerusalem, and experience the culture of the homeland close to home!”

The evening began with a VIP cocktail party, followed by the festival, and then, for those who hadn’t had enough, there was an exciting after party.

Tu B’S’vat Festival In New York

Syrian Cooking At The JCC with Jennifer Abadi

Chef Jennifer Abadi, author of “A Fistful of Lentils: Syrian-Jewish Recipes From Grandma Fritzie’s Kitchen,” recently taught a class at the JCC of Manhattan, where she gave away some secrets of her family’s delicious recipes. Utilizing such ingredients as tamarind, bulgur wheat, sour cherries, allspice, and cinnamon, students left the class understanding why Syrian cooking is considered among the best Middle Eastern cooking in the world.

Diabetes Management Event

Pharmacy students from the Long Island University College of Pharmacy in Brooklyn recently turned an ordinary day into an extraordinary one. The Jewish Pharmaceutical Society (JPS), a student-run organization at the school, organized a diabetes management awareness event at Dear Drugs on Avenue P, where they educated community members.

Leah Moradi, President of JPS, said, “I have been working in the pharmacy field for a while, and I have met many people afflicted with diabetes. They are often unsure about the appropriate use of their medications, and many are unsure how to properly measure their blood sugar levels. Therefore, I felt that it was important to host an event to bring some clarity to the people in our community living with this disease.”

Often, when patients leave their physician’s office they have no idea what medicines were prescribed for them, or how to take them properly. Pharmacists play a crucial role in educating them about their medication. If doctors don’t tell them about important lifestyle changes that need to be implemented, or how to check their blood, it’s up to the pharmacist.

Mrs. K, a community member at the event, said, “My doctor never told me to rotate sites when injecting insulin. Thank you, JPS, for teaching me!”

Another woman noted, “I always have a hard time using the glucose strips and needles, but JPS demonstrated the correct way to do it, and now I feel more confident.”

The event was a success, thanks to the wonderful JPS members who volunteered their time.
COMMUNITY ANNOUNCEMENTS

ENGAGEMENTS

Aimee Sidoui to Natanel Benist
Hannah Horowitz to Albert Riditi
Francine Elo to Jack Setton
Rosy Ballas to Solomon Garda
Rosie Souid to David Harary
Molly Franco to Shimon Nahum
Racheli Friedman to Ikey Chrem
Adele Rishty to Joey Kubie
Helen Menashe to Butchie Betesh
Deborah Haber to Ariel Sasson
Paulina Dahan to Isaac Ashkenazi
Jeanne Shalom to Maurice Massry

BIRTHS

Liat and Jack Yedid...Boy
Mary and Michael Abadi...Boy

BAR/BAT MITZVAHS

Susan and Teddy Salame...Marc
Brooke and Lenny Salama...Isaac

Congratulations
Mabrouk - Mazal Tov

Megillah Reading Times
Edmond J. Safra Synagogue, Aventura

Wednesday February 28
Ta’anit Starts 5:36 am
Ta’anit Ends 6:46 pm

Megillah Readings:
Various Minyanim at 6:40 pm
Additional Reading 8:00 pm

Thursday March 1
Megillah Reading 7:00 am
Megillah Reading 8:15 am
Megillah Reading 9:00 am
Megillah Reading 10:30 am
Megillah Reading 12:00 pm
Megillah Reading 4:00 pm

Edmond J. Safra Synagogue
19275 Mystic Pointe Drive, Aventura

12th Annual Kosher Food & Wine Experience
Monday, February 5, 6:30 - 9:30 pm

This is an unusual chance to not only taste some of the finest wines and spirits (more than 400) from Israel, France and California, but also to sample the amazing cuisine from the kitchens of today’s top kosher chefs and caterers.

The 12th Annual Kosher Food & Wine Experience will take place at Pier 60, Chelsea Piers—Hudson River and 21st Street, NYC.

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Edmond J. Safra Synagogue, Aventura

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Join the new upcoming FREE 6 Week Weight Loss Challenge, a community service, open for registration with classes starting NOW. The Weight Loss Challenge is a group meeting designed to motivate and challenge anyone looking to lose weight in a fun and supportive environment with weekly weigh-ins for accountability and weekly interactive weight loss & nutrition meetings. There will be prizes to celebrate your success and the Weight Loss Challenge includes a money jackpot. The winner or “biggest loser” at the end of the Challenge will receive the cash. Our last Challenge paid out $600 in cash prizes to the “biggest losers”, with thousands of dollars already given away. The Weight Loss Challenge also includes personal coaching. We encourage participants to join with friends and family.

Date: Mondays & Wednesdays  Time: 7:15pm
Place: NY Nutrition Center 1648 East 14th Street, Suite 4 Brooklyn, New York 11229
Cost of Registration: $40 (To cover jackpot and materials)
Places are limited. Register Now! Call (718) 339-5200

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February 21 and 22
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Events
February 21
8 pm: Mazza, Whiskey and Wine Tasting
9 pm: Words of Inspiration

February 22, 10 am to 6 pm
11 am: Mommy and Me with Raquel Laniado
12 pm: Change Your Mind, Change Your Body with IMAGE contributor Laura Shammah
1 pm: Cooking for My People: 4 interactive Purim cooking demos with Sylvia Fallass

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Mystic North 1 bed + den/1.5 bath - Completely remodeled - NEW
Mystic 200 2 bed/2 bath, seasonal - PREMIERE IN DEC
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Water views $ 480,000
Turnberry Towers 3 Bed | 3 Baths | Corner completely remodeled $649,000
Turnberry Village 3 Bed | 3 Baths | 1688 Sq Ft | Corner Unit $451,000
Turnberry Village 2 Bed | 2 Baths | 1320 Sq Ft | High Floor $425,000
Spiaggia Surfside 2 Bed | 2 Baths | 1266 Sq Ft + 3 balconies
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Spiaggia 1 Bed + Den | 2 Baths | Surfside Best Location $425,000
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AVENTURA MARINA II 2 Bed + Den | 2.5 Baths | 1846 Sq Ft
Water views $ 480,000
TURNBERRY TOWERS 3 Bed | 3 Baths | Corner completely remodeled $649,000
TURNBERRY VILLAGE 3 Bed | 3 Baths | 1688 Sq Ft | Corner Unit $451,000
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3 Bedrooms 2.5 baths townhouse on Cedar Ave walk to beach! $20,000
3 Bedroom Ranch in pristine condition walk to Park Ave & Lawrence Ave Shuls $30,000
OAKHURST
4 Bedrooms 2 Baths, large backyard $20,000
WEST LONG BRANCH
Larchwood Avenue 3 Bedrooms 2 Baths Fully finished basement POOL and large backyard $47,000
Renovated 5 bedroom & housekeeper Luxury Rental w/POOL West Long Branch $48,000
4 Bedroom 3.5 Baths, Tennis Court & Deck $36,000
OCEAN
2 homes on Dwight Drive both with POOLS! Rentals continuing to become available. Let me know if you have a house you would like to rent.

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HOUSES FOR SALE

Spectacular one family 4 bedrooms, 4.5 baths. The atrium styled kitchen and dinette look out to a lovely scenic view. There is a finished basement with a full bath. Multi zoned HVAC, and environmentally friendly water filtration system are some of the features that make this a unique house. In addition there is a legal carriage house with a full bath and kitchen. Asking $3M

Det 1 fam, 4 bedrooms, 3.5 baths, prv one car garage, radiant heat throughout, move-in condition. Asking $1,390M

First time sale - Det Legal 2 fam, 38.17' X 121', full basement, wide private driveway, vacant. Price reduced to $1.7M

Det center hall one fam, formal living room, dining room, beautiful modern kitchen, 4 + 1 bedrooms, 3.5 baths, fin bsmt, prv drv, move-in condition. Asking $1,750M.

Just listed. 4 bdrm, one fam with a full basement with a separate entrance. Close to shopping and all modes of transportation. Keys with us.

Det brick one fam, 3 +1 bdrms, 3 baths, fin bsmt, wide share drive, 1 car garage and carport zone R7A. Asking $1.250M

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Subject to errors and omissions sale and/or withdrawal without prior notice.
We have many more homes rentals available. Call for so we can show you.
HOUSE FOR SALE

Exclusive!! Beautiful one fam in the Heart of our Community. 50/100 lot, hard to find Move-in Lg Lr, Lg Dr, Kit/Dinette, Den, 1/2 Bath, Lg back patio, 4 Lg Bdms, 3 full Baths on 2nd Floor, fin bsmt with playroom, appliance Rm, Passover kit, cedar closet bedroom, and full bath. For the luxury buyer!! Call for more info.

Move in 1 fam! 30 x 100 lot house built 24 x 75 built, newly renovated, living room dining room, kit, dinette, den, 4 bdms, 2 full baths, 3rd floor, large loft with carpeting, fin bsmt, bdrm and full bath prv drv, $2.6 million neg. Also available for rent. Call Robyn

Lovely one fam home Madison, Ir dr kit, din, Den., 4 bdms 3.5 baths, move in!! Private drive, asking $1,750M

RENTAL DEPARTMENT:
Robyn Sutton 917.825.7138

APARTMENTS FOR RENT:
Ave S/Teens - Beautiful 2 bdrm, 1.5 bath, large living space, large kitchen $3200
Ave Y/low Easts - 3 bdrm, 1.5 bath, $2800
Ave X/low Easts - large one bdrm walk-in $1400
Ave X area - 3 bdrm, 2 bath, $2600
Ave V/low Easts - 2nd flr, 2 bdrm, $2000
Ave V/low Easts - 2nd flr, 2 bdrm, living/dining rm, $2750
Ave V/low Easts - 1st flr, 2 bdrm, plus bsmt w/bdrm and bath, $3000
Ave V/low Easts - 1 bdrm walk-downs $14-1600
Ave U/East 3rd St - 3 bdrm, 2 bath, large kit, pkg, $4500
O.P./Ave S - 2nd flr, 3 bdrm, 1.5 bath, bsmt, $6000
O.P./Ave S - 1st flr, 3 bdrm, 2 bath, plus bsmt, newly renovated, $6000
Ave O/East 17th St - 2 bdrm, 2 bath, condo, $2600
O.P./Ave N - first flr, 3 bdrm, 1.5 bath, bsmt w/playroom, bdrm, bath, laundry, pkg, $5000
O.P./Ave M - 6 bdrm duplex, 2.5 bath, den, balcony, pkg, $5600
Ave M/East 7th St - first flr, 3 bdrm, 1.5 bath, plus full bsmt $4000

APARTMENTS FOR RENT:
Ave M/East 7th St - 2nd flr, one bdrm, move-in, $1800
O.P./Ave L - 3 bdrm, 2 bath, balcony, $3000
Ave L/East 7th St - 2 bdrm condo $2300
Ave J/East 10th St - 2 bdrm, 2 bath, plus bsmt, pkg, all new $5000
Ave J/East 10th St - 3 bdrm, 2 bath, all new, pkg, $4600
Ave J/East 10th St - 4 bdrm duplex, 3.5 baths, pkg, all newly renov, $8000
Ave J/East 10th St - 1st flr, 2 bdrm, plus finished bsmt, pkg, $5200
Ave J/East 9th St - 3 bdrm, 2 bath, all brand new, $3500
Ave J/East 9th St - First floor, 2 bdrm, brand new, $3500

HOUSES FOR RENT:
Ave R/East 8th St - 3 bdrm, 2.5 bath, private drive, $5500
Ave S/teens - 3 bdrm, 3 bath, fin bsmt, pkg, $3750
Ave R - Luxury 5 bdrm, 4.5 bath, center hall, bsmt w/kitchen, porch, backyard, private drive
Ave O - Luxury 6 bdrm, spacious
Ave M/East 9th St - 3 bdrm, 2 bath, parking, $4500
For Sale Exclusives of the Month

HOUSE FOR SALE

Ave I/East 9th St - Dead end 1 fam, 30/100 lot, move-in, lr, dr, kit, den, 4 bdrms, 3½ baths, loft on 3rd fl, asking $2.5M
Ave I/Dead East 7th St - Dead end, semi att, 20/120, great length, 3 bdrms, new kit. Great starter.
Ave I - 1 fam, 28/100, move-in, 4 bdrms, asking $2.5M
Ave J & K/ East 7th St - 40/120, m needs work
East 10th St/J & K - 3 fam, 30/100 lot, newly renovated
Ave I/East 7th St - Dead end, large 50/120, extra large home, needs work
Ave I East 3rd St - 1 fam, stunning home, newly built. Call for info, luxury buyer
Ave J/East 5th St - 1 fam, lovely home, 5 bdrms
O.P. / Ave J - Ig 2 fam, 40/120 with duplex. Many more homes in Midwood manor. Please call
O.P. L & M - 30/140, newly built, 1 fam, move-in, luxury buyer
O.P. M & N - Ig 2 fam, 40/150 lot, interesting piece. Call for info
Ave N/East 4th St - 1 fam, 27/100, 6 bdrm, 4½ bths, den, driveway, move-in $2.2M
Ave N/East 4th St - Irg 3 fam, 40/100 lot, needs work, asking $2M

East 3rd/N & O - 20/100, semi att, 2 fam, needs work asking $1.3M
East 7th St/N & O - 1fam 40/100 asking $3.5M
Ave R/btwn 7th & 8th St - 1 fam, 40/100
O.P./R & S - 2 fam, semi att, 28/100, driveway, needs work, asking $3,250
O.P./T & U - 2 fam, 26/150, R5, 3 bed over 3 bed
O.P./U & V - Lovely, 1 fam, newly built, large driveway, 6 beds, move-in
O.P./Ave W - 1 fam, 80/150, great piece!!
East 3rd St/R & S - Best block, 1 fam, 50/100, luxury buyer
Ave T/luxury - 1 fam, luxury buyer!!! Must see
East 8th St/T & U - 1 fam, 20/100, 3 beds, needs T.L.C., asking $1.4M
East 13th St St/R & S - 30/100, 4 beds, 3½ baths, move-in, asking $2.3M
Bedford Ave/M & N - 2 lots for sale, 80/100 and a 40/100. Can be bought together or separately. Call for price
East 22nd St/K & L - 38/100, 5 beds, move-in, asking $1.9M
Ave K/East 22nd St - Corner mag, move-in!! Call for price
Ave V/low Easts - Move-in home, 4 beds, new kit, den lg yard

SPECIALS FOR SALE

O.P./AVE J - LG 2 FAM
Legal 2 fam home on 40 x 120 lot, 1st floor living room, dining room, kit, 2 bed, 1 full bath, 2nd floor duplex liv, din, kit, dinette, 3 large bdrms, 2 full baths, 2 car garage, great spot on Ocean Pkwy. Call Audrey for appointment.

BAY PKWY/EAST 5TH ST
Charming 1 fam home, 38.5 x 100 lot, living room, dining room, kitchen, dinette, den, 2nd floor 4 bed 2 bahts 3rd floor 1 bedroom, fin bsmt, move-in!

CONDO FOR SALE
BRISTOL!!!
For sale 3 bdrms, luxury apartment, parking, decorated, just move in!! Call for price!!

MIDWOOD MANOR/AVE I
One family home, 35/100 lot, newly built!! Stunning!! Move in!! Third floor Den, a home to suit all your needs. Call for more info.

EAST 10TH ST/J & K
New on market!! Three family, newly renovated on East 10th St/J & K, 30/100 lot. Great Block!! Call for price.

CONDO FOR SALE
AVE N/OCEAN PKWY
Beautiful new building!! All floor to ceiling windows. Synagogue on premises, 2 social halls, italian kitchens. Call to view. 1,2,3 bdrms available. Only 12 units.

We have so many more homes it’s hard to list them all. Please call us. We will service all your needs. Audrey and Robyn.
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Established 1995

Shirley Hanan
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Nancee Hedaya
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Houses for Sale

Ave I-J/K/Low E (Midwood Manor)
* Office exclusive - 30 x 100, lot for sale, prv drv, floor plans, great opportunity
* 1 fam, 4 bed, driveway, 30 x 100, $1,150
* New listing - 1 fam, 40 x 100, 3 stories, luxury buyer, prv drv
* 1 fam, 30 x 100, detached, prv drv, 5 bed, mstr bth, den, 3 stories, $2,660
* 1 fam, 40 x 100, C/H, Den, 5 bed, mstr bth, 3 stories, luxury
* 1 fam, 40 x 120, 8 bed, prv drv, $2,150
* 1 fam, 83 x 104, 5 bed, mstr bth, prv drv, luxury buyer

AVE L/M/N/O/P/ LOW E
* New Listing - 4 fam, 26 x 100, shared drv, great block, $1,750
* New listing - 1 fam, 26 x 100, 4 bed, 4 bth, den, private driveway, MIC, $2,250
* Brand New listing - 2 fam, 30 x 100, 3 over 3 bed, private parking, finished bsmt w/kitchen, playroom, bth $1,250
* Brand new listing - 1 fam, 25 x 100, 4 bed, 2 bth + 3 bed 1 bth on 3rd fl, den, full bsmt MIC, prv drv, wants to hear all offers
* New listing - 2 Fam, 30 x 100, R5, Asking $1,350
* New listing - Ave P - 30 x 100, 4 bed over 3 bed, prv drv, detached, $2,660
* New Listing - Ave P - 1 fam, 24 x 100, detached, prv drv, 4 bed, mstr bth, Den, $1,850
* 1 fam, 30 x 120, 5 bed, center hallway, MIC, must see, $3,300
* 1 fam, 50 x 100, detached, prv drv, 6 bed, mstr bth $2,750
* 1 fam, 42 x 110, C/H, den, 4 bed, mstr bth, prv drv, 1st fl 5 bed, bsmt 3 bed

Ocean Pky
* New listing - Ave T & U - 2 fam, 26 x 150, R5, 3 bed over 3 bed
* New listing - Ave N - 1 fam C/H, 5 bed, mstr bth, prv drv, $3,250

New houses daily, will negotiate best prices for buyer and seller

Apts For Rent

Ave I/O/P. - 3 bed, very large, 2 bth, balcony, parking, $2850
Ave K/Low E - 2 bed, walk-in apt, newly renov, $2000
Ave L/Low E - 1st fl + 1/2 bsmt, luxury apt, 3 bed, bed bth playroom in bsmt, parking $5000
Ave M/O/P. - Duplex, 7 bed 2.5 bth, Renovated, parking, $5800
Ave M/Low E - 1 bed, 1 bth, MIC, $1,800
Ave N/O/P. - 1st fl + bsmt, 3 bed, 1 bth + 2 bed,1bth, playroom in bsmt, $4000
Ave N/Low E - 1st fl + bsmt, 3 bed, 1 bth + 2 bed, parking in bsmt, $3500 incl gas & Heat
Ave O/Low E - 2 bed 1 bth MIC, $2200 optional parking
Ave S/O/P. - 1st fl 3 bed, 2 bth + 1/2 bsmt parking, $6000
- 2nd fl, 3 bed, 1.5 bth + 1/2 bsmt, $6500

Quentin Rd/Ave R/S/T/U/V Low E
* New listing - Ave S - 4 fam, 26 x 120, drv, great block $2M
* New listing - 1 fam, 20 x 100, detached, parking $2,150
* Brand new listing - 1 fam, 25 x 110, 3 bed, 2.5 bth, driveway, $2,250
* 1 fam, 40 x 100, prime block, $3,300
* 1 fam, C/H, 6 bed, den 60 x 100, palatial house, luxury
* 2 fam, 30 x 100, prv drv, 1st fl - 1rg mstr suite, L/R, D/R, 2nd fl-3 bed, $2,250
* Ave T 40 x 100, prv drv, 4 bed, ready to sell, luxury buyer

Ave L/M/N/O/P/ Low E
* New Listing - 4 fam, 26 x 100, shared drv, great block, $1,750
* New listing - 1 fam, 26 x 100, 4 bed, 4 bth, den, private driveway, MIC, $2,250

New houses daily, will negotiate best prices for buyer and seller

Apts For Rent

Ave I/O/P. - 4 bed, mstr bth, newly renov, 40 x 125, den, bsmt w/playroom bth & bed, prv drv, luxury
Ave N/Low E - new to market, 4 bed, 1 bth, EIK, bsmt w/maid's rm bth & playroom, MIC, prime block, prv drv $5,000
Ave P/Low E - 3 bed, 2.5 bth, prv drv, new bath, $5,000
Ave R/Low E - 3 bed, 2.5 bth, completely renov, drvwy, front porch, $6,000
Ave R/Low E - 4 bed, 3.5 bth, 3 stories, brand new construction, finished bsmt maids room bth, luxury renter
Ave S/teens - 3 bed, 3 bth, finished bsmt, driveway, $3,750

NEW HOUSES DAILY

Shirley Haddad
Rental Dept • 917-664-4431

Section 07.indd 206
1/25/2018 4:38:31 PM
Houses for Sale

**Ave J Low E**
Two Office exclusives
* 30 x 100, prv drv, floor plans provided.
  Great opportunity!
*1 fam, 4 bed, drv, 30 x 100, $1.5M

**Ave J/low E**
*1 fam, 40 x 120, 8 bed, prv drv, detached, Asking $2.2M

**Ave S/Low Teens**
*1 fam, 22 x 100, completely renov, 3 bed + fin bsmt that can be used as walk-in, prv drv

**Ave N/Low E**
*2 fam, 20 x 113, R5 zoning, $1.3M

**Beautiful New Listing**
**Ave U/V Teens**
*1 fam, 40 x 100, 7 bed, 5 bth, den, prv drv, luxury $3M

**Ave K/Low 20s**
*1 fam, prestigious corner house, 50 x 100, 3 stories, mstr bath, luxury

**House For Rent**
**Ave I/Ocean Parkway**
Prime Location!
Beautiful condition!
4 bed, mstr bth, newly renov, 40 x 125, den, bsmt w/playroom, bth & bed, prv drv, luxury

**Ave J/East 19th St Office Exclusive**
*Charming 1 fam, 41 x 100, 3 stories, prv drv, 5 bed, fin bsmt, $1.85M

**Ave J/ Low E**
- 1 fam, 40 x 100, C/H, Den, 5 bed, mstr bath, 3 stories, luxury

**Ave N/O Low E**
*1 fam, 50 x 100, 6 bed, mstr bth, detached, prvdrv, Asking $2.6M

**Ave S/Low E**
*4 fam, 26 x 120, drv, great block, $2M

**Ave M & N/Bedford**
*1 fam, 40 x 100, detached, prv drv, new kit, new baths, 3 bed + stairs to attic. Call for price

Section 07.indd   209
1/25/2018   4:38:31 PM
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**Houses For Sale**

- **Avenue M / East 8 - PRIME CORNER** - Legal 2 fam all brick, renovated corner house currently being used as 1 fam. 2 kitchens, 4 baths, herringbone floors, 4-5 bdrms on 2nd floor with wrap-around porch. Very high ceilings. Finished basement with 5 rooms and its own front entrance. New windows, private drive. Must see!!! $1.675M.
- **East 29 / Between J & K** - 3 bdrm duplex with extra large living room and dining room, kosher eat-in kitchen, finished basement with 4th bdrm, huge family room/playroom, Pesach kitchen and bathroom, driveway, huge backyard, garage, great block!!! Reduced!!! Asking now $899K.
- **Ocean Parkway/Gravesend** - Office space for lease. Approximately 1200 sq’. Totally renovated!!! Handicap accessible. Only $3,000 month, NO FEE!!!
- **Marine Park** - Turnkey business for sale!!! Kosher breakfast, lunch, ice cream and candy store. Call for details!!!

**Apts For Rent**

- **Walk-in 3 bed, excellent condition, $2000**
- **Low East/Ave V - 2 bed luxury, $2300**
- **Neck Road/East 4th St - 2 bed apt. Fully renov, custom kitchen, prv drv, W/D, back yard front porch $2500 Including Heat**
- **Walk-in Ave P/Low East - 1 bed, 1 bath**

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Madison/East 27th St - Beautiful detached 1 fam in the heart of Madison. Large L/Rm, formal din. Rm, eat-in-kitchen, 3 Large BRs, ½ bath, hardwood floors thru-out, full bsmt with 3/4 bath and heat. Private driveway, garage.
Midwood/Ave P - Prime Midwood detached 2 fam with private driveway. Walking distance to shopping, house of worship and transportation. Don’t miss this great opportunity.

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SALE
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Rutenberg Sadie Jemal-Meyers
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MISCELLANEOUS

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KNIT/CROCHET FOR CANCER - Make a blanket or 9x12” rectangles, any color or pattern. In memory of Robin Ashkenazie a’h 718-757-1777 Sylvia

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Van for Hire - 12 & 15 passenger and mini van for airports and Deal, birthday parties, all occasions. Call Amram 646-512-1826. Excellent service, Ref Avail

HOUSE FOR RENT BROOKLYN

E 21st / Ave S - Lux det 3 flrs, granite flrs, LR, DR, EIik, 3 bdrm, 2½ bthns, fin bsmt + 1 bdrm, 2 car parking, utili- ties not incl $4000. Avail Jan 2018. Call 347-299-9182.

Ave W / E 1st St - Lrg det 3 flrs, 3 EIK, 4 BR, 2½ bths, 2 car parking, utilities not incl. $4300 Avail Now. Call 347-299-9182

HOUSE FOR SALE BROOKLYN

Ave L /30’s multi family. Two 3 bed, 1 bath, apt + fin- ished bsmt. $1.1M Ave S / E 21st - brick multi family home. $1.6 Karen/TheBahrTeam 347-988-2526

Ave P / 27th St - Lux home. 6 beds, fin bsmt + 2 beds. $1.9M Ave P - Great block! D/chd, 25x110 lot. Pri drv. $1.825M Karen/TheBahrTeam 347-988-2526

APT FOR RENT BROOKLYN

Ave W / E 1st St - Det 2 fam, 1st flr ½ rm, + bsmt ½ rm EIik, new cabinets, marble flrs. $3200. Also 2nd flr ½ rm EIik, new marble flrs. $2200. Inc Heat. Call 347-299-9182

E 10th St / I & J - Luxury apt 1st flr, 2 BR + master suite, 2 baths, kitchen, LR, DR, basement 3 BR, 2 baths, kit, play room, laundry rm, C/A/C. Call 732-718-3239 or 917-348-6890

APT FOR RENT WOODMERE NY

Woodmere - 2 Modern apartments, 2 BR, Nice condition, residential block, backyard, plentiful, parking, W/o hook-up, water included. Asking $1900, $1700 plus utilities. Owner 516-236-2377

SUMMER RENTAL NJ

Long Branch - 4 bdrm, 2 bath, backyard, fully finished house for rent. Great location! Walking distance to shuls & ocean, $25K. Call 718-954-4525

Oakhurst - 6 elegant furnished beds, 3 full baths (Jacuzzi) In main full bath, kit, A/C, 2 zone, all new kit appliances. Walking distance to Shul. 908-309-9111 or email elaineDweck@gmail.com

Deal Park - Gorgeous fully renov, huge kitchen, 5/6 bdrms, 3 bths, C/A, new hardwood flrs, Lrg grounds. $30’s K neg. Call 917-789-3506

W Deal / Sherman Ave - Newly renovated adding 2 bdrms & new bth rm, split level 3 bdrms up, 3 down, C/A, 3½ baths, EIik, LR/DR, Lg den, Lg backyard. Call 212-605-3233 or 732-718-3239

Deal / Richmond Ave - Newly Renovated Adding 2 Bdrms - First flr master suite w/ bth + 4 bdrms up 3½ baths, EIik, LR/DR, Lg den, Lg backyard. Call 212-605-3233 or 732-718-3239

Deal Park – Save the commute, prime location. Ranch on oversized lot. Dead end street, big backyard, swing set, in-ground pool, 4 lrg bdrms, 2½ bths, brand new kosher kit, with D/W, double oven, W/D, C/A/C, huge FAM rm, porch, etc. Avail for June 26,2018 - Sept 3rd 2018 reasonable rent. Also avail for the Summer. Call 917-842-9284

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Telbueh, Short term. Across from The Plaza. Furnished renovated 2 bedrooms, 2 baths, AC, Kosher kitchen, WiFi, Tu W/D. 347-788-8541 or email smolerskinstates@gmail.com

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- **Soho Asian Bar and Grill**
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Puzzle on page 186

1.

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

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

Puzzle on page 187

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

Word Search
We're keeping a record of all the events in our community.
You can view this calendar on our web site: www.ImageUSA.com, “calendar of events.”

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**Score: 75 - 100:** Brilliant! We bet you scored high on your SAT’s. **55 - 75:** Not bad, but could use a little work; **0 - 55:** Read your dictionary!

<table>
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<th>1 ROTE</th>
<th>6 ADAGE</th>
<th>11 MALADY</th>
<th>16 OSSIFY</th>
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<tr>
<td>b. Routine</td>
<td>b. Film</td>
<td>b. Illness</td>
<td>b. Binge</td>
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<tr>
<td>c. Spoke</td>
<td>c. Saying</td>
<td>c. Suspence</td>
<td>c. Tipsy</td>
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<th>7 ARGENT</th>
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<td>b. Supported</td>
<td>b. Blackish</td>
<td>b. Questionable</td>
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<td>c. Rancid</td>
<td>c. Silvery</td>
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<th>20 ABSTENTION</th>
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<tr>
<td>c. Heat</td>
<td>c. Obedient</td>
<td>c. Legible</td>
<td>c. Pressure</td>
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Since we started our Vocabulary Quiz, we have used over 600 words. It’s review time. Let’s see if you remember the definitions of the following words.
<table>
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<th>CATEGORY</th>
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