

# THE JEWISH STAR

Independent and original reporting from the Orthodox communities of Long Island

VOL. 8, NO. 45

NOVEMBER 6, 2009 | 19 CHESHVAN 5770

www.thejewishstar.com



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## I'M THINKING Diplomacy by whining

BY MICAH D. HALPERN

"The Arabs never miss an opportunity to miss an opportunity." Israel's revered statesman, respected diplomat and global thinker Abba Eban — a man intimately familiar with the Arab world and Arab diplomacy — made that observation. And the words ring as true today as they did when first spoken twenty-six years ago.

The Palestinians have developed a unique style of diplomacy — a kvetch and complain style. They express displeasure and dissatisfaction with almost every plan put before them, almost every concession made to them and almost every pledge made on their behalf.

Their latest source of displeasure is the United States.

Palestinian diplomats and political leaders are accusing the United States of not keeping their word. As it turns out, this time, they are correct.

In the early days of his administration Barack Obama made it clear that it was his belief that in order for negotiations between Israel and the Palestinians to be resumed under his watchful eye, Israel must first

freeze all settlement activity. The Arab world received this news gladly. Finally, the collective thinking went, the United States understands the Palestinians and is ready to stand up to the arrogant Israelis. You could practically hear the applause, as this "precondition" became known in the Arab world and the halls of the US administration.

And then the United States saw the light. The reversal came in September when, during the United Nations' General Assembly, President Obama coordinated and chaired a three-way meeting between himself, Abbas and Netanyahu. In the

See I'M THINKING, Page 5

Micah D. Halpern is a columnist and a social and political commentator. Read his latest book THUGS. He maintains The Micah Report at www.micahhalpern.com

## Toldos Avrohom Yitzchok Rebbe draws blog spotlight to Lawrence

BY MAYER FERTIG

In Jerusalem and Beit Shemesh, followers of Rabbi Shmuel Yaakov Kohn, known as the Toldos Avrohom Yitzchok Rebbe, and his brother, Rabbi Dovid Kohn, Toldos Aharon Rebbe, are among those responsible for religiously-motivated vigilante attacks on women, and violent protests against chillul Shabbos (Sabbath desecration) that shocked the Jewish world several months ago. The two rabbis are crisscrossing the New York-New Jersey region this week seeking funds for their communities with stops scheduled in Flatbush, Monsey, Lakewood and the Five Towns. The Toldos Avrohom Yitzchok Rebbe plans to visit Congregation Shaaray Tefilah and a private home in Lawrence this Shabbos, which has drawn the attention and ire of several well-read Jewish bloggers.

One, DovBear, wrote, "[Although] as supreme ruler of their chasidim, [the two] have the power to shut down the violence in an instant, both have steadfastly refused to do so. Instead they



Photo courtesy of theyeshivaworld.com

The Toldos Avrohom Yitzchok Rebbe, Rabbi Shmuel Yaakov Kohn

teach hate, and look the other way when their chasidim act on their lessons. Moreover, both are leaders of the strongly anti-Zionist Edah HaChareidis."

Attempting to call readers to action, the blogger added, "if See BLOG SPOTLIGHT, Page 2

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## Election result online

The outcome of the hard fought race in the Seventh Legislative District between incumbent Democrat Jeff Toback and two-time Republican challenger Howard Kopel is posted on The Jewish Star's website, thejewishstar.com

## YOUR HEALTH

Pages 10-13

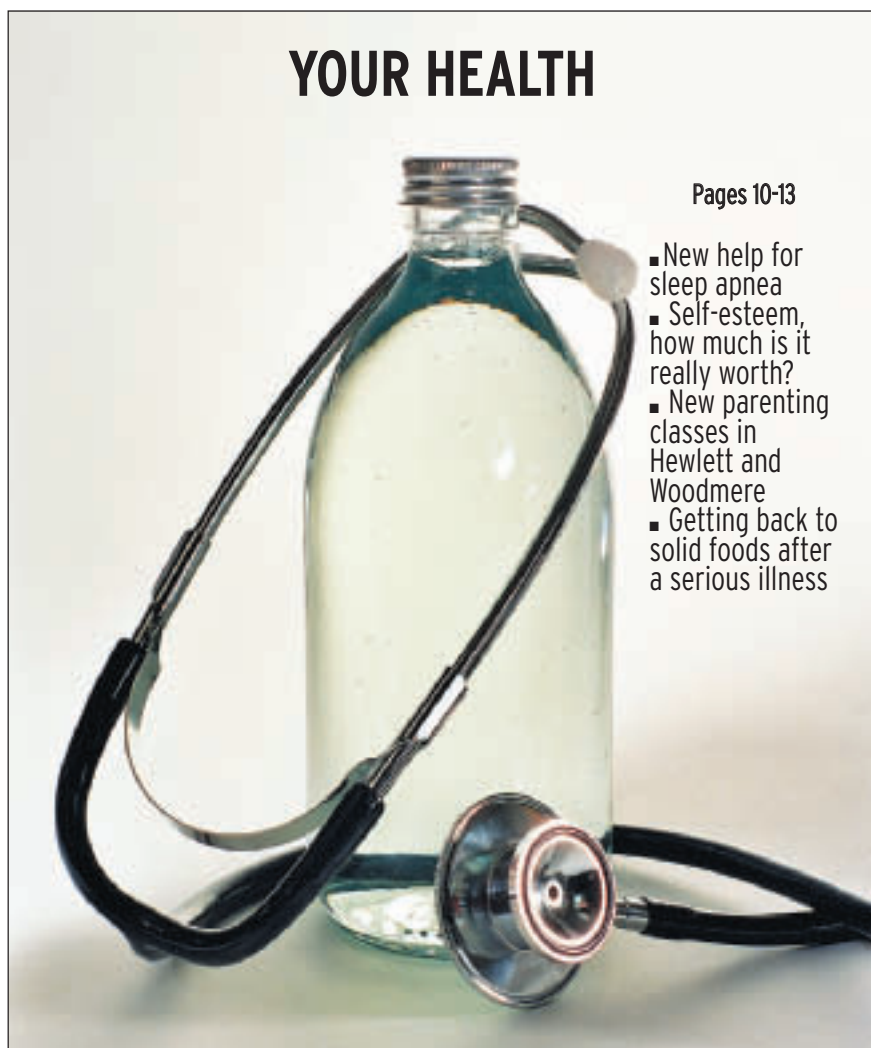


Photo by Judah S. Harris

- New help for sleep apnea
- Self-esteem, how much is it really worth?
- New parenting classes in Hewlett and Woodmere
- Getting back to solid foods after a serious illness

## Kosher soup kitchen expands to Brooklyn and Queens

BY MICHAEL ORBACH

Masbia Soup Kitchen, the only kosher soup kitchen in New York, plans to open new branches in Flatbush, Williamsburg and, later, Queens.

"Williamsburgh is the mecca of Jewish poverty," said Alexander Rapaport, director of Masbia. "We opened up one in Borough Park; the donors wanted to help us replicate [Masbia] in different neighborhoods where there is a need for kosher emergency food. This is more donor-driven than anything. People came forward — Met Council, the Federation, private philanthropists."

The first new soup kitchen will be located at 65 Lee Avenue in Williamsburgh. A grand opening was scheduled for Thursday at 3:00 p.m. The Flatbush location is set to open on Coney Island Avenue over the Thanksgiving weekend. The fourth Masbia will be located on Queens Boulevard in the Rego Park section of Queens that is home to many Bukharian Jews. The original Masbia loca-

tion, which opened in 2005 in Borough Park, achieved recognition for its restaurant-like appearance and ambiance. According to Rapaport, the kitchen serves an average of 150-200 free meals per day.

The new soup kitchens are a joint effort of the Metropolitan Council on Jewish Poverty. William Rapfogel, executive director and CEO of Met Council, called the partnership with Masbia a natural move.

"We strongly admire Alex for what he's doing... They [Masbia] provide good quality food and they're able to do it at a reasonable price. We haven't found anyone who can do what they do at the same level of kashruth."

The locations were chosen based on need, Rapfogel said. The project has been in the works for six months. Down the road, he said he hopes to outfit the soup kitchens with additional services such as job training and job placement.

"First and foremost, we want to get them running and serving people who need food," he said.

## You know you had a good time if your stomach hurts

A reporter's journey to the inside of Kosherfest

BY MICHAEL ORBACH

Native Americans have vision quests, college fraternities have hazing, and Jewish reporters have Kosherfest as their rite of initiation. The annual two-day festival highlighting the newest kosher products; was held on October 27-28 at the Meadowlands in New Jersey. Before the big day my colleagues gave me strict instructions: wear large pants, don't bother with a belt and the more pockets the better. Skip dinner the night before, don't eat breakfast, and if it

looks edible, it probably is (or if it's not, poison control has a booth somewhere at Kosherfest.)

I met up with two old friends before the event: Zechariah Mehler and Shalom Silbermintz, hosts of the Dead Air program on Yeshiva University's radio station, WYUR, and seven-year Kosherfest veterans. They were there to record a radio program about the event, but there was no question about the true nature of our mission: Free food. Lots of it.

Only Christians believe gluttony is a sin. Security was tight and while we waited on line Zechariah and Shalom complained about last year's

main attraction: the smashing of the Guinness Book's World Record for the largest peanut butter sandwich.

"It wasn't even peanut butter," Zechariah lamented. "It was soy butter, and it wasn't even the largest peanut butter sandwich. It was lots of little pieces of bread stuck together."

"Seriously, I've lost faith in records kept by a beer company," Shalom added.

Curiously, a security guard waved through

See KOSHERFEST, Page 3

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### Shabbat

Candlelighting: 4:27 p.m. ■ Shabbat ends 5:27 p.m.  
Torah reading: Parshat Vayera

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A cooking demonstration at Kosherfest.

Photos by Saul Sudin



White fish brings Jews together. Exhibitors and buyers gather at a fish display.

## KOSHERFEST HURTS

Continued from Page One

members of the press without wandering us, even though we each seemed to be carrying enough electronics to make a metal detector sing Puccini. Once inside the hall, Zechariah developed the kind of plan we'd need.

"We go, we eat. I, in an attempt to have something to discuss for tonight's broadcast, will eat everything," he pledged.

I, with a somewhat sensitive stomach, pledged to watch him and pump his stomach if the situation demanded it. We began, as one should at Kosherfest, with a hearty breakfast: free iced coffee and juice from the Prigat stand, and free bagels, English muffins, and doughnuts. One booth over a variety of spreads was on display; our stomachs growled in what would be the soundtrack to Kosherfest.

Last year, Shalom explained, was the Year of the Cheese at Kosherfest. This year there were slimmer pickings; a good spicy Pepper jack cheese by the Toobroo booth and a block of Parmesan cheese by Schtark Cheeses. This year could have been titled the Year of the Lawsuit. Rubashkin's booth was noticeably absent; Toobroo is currently embroiled in a battle over their newly acquired plant in Ogdensburg with the plant's former owners, Ahava. With the exception of two kinds of kosher beef jerky (R.J.'s Kosher Beef Jerky and Holy Cow Kosher Beef Jerky) meat at Kosherfest was in short supply. In a telling sign about the kosher meat market, a three-way competition for best deli sandwich, in which Traditions of Central Avenue was a local favorite, the winner was a fancy egg salad sandwich from Manhattan.

Highlights of the festival included Cedarhurst-based Kosher.com's giant shopping cart. It was equipped with a powerful looking V-8 engine, although a spokesperson for the company declined to comment on the cart's top speed.

"It's a shopping cart on steroids," said Kosher.com CEO Aaron Dobrinsky.

Pomegranate juice from Organic Juice USA, an imported line of sugar-free fruit juices from Turkey, put the overly expensive Pom juice to shame. Brain Toniq, a high-end brain energy drink won Best-in-Product-Design. Glatech's Kolatin, the first kosher gelatin, uses animal hide to produce a completely pareve gelatin and relies on a teshuva from Rav Moshe zt"l. Lucky Chen, an entirely decent instant Chinese noodle product won Best-in-Show, though it lost points (at least by my informal reckoning) for hiring stereotypically Asian women to hawk the wares. Illinois Nut and Candy received favorable reviews for its Kosher-for-Passover Ten Plagues chocolates, though it too lost points when the salesgirl didn't know all ten plagues by heart.

"Bernie Madoff?" she asked.

There were a number of festival low points: The girl dressed as a leprechaun giving out free pastries ("Would you like a rugaluck?" she asked); the Dagim fisherman who's been carrying the same net for the last seven years, at least according to Zechariah (we were half hoping one of the giant jellyfish candies would eat him); the lack of bathrooms; and the kosher candy display that didn't give out samples; XL, a Polish energy drink (when asked what sets their product apart from their competitors, the salesman replied, "We're cheap. And kosher.") Ironically, according to the free Kashruth magazine

given out at the event, XL is not actually kosher. The Westboro Baptist Church also made an appearance, protesting outside the convention center — though important to note, they were not as irritating as some of the mascots.

If Kosherfest is any indication — and it is — it seems that kosher is going gourmet. Merchants seemed to be showing higher-end good, or higher end merchants showed newly minted kosher certifications, since it doesn't hurt and, given the large size of the kosher market, it can definitely help. For better or worse, some of the heimische is being taken out of kosher.

As for us, I lost my colleagues while they discussed a



This cheesecake was one of the many casualties of Kosherfest.

pitch for a Jewish television travel channel. A pretty girl from Lawrence smiled at me and handed me a lollipop from Custom Candy Concepts, a com-

pany that produces edible art candies with personalized messages. I put it in my pocket. I wasn't exactly hungry.

\*Actual Photo of Camp Dora Golding Waterslide

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# What happens when you assume



Rabbi Avi Billet

I always thought the story of Lot's daughters was not taught in grade school because the material is inappropriate for children.

Reading it again, the initial sentiment still holds true. But an even bigger problem exists: the story makes no logical sense. Zero.

Consider: two daughters escape the Armageddon of their time. According to Rashi (19:31) they thought the world had been destroyed and that they and their father were the only survivors. Considering his age and that there seem to be no other men, they take matters into their own hands, quickly become pregnant through him and give birth to Moav and Ammon — the fathers of two nations who were so devastating to our people.

It would seem that because of his age they were concerned he would not father another child. So what? If they believed they were the only survivors in the world, their father's inability to marry and have another child is irrelevant. Even if he could, the son their father might have would be their brother, making a future marriage to him impossible according to most rules of the world.

If they were right in assuming there were no other men in the world to whom they could be married, and that their father was the only option, their focus on his age indicates the necessity for expedience. But what was their long-term plan?

They both had boys. Were they planning to continue to reproduce with their offspring, assuming Daddy would kick the bucket before their children were old enough to become fathers? And what would they have done had they both had girls?

Ramban writes (19:32) that they hoped one would have a girl and the other would have a boy. This is sincere, almost admirable. What lovely intentions. Did they consider alternative possibilities should they not produce their desired gender outcome?

More likely they weren't really thinking of different permutations. Considering the relationship that existed between Lot and these two daughters, along with the family history of living in Sodom, there were bigger problems than "what will happen to the children born from Daddy?"

Lot offered his daughters to a mob in Sodom in exchange for protecting his mysterious guests. Between them, there seems to have been no love lost over the demise of Lot's wife. The city of Sodom seems to have been a breeding ground of sexual immorality in which about everything "went." This is the background for our strange tale.

To their intellectual credit, the girls were pretty sure that in a sober state their father would never go along with their plan. Perhaps that is to Lot's credit as well.

On the other hand, the Talmud (Nazir 23a) explains that the word "u'v'kumah" ("and when she arose") — which appears in the context of Lot not knowing of his elders daughter's deed neither when she went to sleep nor when she woke up — appears in the Torah with dots to indicate that he actually did discover her deed when she woke up. As such, he was at fault when he allowed them to get him drunk the following night, now having full understanding of their intentions.

Ramban records two points

of note: a Talmudic opinion that a Noahide is permitted to marry his daughter (Sanhedrin 58b), and a Talmudic defense of Lot (Nazir 23).

But if the midrash is correct that the daughters of Lot felt the destruction was as devastating as the flood (Bereishit Rabba 51:8), making it their duty to repopulate the world, why did they not wait for Divine instruction? If they felt they had been chosen, and they modeled their story on that of Noah, wouldn't they expect directions from G-d?

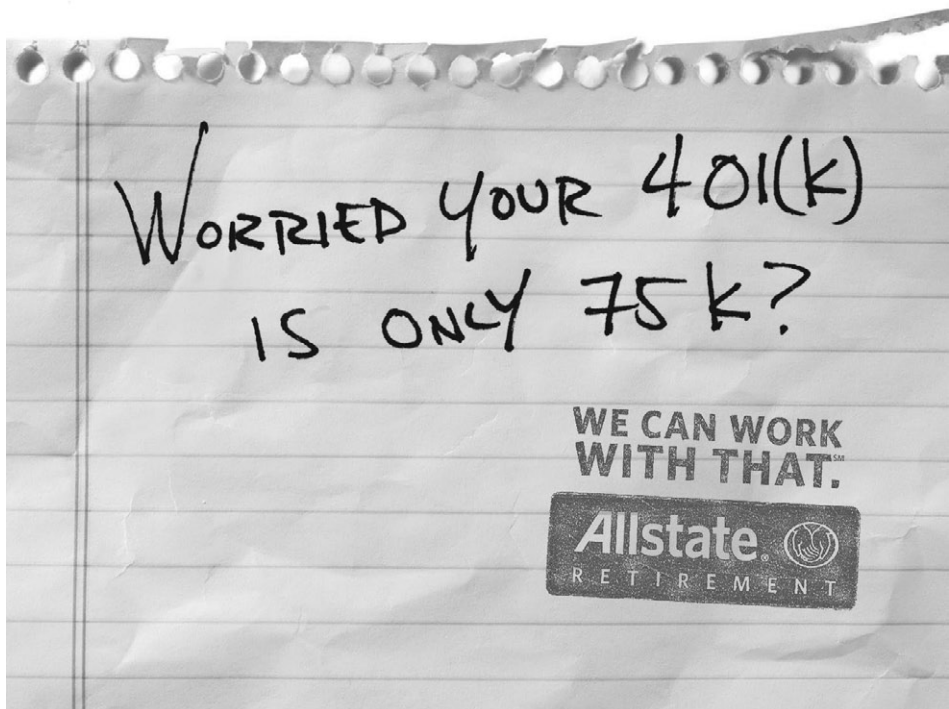
How Adam and Chava populated the world beginning with two sons is a topic of one discussion. That Noah had three married sons who could procreate after the flood is a different discussion.

Whether one looks at their intentions as honorable or otherwise, the outcome of their actions produced Ammon and Moav.

As much as we can, we are meant to seek Divine guidance through the Torah and the mesorah (heritage) available to us. When there is no guidance, or the script is not written, what do we do to move on with our lives?

Sometimes we need to do a lot of legwork to find an answer. Sometimes it requires leaving the cave, finding the right person who can help and guide us along the way. And sometimes it means really exploring to see if our assumptions were correct, or if the difficulty in our life was really limited to a small time and place, making it, in the scheme of things, much less of a big deal than we originally thought.

But if we jump to our own conclusions, even if we're not literally guilty of bringing an Ammon and Moav into this world, we are at least guilty of the same kinds of behavior that lead to a devastation of our people.



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# ON THE Calendar

For a complete listing of upcoming community events, including items that didn't make it into the print edition, go to [www.thejewishstar.com](http://www.thejewishstar.com).

**Cedarhurst** - The JCC of the Greater Five Towns Kasher Culinary Institute presents Japanese cooking with Chef Cynthia Legaspi on Wednesday, November 11, 2009, at 10:00 a.m. and 7:00 p.m., at the JCC, 207 Grove Avenue in Cedarhurst. The fee for this class is \$50. For registration information please call 516-569-6733, ext. 222.

**Cedarhurst** - Uri Schneider and Phil Schneider will present their documentary, "Transcending Stuttering," which follows the lives of 7 people who stutter, as they grow from childhood into adulthood at the JCC of the Greater Five Towns" on Sunday, November 8, 7-9:00 pm. Discussion will follow. Open to teens and adults who stutter and their families. Please RSVP or for more details. Email [events@schneider-speech.com](mailto:events@schneider-speech.com)

**Cedarhurst** - The JCC of the Greater Five Towns offers "Kids Corner," a program for special needs children, on Sundays, from 12:15 p.m. to 1:30 p.m. A light lunch is provided. For further information please call 516-569-6733, ext. 205.

**Hewlett** - The Young Israel of Hewlett Parenting Series in conjunction with Congregation Sons of Israel Ganoni Pre-Schools proud to present "Happy Parents Happy Kids: How to Manage Your Children When They Misbehave." The workshop will teach different parenting methods to reduce a child's disruptive behaviors. The four weekly sessions will be 90 minutes each and will take place at the Young Israel of Hewlett and Congregation Sons of Israel, beginning November 9th. Cost for the 4 session workshop is \$150 per person, \$200 per couple. For more information contact Harriet Gefen at [hagefencsoi@aol.com](mailto:hagefencsoi@aol.com) or 516-374-0655.

**New York City** - The Jewish Board of Family and Children's Services will hold its 22nd annual conference on Bikur Cholim on Sunday, November 8th at the UJA Federation at 130 East 59th Street. The all day conference will include a keynote address by Rabbi Aaron Glatt M.D., workshops and presentations by Dr. David Pelcovitz and Rabbi Jay Schwartz. Registration is required - call 212-399-2685 ext. 212, email [bikurcholimcc@jbfcs.org](mailto:bikurcholimcc@jbfcs.org) or online at [www.bikurcholimcc.org](http://www.bikurcholimcc.org). Cost \$36.

**Lido Beach** - Lido Beach Synagogue Sisterhood will offer the Empire Safety Council Defensive Driving Course at 7:00 p.m. in the synagogue ballroom at Lido Boulevard and Fairway Road. Cost is \$54 (made check payable to Lido Beach Synagogue Sisterhood). Reservations are required; space is limited. Call 516-889-9650 or call Gloria for more information: 516-432-2250.

**Cedarhurst** - The JCC of the Greater Five Towns is hosting a

"Thanksgiving Bash," for its Traumatic Brain Injury (TBI) members and their families on Wednesday, November 18, 2009, from 7:00 to 9:00 p.m. For further information please call 516-569-6733, ext. 21

**Great Neck** - The North Shore Hebrew Academy Elementary and High Schools, in conjunction with the greater Great Neck Jewish Community, will celebrate the completion of 12 new Sifrei Torah on Sunday, November 22, 2009. The celebration is the culmination of the Sam Aharonoff Shivei Torah Campaign and all proceeds will go to the Sam Aharonoff Memorial Scholarship Fund. The gathering and procession will take place in two locations at 9:30 am; one at the corner of Middle Neck Road and Old Mill Road and the second at Polo Road, between William and Florence Street. In case of rain, there will be no procession. The official program will take place at 10:30 am at the Great Neck Synagogue, 26 Old Mill Road (followed by entertainment, dancing and light fare). For more information, contact Arnie Flatow at 516.487.8687, ext. 2, or email [aflatow@nsha.org](mailto:aflatow@nsha.org).

### ONGOING EVENTS

**Far Rockaway** - Rabbi Eytan Feiner's Machshavah Shiur in Sifrei Maharal on Chumash and Mo'adim for men and women has resumed. Tuesday evenings from 8:15 p.m. to 9:15 p.m. at Congregation Kneseth Israel, 728 Empire Ave., Far Rockaway. For more information call (718) 327-0500 or [www.whiteshul.com](http://www.whiteshul.com).

**Stony Brook** - Sexual abuse and abduction prevention educational workshops- Parents for Megan's Law and The Crime Victims Center is now offering age appropriate sexual abuse and abduction prevention educational workshops for children, teens and adults. We'll come to your school or community organization. We've educated over 50,000 Long Island children and parents in public and private schools and in community organization! Call our Helpline for more information or to schedule a workshop today (631)-689-2672

**Cedarhurst** - The Beis Medrash of Cedarhurst holds a Flexible Morning Learning Program Mon. to Thurs. from 10:30 a.m. until 12:45 p.m. There are shiurim and chavrusas in Chumash, Gemara, Halacha and Chovos Halevavos. Learners may come and go as they please. The Beis Medrash of Cedarhurst is located at 504 W. Broadway (off the corner of W. Broadway and Cedarhurst Ave.). Contact Rabbi Moshe Kaufman at (718) 471-2780 [moshekaufman@gmail.com](mailto:moshekaufman@gmail.com).

**Cedarhurst** - The JCC of the Greater Five Towns is offering a social day program called "Remember When." This program is especially designed for memory enhancement and socialization. The cost includes a full range of therapeutic activities, morning beverage, dessert, and a kosher lunch. Round-

## Remembering Kristallnacht

Cedarhurst - Five Towns Kristallnacht Commemorative featuring guest speaker Yaakov Gade, noted lecturer on modern anti-Semitism. Tuesday, Nov. 10, 2009 at 7:30 p.m., at Kehillas Bais Yehuda Tzvi - the Red Shul - Oakland Avenue off West Broadway in Cedarhurst. Admission is free; all welcome. Program in memory of Cecile Klein and Joseph Ash. Rav Yaakov Feitman, Rabbi; Yaakov Bodner, president; Alan Jay Gerber, program chair.

trip door to door handicapped accessible transportation is available on a limited basis. Registration is limited to first come first serve basis to ensure maximum benefits to each participant. The program runs on a summer schedule and meets at Sons of Israel in Woodmere. For further information call the JCC at 569-6733.

**Cedarhurst** - The JCC of the Greater Five Towns hosts a Cards and Friendship group from 1-3 PM. Come alone or bring a friend for a fun afternoon at the JCC. Enjoy meeting new people, good conversation and challenging games. Call for fall schedule. For further information, please call Lisa Stern at 569-6733 x209.

**Woodmere** - The JCC of the Greater Five Towns hosts the Come Alive Program at Sons of Israel in Woodmere. This program provides an opportunity for home bound older adults to participate in social, recreational & intellectual activities. Kosher lunch will be provided and door-to-door transportation is available on a limited basis. Call for fall schedule. For further information, please call Mary Sheffield x219 or Linda Balch x211 at 569-6733.

**Cedarhurst** - The JCC of the Greater Five Towns hosts every Tuesday a Parkinson's Support Group. The purpose of this group is to bring together Parkinsonians, spouses and their families in order to help them better understand the nature of the condition, gain confidence and join in community activities. For further information, please contact Cathy Byrne at 569-6733 x220.

**Woodmere** - The JCC of the Greater Five Towns hosts Traumatic Brain Injury (TBI) group on Wednesdays at Temple Hillel in North Woodmere. Our goal is to offer a safe haven where clients and family members feel accepted for who they are. For further information, please contact Lisa Barnett x210 or Chana Pfeifer x213 at 569-6733.

**Cedarhurst** - The JCC of the Greater Five Towns offers a Sibling Support Group for families of special needs children on Sundays, from 12:15 p.m. to 1:30 p.m. For further information please call 516-569-6733, ext. 205.

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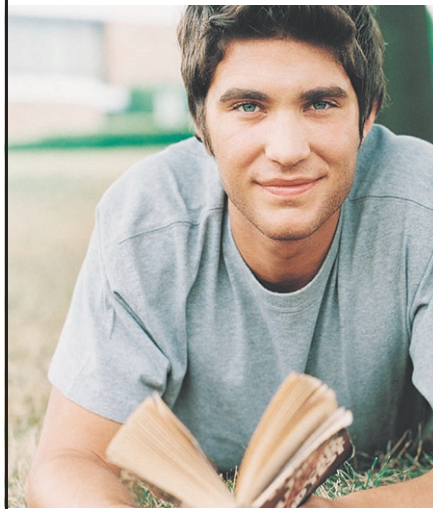


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# The Jerusalem Post Crossword Puzzle

BY MATT GAFFNEY

## Across

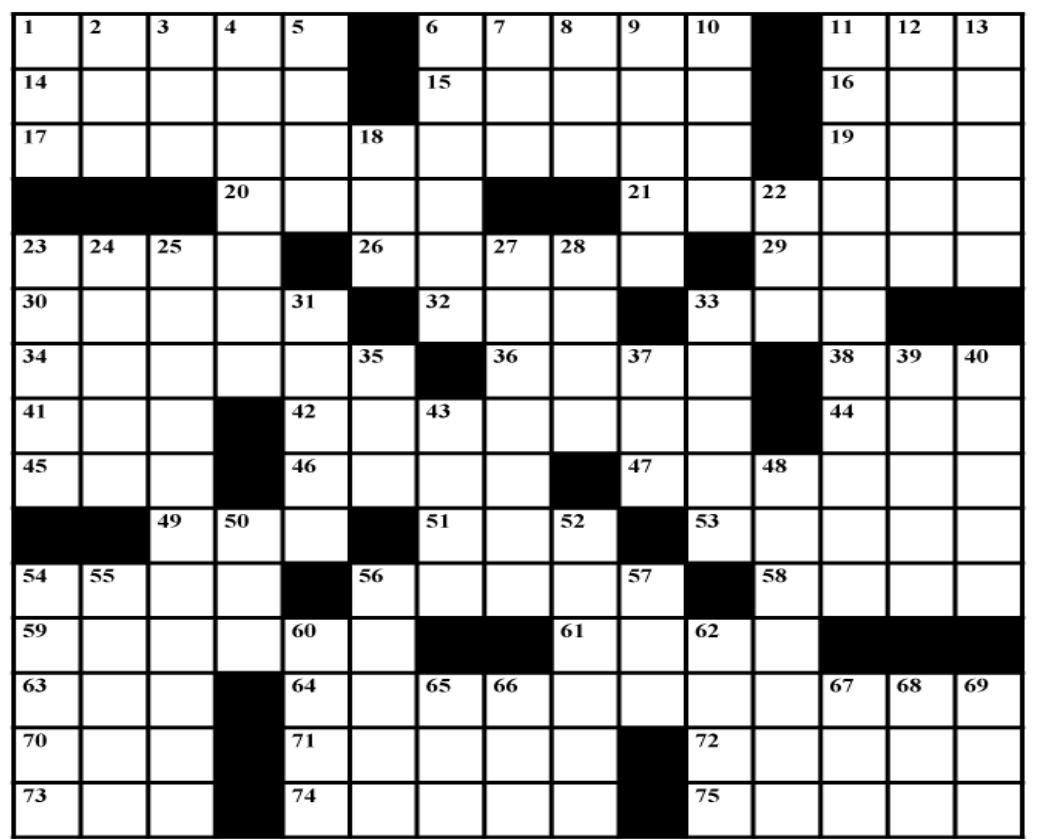
- 1 Gulf
- 6 First name in refuseniks
- 11 Shtick
- 14 Einstein's appreciation
- 15 Sephardim fate of 1492
- 16 First name in refuseniks
- 17 A pal of Cosmo Kramer
- 19 NYC neighborhood
- 20 1984 Peace Nobel
- 21 WWII vessel
- 23 Not wild
- 26 It separates and and or
- 29 Car part

- 30 Singer in the library
- 32 Supreme Court justice Fortas
- 33 \_\_\_ Lanka
- 34 NBA "bad boy" Dennis
- 36 Pause for Leonard Bernstein
- 38 Chilly utterance
- 41 "Dona" start
- 42 Bookstore section
- 44 Judah P. Benjamin's boss
- 45 Isr. neighbor
- 46 State where Jews are gentiles
- 47 Bring on
- 49 "Jews \_\_\_ Hollywood"
- 51 Some kreplach makers, for short
- 53 Lenny Kravitz's locks
- 54 This
- 56 Arizona city

- 58 Nile pests
- 59 Like a shtetl
- 61 Republican whip Cantor
- 63 Unspecified number
- 64 "The Man I Love" lyricist
- 70 Prefix with Nazism
- 71 Recited the Four Questions
- 72 Acid type
- 73 Wildebeest
- 74 Deli events
- 75 Steinbrenner's men, casually

## Down

- 1 Alphabetical sequence
- 2 Actor Linden
- 3 Santa \_\_\_
- 4 Unified schussers
- 5 It says how much the gefilte fish is
- 6 Sky wonder
- 7 Prop Kubrick chose for "The Shining"
- 8 \_\_\_ Pan Alley (milieu for 64-across)
- 9 It comes before a bet
- 10 Make oneself at home
- 11 Simon's Southern memoir
- 12 Goal
- 13 Try the blintzes
- 18 Spielberg extras
- 22 Part of a ritual
- 23 Its capital is Innsbruck
- 24 In unison
- 25 Reiser medium
- 27 Genesis name
- 28 Rush Limbaugh's "\_\_\_ Told



## Last Week's Answers

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

- You So"
- 31 Louisiana cooking
- 33 Show respect to Judge Judy
- 35 Loon
- 37 Richard Feynman's field: abbr.
- 39 Summary from Koppel
- 40 Moses hiding place
- 43 Edna, for example
- 48 Piece of Greek bread
- 50 In the Jordan, maybe
- 52 Burns up the road
- 54 Trolley sound
- 55 Shaatnez ingredient
- 56 Like the prose in Elie Wiesel's "Night"
- 57 Play the schlump
- 60 Oskar's portrayer
- 62 Englishman's exclamation
- 65 Police blotter inits.
- 66 Hair goop
- 67 Give mate, to Kasparov
- 68 Expense for the Sulzbergers
- 69 Turndowns

Answers will appear next week

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## Beit Shemesh mayor in Five Towns

*Speaks to relatives and friends of olim*

BY DANIELLA ADLER

It's an interesting way to reach voters in your Israeli city: visit their family and friends back in the States.

The mayor of Beit Shemesh, Israel and several city officials were in Cedarhurst on Tuesday, Oct. 20. Speaking at a private home to an audience of mostly family and friends of Beit Shemesh residents, Mayor Moshe Abutbol spoke about his city's diversity, its ties to eight sister cities in other countries, and a project to put up 22,000 new apartments on the outskirts of Beit Shemesh. He stressed the need for more immigration and financial support for development in the area.

During a question and answer session, Abutbol didn't shy away from concerns about recent negative publicity about Beit Shemesh. Regarding tensions and violent flare-ups between chareidi and non-chareidi residents, Abutbol explained that while he only recently became mayor he was working to quietly negotiate with the two sides.

He condemned violence by charedim as unacceptable.

"They are not really chareidi if they don't live according to the Torah," in his opinion.

Different segments of the Beit Shemesh community get along well, for the most part, the mayor asserted.

Abutbol also addressed concern about the halt in the construction of Orot, a girl's school in Beit Shemesh. He blamed "technical problems" and gave his word the school would be finished, though he did not offer an exact date.

Other concerns voiced during the session included a lack of activities for retirees and children who are used to bowling alleys and baseball fields in America.

Deputy Mayor Shalom Lerner stressed the importance of grassroots efforts by new olim to fill in perceived niches.

"The Beit Shemesh municipality doesn't have a lot of money," Lerner said. "We rely on new immigrants to start their own programming and organizations, and the government will assess the needs of community members once they've moved in."

Building parks in different neighborhoods is the municipality's next big project.

"We want to build a new playground for the chareidi community in Beit Shemesh," Abutbol said. "There are thousands of children running around and they don't have any place to play."

The meeting was at the Cedarhurst home of David and



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# Your Health

## Test is a lot to swallow, but worth it

*Invasive exam helps patients get back on solid food*

BY MALKA EISENBERG

Michaëlle Gorman screens all new admissions at Woodmere Rehabilitation and Health Care Center, evaluating and treating for speech, language and swallowing disorders. But of all her efforts as a speech pathologist there, her greatest triumph, she said, is helping patients learn to eat again.

"When you can help people with hearing losses, that's a wonderful thing," she explained. "When you work with people for clarity of speech, when people have a stroke and you restore language function or the ability to communicate, it's very gratifying, but when a patient has been on tube feed for a while and then you get them able to taste food

and eat again — there is nothing like that! When I see it I say 'hurray!'"

Gorman, who has a Masters of Science degree and a certificate of clinical competence in audiology and speech language pathology, has been a speech pathologist since 1986 and at Woodmere Rehab since 2001. She also trained at Columbia University College of Physicians and Surgeons with Dr. Jonathan Aviv, who developed an exam called FEESST, or Flexible Endoscopic Evaluation of Swallowing with Sensory Testing. Woodmere Rehab bought the equipment about two years after she began work there.

FEESST uses a thin flexible tube with a camera that is threaded through the nose and throat to see the entire swallow-

ing area, said Gorman. It enables her to see "all the anatomical portions of the area and assess the integrity and sensitivity of the area." That, she said, is a "predictor of aspiration — food going down the wrong pipe — to make sure the food goes to the esophagus and not the trachea to the lungs."

"We see exactly where the problem is to try to fix the problem, but we can't always fix it," she said. They test the patient's ability to manage different consistencies of food — pureed, solid, very soft solid — and different densities of liquid. "Someone may have trouble with thin liquids," she noted, "but have an easier time with a more viscous, slightly thicker liquid."

Patients are placed in different positions to be able to swal-

low, she said. For example, for a patient who has suffered a stroke on one side, a unilateral cerebral vascular accident (CVA), "Sometimes we do head positioning to the affected side to enable the patient to swallow," she said. "We are only able to see that once we are in there."

"The patients have to be able to tolerate it," she stressed. "It's not the most comfortable. I do it speedily. I do it where the patients know you; they trust you a little bit. It takes about ten minutes, sometimes a little bit more."

A patient from a hospital in New York City was not assessed for swallowing before arriving at Woodmere Rehab since that hospital would not test unless the patient is off the ventilator for 24-48 hours. "After about a

week in Woodmere Rehab, if the pulmonologist says that the patient is stable, even if they're on a ventilator or have a tracheotomy, if it's deemed safe," they test. "We have a lot of success," she added. Unconscious or sedated patients cannot be tested with FEESST, but even patients who are not alert receive an "eating by mouth test; the goal is to get them eating."

Gorman has done hundreds of FEESST exams in ENT (ear, nose and throat) offices, at South Nassau Communities Hospital and at Woodmere Rehab, where there is a full time speech therapist in addition to Gorman, who is there "almost" full time. "A lot of patients come because of that," she said. "I'm there, the equipment's there, it

gets done. I have an ENT come in and confirm what I've done. We manage to cover all bases."

FEESST can be done in the speech therapist's office or by the patient's bedside and a respiratory therapist is on hand when tracheotomy or ventilator patients are tested.

One patient with neurological deterioration from Guillaume-Barre syndrome couldn't talk when he entered Woodmere Rehab. "He couldn't move his mouth to smile," she said, but by the time he was discharged, after therapy, he left talking, swallowing, eating and joking. "When we have success it's a professional high," she said. "There's nothing like it. When you improve the quality of life for them and for their family, it's awesome."



### Not a minute to waste

A proud father captured this image of a young man making good use of his time on Sunday while waiting to be seen at a doctor's office in Cedarhurst. He received a prescription for antibiotics to treat bronchitis.

## What is self-esteem really worth?

I received a call from concerned parents the other day. Their child is not doing well in school and his rebbe and teacher told them that the boy suffers from low self-esteem. As would any caring and involved parents, this couple wants to help and protect their child. I asked a few questions to try and determine what the teachers may have meant by self-esteem but I had the distinct feeling that it was too vague for an objective interpretation. This is not a random issue, because in order to help a struggling person, whether a child or adult, it helps



Michael J. Salamon, Ph.D.

if you can clearly articulate their symptoms or issues. It is also helpful in these situations to speak the same language. After speaking with the parents, teachers and the child it became clear that he is having some academic problems — but low self-esteem is not one of them.

Over the years psychologists have defined self-esteem in a variety of ways: as a ratio of success to failure, an unwavering sense of self-worth and as a feeling of happiness. In the 1970's and 1980's self-esteem was thought to be a strong pre-

dictor of school and social success along with overall happiness in life. This has turned out, however, not to be the case. In fact, so many different terms have been tossed around over the last three decades that their psychological meaningfulness had become suspect. Only in recent years has there developed the beginning of a consensus about what some of these terms actually refer to.

Take, for instance, the psychological expression of happiness. In research performed in the 1970's it was thought that happiness had the same meaning as being satisfied with one's life. In a series of studies that my colleague, Vincent Conte, and I performed, we have found that happiness is more of a fleeting, momentary response, while life satisfaction is significantly more enduring. Happiness is more likely to be reported for a specific event while life satisfaction is based on an enduring but subjective sense of comfort with one's daily activities, health, mood, finances, and social contacts, among other things. In fact, the more that happiness is studied the more we find that the most successful people are not necessarily among the happiest. Those who challenge themselves to achieve are often thwarted in their attempts, which may cause them to be unhappy, but they are more likely to be satisfied with their lives and their on-going struggles — particularly if they find the challenges to be meaningful. And, their sense of satisfaction is based on their own level of contentment, not an arbitrarily set measure of success. Some people may have a strong sense of satisfaction with very little money or with a large group of friends while others may feel satisfaction with the opposite.

Prior research linked happiness to self-esteem. It was thought that happier people had higher levels of self-esteem and conversely, those with low self-esteem have little to be happy about. We know that this is simply untrue. In adults in particular there is virtually no correlation between happiness and self-esteem. Socialization and mood are clearly related to life satisfaction and have an impact on self-esteem and happiness, but there is little correlation between self-esteem and any measure of success.

When it comes to students the recent findings are equally clear. Self-esteem may be correlated with academic achievement in high school, up to about 10th grade, but it is not a measure of overall academic success or success in later life. It could very well be that children who do exceptionally well in school have high self-esteem but there is no evidence that doing poorly is directly related to low self-esteem. Many students with low self-esteem and a constant fear of failure do well academically. Furthermore, in studies of bullies and people who are violent

it has been found that some of these aggressive individuals have very high self-esteem. They often become violent not because of a low sense of self-worth but just the opposite, they hold themselves in such high esteem that they feel superior to the point of not caring about others. It is possible that these individuals have such a high sense of self-esteem because they are narcissists. Nevertheless, this finding forces us to reconsider the meaning and use of the term self-esteem, especially when it comes to describing children who are having a difficult time in school or elsewhere.

Too often we confuse a desire to help our children and ourselves feel a sense of happiness in life with a more global feeling of comfort. This has led us to create optimism or happiness as a goal in and of itself, a goal that is virtually meaningless. When we think or, worse, act this way, we mistake the objectives for the goals. Our long-term goals should be to find a sense of comfort or satisfaction within ourselves based on who we are and what we truly need. Along the way we may find some happiness but we may also experience painful failures. It is important to understand and learn from these experiences but not get stuck in them. For this particular child whose parents called, the underlying cause for the mood and academic changes that his teachers observed was frustration with a social issue. Giving him tools to help him cope with his issue allowed him to feel that he had more resources to confront problems.

Rashi tells us that when Avraham arrived in Shechem he prayed for his grandchildren's success even before he had any children of his own (Bereishes 12:6). He knew that a battle was coming and prayed for their success. He did not pray that there should be no battle or that they should just find happiness. The message is clear. There will be battles and challenges in life but we must rise to overcome them — not misunderstand or misinterpret them. We help our children and ourselves not by putting on a false sense of esteem or happiness, for that is fleeting, but by preparing for life's challenges and dealing with the trials that will inevitably occur.

Dr. Salamon, a Fellow of the American Psychological Association, is the founder and director of ADC Psychological Services, PLLC, in Hewlett, NY and Co-Chair of the Academic Board of P'tach. He is a contributor to the APA text *The Inside Story on Teen Girls*. His recent books include, *The Shidduch Crisis: Causes and Cures*, published by Urim Publications and *Every Pot Has a Cover: A Proven Guide to Finding, Keeping and Enhancing the Ideal Relationship*, published by Rowman & Littlefield.

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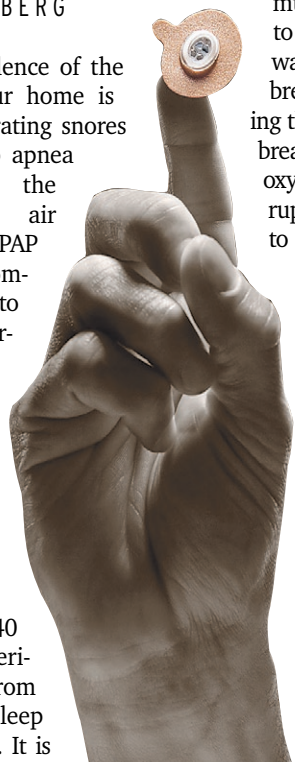
# Your Health

## New treatment for common sleep disorder

BY MALKA  
EISENBERG

If the silence of the night in your home is broken by grating snores from a sleep apnea sufferer, or the whooshing air sound of a CPAP machine commonly used to treat the disorder, you'll be interested in a new prescription therapy, Provent, now being offered on Long Island.

Over 40 million Americans suffer from obstructive sleep apnea (OSA). It is the most common



One half of a two-piece Provent therapy set.

sleep disorder, causing the muscles of the upper throat to relax and block the airway during sleep. It inhibits breathing, sometimes causing the sufferer to struggle for breath and snore, decreasing oxygen in the blood and disrupting sleep. OSA can lead to obesity, high blood pressure, stroke, heart failure, abnormal daytime sleepiness and thus, problems with driving.

Provent is a disposable, portable device powered by the patient's breathing. It consists of two small valves, one for each nostril, that are attached nightly to the nostrils with a hypoallergenic adhesive. The valves open when breathing in but when exhaling the valve restricts the airflow and increases the

pressure in the throat, keeping the airway open.

"The CPAP (continuous positive airway pressure) remains the standard of care for this problem," said Dr. Jay Steven Berland, Medical Director of the North Shore Pulmonary Associates Sleep Apnea Program and partner at North Shore Pulmonary Associates in Lake Success, NY but, "Provent will fill the gap."

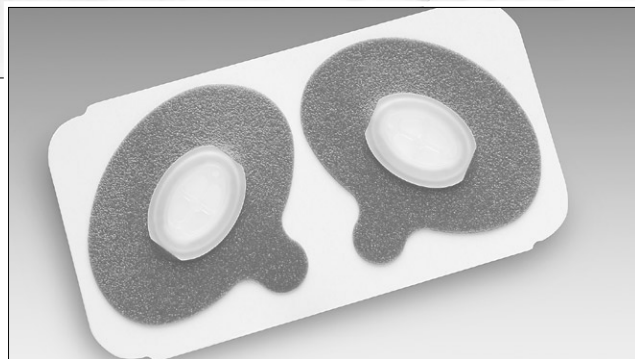
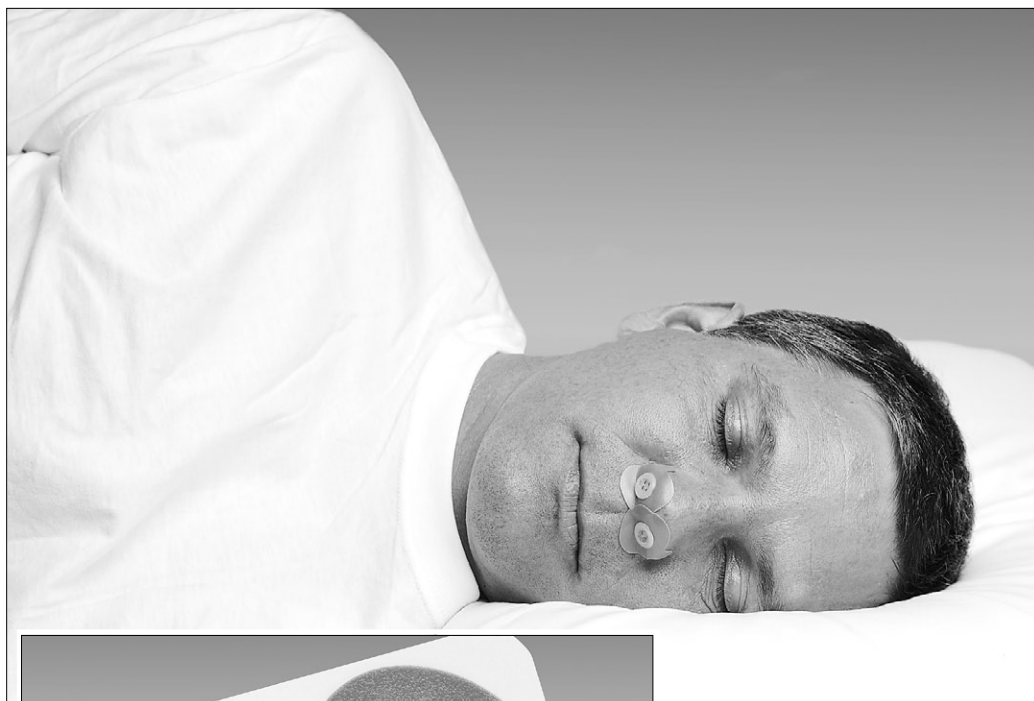
Many of his patients had used other treatments for OSA, including custom-fitted dental appliances, and either didn't tolerate the CPAP or wanted an alternative, or had difficulty bringing the CPAP machine along when traveling.

"It is not replacing CPAP but can be utilized as an additional alternative option," Berland said. "Compliance with CPAP is 70% to 80% at best."

"If patients have to wear a mask every day (as in CPAP) it has to have the positive feedback of a good night's sleep when you are not curing. With an oral (dental) appliance the patient has to see the dentist who takes an impression; it's more permanent."

Patients come to Berland for a consultation and he evaluates and determines what treatment is appropriate. He will send a patient home with a sleep testing device or, with a more complicated case, the patient is observed overnight in a sleep disorder center. Some patients can be "managed conservatively" with changing sleep position and diet.

Berland began using the Provent nasal device in March



**Patient powered** The Provent nasal valve allows patients to inhale normally while sleeping but force them to exhale through their mouth. As a result the airway is forced to remain open while the patient is asleep.

and has treated over 100 patients with it to date.

"It's fast access, it's viable, we can test it. I can give the patient samples and see how they are doing in a couple of days. It's safe and easy. I can almost test it on an individual patient; I don't need the statistics. I can have them come back, talk to them and the partner and see how the snoring is and see if it is meaningful for them."

"The goal is not to replace treatment but to give other

options," Berland emphasized. "It's not meaningful to compete with the CPAP; it's an excellent treatment for those who use it, but there is a need for alternatives. Provent is easy enough that it can play a lot of roles. It can be adjunct as for traveling or can be primary."

One of Berland's patients travels frequently to Australia and was helped by Provent to curtail his snoring on the plane. Another patient, an active 70 year old woman who is a world

traveler and dog sledder "now has something giving her relief," pointed out Berland. "It worked miracles for her."

"It's very unique and exciting," he said. "Very few treatments have been pursued with such rigor and testing. It's relatively new. I'm a clinical guy. This is the real deal, not a fly by night thing."

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BY MAYER FERTIG

Ron Markovitz describes himself these days as Mr. Mom. He operates his web design business from home and, as a result, spends more time doing hands-on parenting than, perhaps, some fathers who work outside the home.

His personal quest for better parenting skills has led him to organize a four-part series of parenting classes, titled Happy Parents, Happy Kids: How to

manage your children when they misbehave, beginning Nov. 9 at 8:00 p.m. The first two 90-minute sessions are to be held at the Young Israel of Hewlett, with the third and fourth sessions taking place at the Sons of Israel Ganoni Preschool on Irving Place in Woodmere.

Priority Pediatrics is sponsoring the series.

"I'm with the kids so much and ... I don't want to just park them in front of the TV. So I

started going to parenting seminars," he said, and found himself outnumbered.

"I went to a parenting class at HAFTR recently and I was the only father. Considering how involved men are with their children — more than ever — I thought it was curious," said Markovitz.

"I started learning what a time-out is for the very first time. When you learn how to do it, you learn how to be consis-

tent," he explained. "It works much better if there is one place where the kid always goes for the time-out, instead of 'go to the corner,' of whatever room the child is in."

A pair of Israeli-trained behavior modification specialists, Merav Bibas of Cedarhurst, and Vered Brownstein of Manhattan will offer the four sessions. Together, they offer workshops and private consulting in the Five Towns and New York City.

"We talk about reinforcement and how to motivate your child to do the things you want him to do, and not do the things you don't want him to do," Bibas explained.

"It is not easy to change your child's behavior," she warned. "It takes some work ... but every parent can do it."

"We don't have magic words — each child is an individual and different things work on different children. But if you are consistent in what you are doing," you will change his behavior, she said.

Bibas, who is the mother of a 14-month old, said she and Brownstein have worked in their field successfully for over a decade, working with youngsters age 1 to 18.

Their methods stress the positive, Bibas said.

"If you reinforce good behaviors you don't have to use punishments."

Markovitz is apparently looking forward to the classes as much as anyone.

"No one teaches you how to parent — there's no handbook," he said.

This is not a profit-making venture for Markovitz, who also hopes, at some point in the future, to create a series of lectures on marriage at the Young Israel of Hewlett.

The cost to attend the series is \$150 per person; \$200 for couples. For more information and to register call Harriet Gefen at 516-374-0655 or contact her via email, [hagefencsoi@aol.com](mailto:hagefencsoi@aol.com).

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## SLICE OF LIFE

## You can make friends with salad

BY EILEEN GOLTZ

Having a huge salad for lunch or dinner is a good thing. All your nutrition and healthy stuff lumped together in one bowl topped with a nice vinaigrette or creamy ranch is just about (calories aside, of course) the best meal you can make. I am a big fan of the Cobb salad. Ok, let me modify that, I really like everything about the concept of a Cobb salad EXCEPT for the blue cheese and the bacon that are inexorably linked with the non-kosher original version of the dish. Since I never met I recipe I didn't try and change, and since the blue cheese, which I don't like kosher or non-kosher, and bacon are key ingredients in the original recipe, I thought it might be fun to find as many blue cheese, bacon-free variations as I could on the theme.

The original Cobb salad was created in about 1936 by Robert Cobb, owner of the famous Hollywood eatery the Brown Derby. He was supposedly strolling through his kitchen one night, got an attack of the munchies and decided to make himself a little snack, a salad. He supposedly started pulling things out of the refrigerator and put together a unique and spectacular salad. The salad became an instant hit on the menu and

variations of it have been served everywhere since.

Regardless of the ingredients you choose to use, include, delete or experiment with, the presentation of the Cobb salad plays an integral part in its appeal. The ingredients should be uniformly chopped, diced or julienned, arranged in stripes on top the lettuce, and dressed with a dressing (it can be served on the side too). The original Cobb salad dressing was a French dressing. Today's new and improved Cobb salads are usually offered with either a house "special" dressing or the dinner's choice. Since French dressing goes especially well with blue cheese (and yes, you can get a kosher blue cheese) those of you that must have it in your salad might want to try that variety of dressing first.

In my not so humble opinion, a Cobb salad, other than the original recipe, is a variation on a theme salad that reflects a creative chefs need to throw everything but the kitchen sink in a bowl and serve it. The following recipes exemplify that quality and if none of them suite your fancy or palate, go ahead and create your own.

Note that in all the recipes the measurement of the ingredients included is not an exact science and can be modified up or down

to accommodate your personal preferences.

## EILEEN'S TAKE ON A CLASSIC COBB SALAD (meat)

- 3 to 4 cups iceberg lettuce, chopped or shredded
  - 1 small bunch curly endive, torn into small pieces
  - 2 to 3 cups romaine lettuce, chopped or shredded
  - 1/4 cup green onions sliced thin
  - 2 tomatoes, diced
  - 2 chicken breasts, cooked and diced
  - 3 or 4 pieces kosher breakfast beef, cooked and crumbled
  - 1 to 2 avocado, peeled and diced or sliced
  - 3 hard cooked eggs, sliced or chopped
  - 1/2 cup French Dressing
- Mix all the lettuce and green onions together in a large bowl. Arrange the mixed greens on a large shallow platter, in a serving bowl or arrange on individual serving dishes. Place the tomatoes, chicken, breakfast beef, avocado and eggs in rows (strips) or like spokes on a wheel on top of the lettuce. Cover and refrigerate until ready to serve. Drizzle the dressing on top and toss OR serve the dressing on the side, which ever you prefer. Serves 6

## MOCK CRAB COBB SALAD (fish)

- 6 cups red leaf and romaine lettuce chopped or torn into pieces
- 1 lb fake crab meat
- 1 1/2 cup diced tomatoes
- 1/2 cup shredded mozzarella



## Formerly of Far Rockaway

Up and coming singer-songwriter Eitan Katz, a Far Rockaway resident until he and his family flew to Israel on one-way tickets this summer, absolutely killed (as they say in show biz) in a performance for Hatzalah in Elizabeth, NJ this Sunday night.

- 6 to 7 pieces of Morning Star Farm (r) fake bacon, cooked and crumbled
- 1/2 cup chopped red onion
- 1/2 cup ready made red wine vinaigrette dressing (low fat is ok)

Place the torn or chopped lettuce in the bottom of a wide bowl. Decoratively arrange, in rows or like spokes on a wheel, the mock crabmeat, tomatoes, cheese, onion and mock bacon. Cover and refrigerate until ready to serve. Drizzle the dressing over the top of the salad just before serving or serve the dressing on the side, which ever you prefer. Serves 4

*Modified from a recipe submitted by Aimee Konover NY, NY*

## EILEEN'S COBB SANDWICH (meat)

- 1/4 cup French dressing
  - 4 croissants split in half
  - Red lettuce leaves
  - 1 tomato, sliced thin
  - 1 avocado sliced thin
  - 1/2 cup alfalfa sprouts
  - 4 slices turkey pastrami
  - 3 hard cooked eggs, sliced
- Spread the French dressing on both sides of the cut croissant. Place the lettuce on top of one cut half. Place the tomato, pastrami, avocado, sprouts and the slices of egg on top of the lettuce. Cover the bottom half

of the sandwich with the top of the croissant and secure with a toothpick. Serves 4

## ASIAN COBB SALAD (meat)

- 6 to 8 grilled chicken breasts cut into bite size pieces
- 3 to 4 avocados, peeled and diced
- 3 cups chopped lettuce (romaine, bib, spring greens etc)
- 3 cups Napa cabbage, shredded
- 3 carrots, peeled and julienned
- 1 1/2 cup mushrooms, sliced
- 1/2 cup bean sprouts
- 1 cup sugar snap peas
- 2 to 3 tablespoons green onions, sliced
- 3 to 4 tablespoons coarsely chopped fresh parsley
- 1 cup rice noodles
- 1/2 cup toasted almonds

## Dressing:

- 2 tablespoons sesame oil
- 2 tablespoons oil
- 1 tablespoon rice wine vinegar
- 1 tablespoons soy sauce
- 1 teaspoon chili flakes
- 1 tablespoon brown sugar
- 1 teaspoon minced garlic
- salt and pepper to taste

Combine all the ingredients in a jar with a lid and cover. Shake to combine and set aside. In large serving bowl, mix the shredded lettuce, cab-

bage, snap peas, bean sprouts, and parsley. Toss to combine. On top of the lettuce mixture decoratively place the chicken, avocados, carrots, green onions and mushrooms. Sprinkle the rice noodles and almonds on top. Drizzle the dressing over the top of the salad and serve. Serves 8

## GRILLED SALMON COBB (fish)

- 2 to 3 lbs salmon steaks, grilled (leftover salmon works great too)
- 4 to 5 cups chopped romaine lettuce
- 6 slices Morning Star Farm (r) fake bacon, crumbled
- 1 to 2 avocados, peeled, sliced, cut into 1-inch pieces
- 2 cups chopped tomatoes
- 1 red pepper, sliced thin
- 1 cup feta cheese, crumbled
- 1/4 cup store bought garlic vinaigrette dressing (low fat is fine)

Grill the salmon any way you like. Let cool and cut into bite size pieces. Place the lettuce in a salad bowl. Arrange the avocado, tomato, pepper and bacon on the top. Place the grilled salmon on top of that and then top with the feta. Drizzle the dressing on top and serve. Serves 6

*Submitted by Carol Springer-Miller Lake Forest IL*



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# SPORTS



## Victory at last!

The end of the Young Israel Little League season was supposed to be on June 21, not during the Major League's World Series. However, after an end-of-summer rainout, the 5th grade girls' softball championship game has finally been held. The final score in the Nov. 1 game was Young Israel of West Hempstead, 17, Congregation Beis Ephraim Yitzchak in Woodmere, 8. (Pictured, top row, left to right) Coach Billy Lovy, Coach Mickey Aboff. (Middle row, left to right) Sharoni Borenstein, Suri Aboff, Esty Awendstern, Bracha Wieder, Racheli Lovy, Leora Ciment (Bottom row, left to right) Rebecca Wen, Arielle Goldschmidt, Atara Sprung, Tamar Pollock and Miram Radinsky.



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## DEGEL Standings

### EARLY DIVISION

Team	Record	PF	PA	Point Diff
Cartridge World	3 - 0	138	70	68
Carlos and Gabby's	3 - 0	93	13	80
Jackson Hotel	2 - 1	155	60	95
Lobos	2 - 1	97	40	57
Stallions	1 - 2	59	74	-15
Flabbergasters	1 - 2	44	71	-27
BMB	0 - 3	19	141	-122
Vanity Cleaning	0 - 3	12	148	-136



### LATE DIVISION

Team	Record	PF	PA	Point Diff
Jay Rubin DDS	3 - 0	111	39	72
Prestige	2 - 1	94	60	34
S. Adelsberg	2 - 1	77	52	25
The Center	2 - 1	69	65	4
Outta Towners	2 - 1	95	84	11
Not Even Bro	1 - 2	65	82	-17
Beverly Hills Collision/First Class Leasing	0 - 3	59	103	-44
Band of Brothers	0 - 3	26	111	-85



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## STANDINGS

Carlos and Gabby's	3-0
Jay Rubin DDS	3-0
Cartridge World	3-0
The Center	2-1
Lobos	2-1
Outta Towners	2-1
Jackson Hotel	2-1
S. Adelsberg	2-1
Stallions	1-2
Prestige	2-1
Flabbergasters	1-2
Not Even Bro	1-2
BMB	0-3
Band of Brothers	0-3
Vanity Cleaning	0-3
BH Collision/ 1st Class Leasing	0-3



Carlos and Gabby's 39, Stallions 0: In a matchup of two early season favorites, Carlos and Gabby's ran away with it. Ephraim Lowey threw six touchdown passes, 3 of them to A.T. Robinson. Zevy Fold was relentless on the defensive line and finished with 4 sacks. Carlos and Gabby's improved to 3-0 and into a tie for first place.

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# Civil War spy games

A review of *All Other Nights* by Dara Horn

REVIEWED BY MIRIAM BRADMAN ABRAHAMS

Dara Horn is often asked what makes a book Jewish. It used to mean it was written in

Yiddish or Hebrew, she replies. In the U.S. we have one of the largest Jewish communities in history, but we don't necessarily communicate in a Jewish language. Horn interjects into her

writing many ideas and phrases from the prayers and Tanach. She writes about morality, religious and biblical themes. Her latest, *All Other Nights*, "is not realistic," she said. Rather, "it is

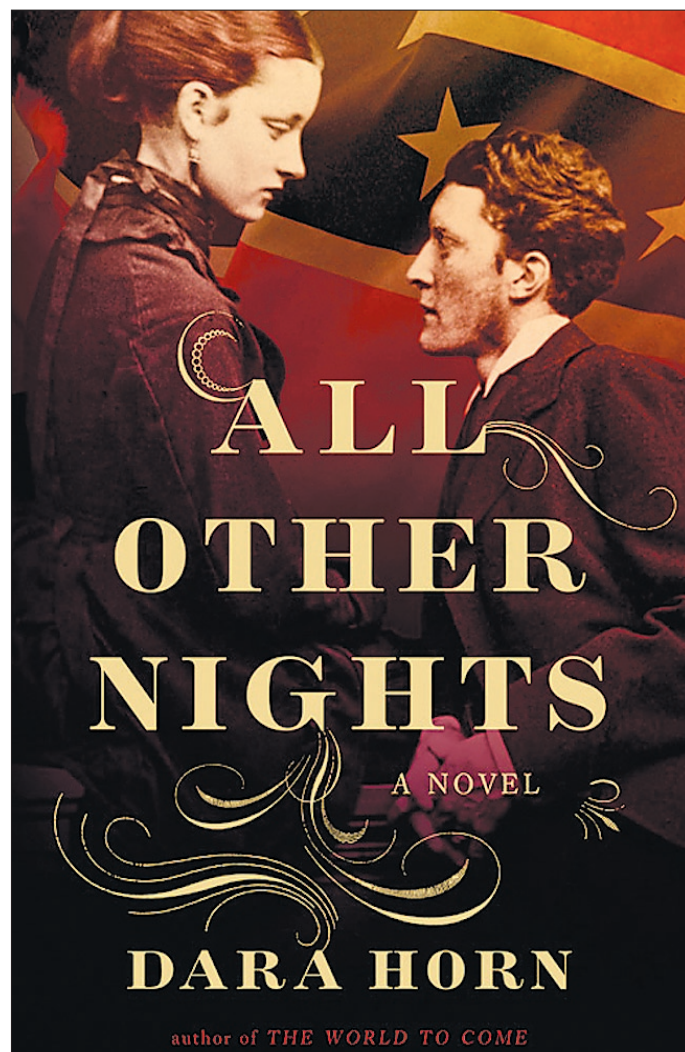
a potboiler about the Civil War, written like a dime store novel with outrageous plot twists similar to some stories in the Torah."

Jacob Rappaport is a Jewish soldier in the Union army who is ordered to New Orleans to murder his own uncle, who is plotting to assassinate President Lincoln. He is then assigned to marry an enemy spy, the daughter of a Virginia family friend. The book is based on historical facts including the story of Judah Benjamin and the African-American spy network. It is about loyalty, betrayal and repentance; the values of family and tradition and the pursuit of social and racial justice.

Horn compares Jacob Rappaport to the biblical Jacob in Sefer Bereishit. The biblical Jacob tricked his father, stole his brother's birthright and is deceived by Laban when he wants to marry Rachel. He is a character in transformation that can be seen as a different man when he later mourns the death of his son Joseph. Jacob in *All Other Nights* changes from being a slave to others and living as a double agent to learning about the gift of free will and trying to act accordingly.

One inspiration for the book came from the author wandering around the Jewish cemetery in New Orleans when she spoke at a JCC there. After New York City, New Orleans had the second largest Jewish population during the Civil War. Many religious denominations split during the war, but the Jewish community did not. Unlike their gentile neighbors who were land-based, Horn explains that the Jewish community was mobile due to their businesses. Jews traveled north and south and knew people on both sides of the battle. Northern Jews brought matzah down for Southern Jews; both sides were known to host guests from the "other side" for Shabbat and holidays. Southerner David Einhorn was an abolitionist, while Rabbi Dr. Morris Raphall, head of New York City's Congregation Bnai Jeshurun was pro-slavery. He was the first rabbi invited to the White House.

I've had the pleasure of meeting the author a few times and am impressed by how comfortably she presents her work to an audience. She is young, brilliant, personable and funny too, sharing anecdotes about her family life. Winner of multiple awards, she relays her thoroughly researched facts into clearly elucidated themes while



keeping the reader engrossed in the exciting plot. Horn received her Ph.D. in comparative literature from Harvard University studying Hebrew and Yiddish. She is one of *Granta* magazine's Best Young American Novelists, and has received a National Jewish Book Award for *In the Image and The World to Come*. She earned Hadassah's prestigious Ribalow Prize for *The World to Come*. That book and *All Other Nights* were New York Times Book Review Editor's Choice. She has taught Jewish literature and Israeli history at Harvard and Sarah Lawrence and has lectured throughout the U.S. and Canada.

During a presentation at Hadassah's Nassau Region, Horn passed around a \$2 bill from the Civil War featuring Judah Benjamin's picture. Judah Benjamin "lived nine lives." He was the Confederacy's Secretary of State and spy master, Jefferson Davis' closest confidante and second-in-command. He was born in the Caribbean to Sephardic parents and was the second Jewish senator. When the confederacy collapsed he escaped to England and became Queen's Counsel. He was hated by both the north and south and was known to smile when he was insulted.

Jews have found themselves cast in the role of double agents for a long time, Horn noted, offering the Conversos of Spain as an example. Jews could never fully be themselves in public and in her story, the only time they felt free was during Sunday morning church services. That's when they could relax their guard and take to the streets. Jews in the South benefited from racism because they were considered white, while in the more homogeneous North, Jews were considered "ethnic." She feels that Jews have always

had the "burden of proof" but that the founding of the State of Israel has removed that issue.

Historical novels are more about the time in which they are written rather than about the period they cover, Horn feels. She explains that today we have political polarizations which may have their roots in the Civil War era. We have red states and blue states, and a divide between personal independence at all costs versus justice and equality at all costs. We have tension between tradition and progress, who we were born as and who we want to become. Many of our ancestors proved their loyalty to the U.S. by betraying their Jewish heritage. In America the idea of the "self-made man" is highly valued, while in Judaism we are a product of our heritage.

It has taken Dara Horn about two and a half years from the idea to the completion of each of her novels. She is also busy with an academic career and as the mother of three young children. When spending time with her husband, he shares about the people at work while she tells him about her imaginary characters. Dara is working on a new book but wouldn't disclose the topic since *All Other Nights* began as another story which she scrapped. It seems that *All Other Nights* was going to be about the friendship between Mark Twain and Sholom Aleichem — "the Jewish Mark Twain." She had the idea that they both knew Jacob Rappaport but ended up discarding her first 100 pages, she said, to write the story as it was finally published.

Well, I'm glad she did, but I'm sure her readers would have enjoyed reading about Mark Twain and Sholom Aleichem just as much.

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