

THE JEWISH STAR

Independent and original reporting from the Orthodox communities of Long Island

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SEINFELD IN CEDARHURST

Comic has a cameo in Five Towns

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IN MY VIEW

Father of the man

Please listen to little Yankie

BY RABBI YAKOV HOROWITZ

In his classic poem, "The Rainbow," William Wordsworth coined the phrase, "The child is father of the man." Those famous words are the subject of much discussion as they are open to a wide range of interpretations. Perhaps the most common one is that the external factors that affect our childhood will govern the way we think and act as adults. According to that reading, those words would express the notion that, "The child [what happened to us as children] is father [helps determine the thinking patterns and actions, similar to the influence of a parent] of the man

[what we do in our adult life.]"

Upon reflection, I would say that the seminal event that shaped my adult life was the sudden passing of my father a"h 46 years ago this week before my fourth birthday. This is not to suggest that those of us who were orphaned at a young age spend our days with morbid thoughts. Rather, the searing experience of losing a parent early on cannot help but frame life's experiences differently than most other folks. Having walked many miles in the

shoes of the heavy of heart, we often find it easier to empathize with those around us who are undergoing challenging times. And losing a loved one at such a young age very painfully teaches us to appreciate the value of time and the gift of life.

As time gradually heals all wounds, I had always hoped that the grueling day each year when my father's yahrtzeit day is observed would continue to get easier with the passage of time, as it progressively did for most of my adult life. But over the past few years, as

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This essay is dedicated in loving memory of my dear father, Reb Shlome ben Reb Yakov Moshe Horowitz a" h, whose yahrtzeit was Rosh Chodesh Iyar. May the positive outcomes of the dissemination of this column be a zechus for his neshama.

Sderot mission to NY, for a change

HAFTR high school to host Israeli teens from Sderot

BY YAFFI SPODEK

Solidarity with Israel has always been a priority at HAFTR, and now the school is taking its devotion to Zionism to a new level.

In an innovative project spearheaded by principal Rabbi Yotav Eliach, 32 ninth graders from the Kassam-ridden town of Sderot in southern Israel are being brought to America for nearly two weeks.

"This project is already lifting the morale of the city [Sderot], the fact that people care about them and want them here, and will give them the opportunity to share their message and tell their stories," said Rabbi Eliach, who has visited Sderot numerous times. "This means more to them than you could imagine... I don't

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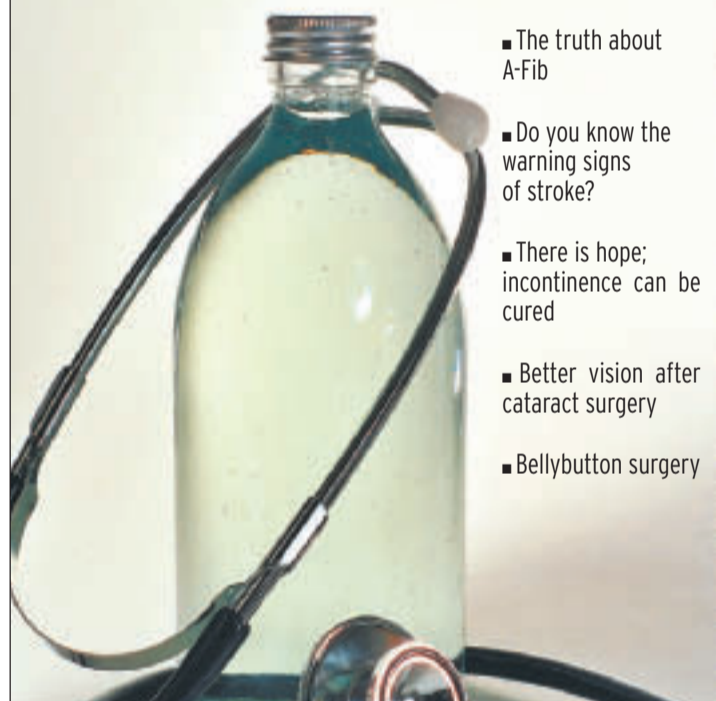


Photo by Adam Cohen

Major Ori Schechter (pictured in green uniform) is working with HAFTR principal Rabbi Yotav Eliach to bring a group of kids from Sderot to New York for a two-week visit at the end of May. In April, Schechter met with Adam Cohen, a HAFTR parent, and his family, who traveled to Israel show the children of Sderot a video prepared by HAFTR students expressing their excitement for the group's impending arrival.

Good Health

A special section beginning on page 8



- The truth about A-Fib
- Do you know the warning signs of stroke?
- There is hope; incontinence can be cured
- Better vision after cataract surgery
- Bellybutton surgery

Romantic sparks

BY MICHAEL J. SALAMON, PH.D.



Michael J. Salamon, Ph.D.

Much has been written about marriage and relationships. Some have suggested that, in the Orthodox world, we simply do not believe in romance, as real love supposedly happens only after marriage. While in many ways this is true, we are often left without defining just what that means. But the Talmud in Kiddushin (41a) states that prospective spouses must meet

to determine their compatibility for a proper marriage to occur. And Rav J.B. Soloveitchik stated in his essays compiled in the text "Family Redeemed" that "one cannot form a friendship unless he finds in it the realization of a value long cherished by him."

Meeting, dating and getting to know one another, and especially becoming friends, is a time proven system for finding a spouse that Jewish tradition

See SPARKS, Page 10

Good grades for Dist. 15 board but room to improve

BY MICHAEL ORBACH

So really, how is the school board doing?

According to two school principals The Jewish Star spoke to, Geoffrey Touretz of Lawrence High School and George Akst of Lawrence Middle School, the school board received a B-minus to a B-plus.

Dr. Ann Pederson, Principal of the Number Four school declined to give a grade.

"We're an early education center, we don't give grades," Pederson said with a good-natured laugh. Instead, she said the board should be judged by their accomplishments and pointed out that the Lawrence school system provides a full day pre-K program, far beyond the New York State mandate of only two and a half hours a day.

"I see the value and its impact is enormous," explained Pederson. "It's such a wonderful decision and I see 150 four-year olds benefit from that daily. In an emotionally charged environment you look to what the facts are."

All three principals praised the school board's activities and the support they've received from its members. Each principal spoke about how the school board members make themselves available, but use a hands-off approach that does not include micro-management.

Outward signs indicate that the Lawrence school system is doing exceedingly well. The scores of the English Language Arts test for the middle school increased 18 percent, nearly double the statewide increase of nine percent. The graduation rate in the high school

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DISTRICT 15 PROFILES

Abel Feldhamer

BY MICHAEL ORBACH

Driving home from his son's victorious little league game, Abel Feldhamer was candid about his goals for the Lawrence School board.

"I would like to see communication improved," Feldhamer explained. "I don't mean communication [limited] to segments of the community."

Feldhamer is a father of three from Cedarhurst and practices law on Long Island. He is running for the seat being vacated by Michael Hat-

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Abel Feldhamer

John Kinder

BY MICHAEL ORBACH

John Kinder, a longtime Inwood resident, recalled a different time in the history of the Five Towns.

"Everyone respected one another. This was a tight, tight community. When we went to the other schools and they heard you went to a Lawrence school, this community was number one," Kinder told The Jewish Star. "And there's no way this community should be divided by anything."

It is the current disharmony that is push-

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John Kinder

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Shabbat

Candlelighting: 7:47 p.m. ■ Shabbat ends: 8:54 p.m.
Torah reading: Parshiot Behar-Bechukotai

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Former HAFTR teacher married in Israel

Yehudit Aharoni (left), former music director of the HAFTR Lower School, was married in Israel before Pesach to Scott Markovits, a New Jersey native who recently made aliyah. Aharoni, a sabra of Yemenite descent, was attended at her Henna ceremony before her wedding by nieces (l-r) Tali, Liat, Dana and Limor Brody of Great Neck. The couple currently resides in Ra'anana.

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 Celebrating Jewish Life

IN
THE JEWISH STAR

Engagements

- Engagement of Dudi Stock (Monsey, NY) & Perel Klein (Brooklyn, NY) — May 10, 2009
- Engagement of Allyson Wiener (Woodmere, NY) & Moshe Orlofsky (West Hempstead, NY) — May 1, 2009

Bar Mitzvah

- Bar Mitzvah of Shimon Rabinowitz, son of the Biala Rebbe, Rabbi and Rebbetzin Aharon Shlomo Rabinowitz (Brooklyn, NY) — May 7, 2009

Births

- Birth of Baby Boy Renov (Jerusalem, Israel) — May 9, 2009
- Birth of Tilla Malka to Tzvi and Goldie (Wielgus) Katz (Far Rockaway, NY) — May 6, 2009



A pre-school proposal

Moshe Orlofsky of West Hempstead proposed to Allyson Wiener of Woodmere in the gym at Yeshiva of South Shore recently with the assistance of her kindergarten students, who handed Morah Alley roses. Afterward, a teacher commented, "We should do this everyday, the children sat so quietly!"

To view entire galleries, please visit www.OnlySimchas.com



Dear That's Life,

People have different takes on Mother's Day. The cynics/conspiracy theorists out there say it is a fictitious holiday made up by greeting card manufacturers to lure us into buying their products. Those of us who actually believe man landed on the moon, despite the flag seemingly waving in the breeze, enjoy the day and its sentimentality and, regardless of its origins, think it is a special day for families to enjoy.

As a kid, I remember when my brothers and I forgot Mother's Day one year. We never made that mistake again. And don't worry — I sent flowers.

Shmoozing with someone I know at a little league game this week, she recalled a conversation she had with her husband. "Know why Mother's Day comes before Father's Day?" she asked him. Knowing his wife very well he responded, "Because you get what you give?" "Yup," she said. That's certainly another way to look at it — as a preview to Father's Day. I guess my husband will be getting that new grill.

In my house I joke that it is a good thing one day a year is designated for moms — because Father's Day is really the other 364.

The projects that come home to celebrate Mother's Day are always precious, but not

nearly as much fun as the songs that are taught to the preschoolers. Hearing my little ones singing, "I Love You, Ema," really doesn't get old. Whether they substitute Ema for Mommy, it does not matter — they are still talking to me. But I guess the 364 days dads get just aren't enough.

Right after my son came over to me Sunday night to say goodnight and give me a kiss, he broke out into song. At the top of his lungs, as if he was singing in the shower, he began a rendition of, "I Love you, Abba," complete with dance moves and clapping. So much for getting a whole day.

Happy Father's Day, everyone. Cards are available for purchase.

MLW

Dear That's Life,

The story of Rabbi Akiva's moment of inspiration is certainly inspiring. On Shabbos night my wife explained to the kids how Rabbi Akiva realized how the continuous drips of water that bore a hole through solid stone are likened to the Torah. With continuous commitment the Torah would be able to go into his mind. "When we learn Torah," my wife explained, "it too will go into our heads and neshamas like it did for Rabbi Akiva." Just then, as the lesson seemed to make its impression on the kids, our astute Aviva, 5, chimed in: "But mommy, then Rabbi Akiva would have a hole in his head!"

MATIS FRIEDMAN
 Woodmere

If something happened to you "that could only happen around here," you've got to share! Was it funny? Outrageous? Hopefully, it wasn't too painful. No matter what, if you type it up and send it to letters@thejewishstar.com you'll have a chance to win a \$25 gift certificate to Burger's Bar on Central Avenue in Cedarhurst — in other words, you could win an outstanding meal at one of Nassau County's most popular kosher restaurants.

Submissions should include your name, your town, and your daytime and evening phone numbers. Sorry, but anonymous submissions cannot be considered. All decisions by the editors are final and all submissions become the property of The Jewish Star.

In case you were wondering, Burger's Bar is under the supervision of the Vaad Hakashrus of the Five Towns and Far Rockaway, and plays music you can find on MLW's iPod.





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A money-making menorah

BY YAFFI SPODEK

A used menorah from the 1960s may not seem like much to bargain for, unless it once belonged to Sammy Davis Jr., that is.

Though Davis, a famous entertainer and famously, a convert to Judaism, died in 1990, some of his personal effects are still on the market, including a menorah which was given to him in 1965 by the women's division of the Federation of Jewish Philanthropies. Now, the lucky owner of that religious item is Jonathan Greenstein of Woodmere, who will auction it off on June 8, together with 20 other objects of Jewish art.

"The starting bid will be at \$10,000 and the menorah will proba-



Jonathan Greenstein

bly sell for about 20 grand," estimates Greenstein, the owner of J. Greenstein and Co, Inc, an auction house.

Though Greenstein also owns a medical supply business, "the auction house is my primary love," he says. His company holds two large auctions each year, and has been doing so since 2004. The one in June, a public auction open to all, will be held on June 8 at the Radisson Martinique Hotel in New York City. Advertised as a collection of "rare antique and artisan Judaica," it will also be open for viewing the day before, on June 7.

The infamous menorah will be auctioned off alongside other religious artifacts, including "an 18th century French havdala compendium, some 18th century Torah shields, some 18th

and 19th century besamim boxes and some kiddush cups from 1760 and on," says Greenstein, who has hired a live auctioneer for the occasion.

The menorah was recently consigned to Greenstein by a collector in Staten Island, who owned it since 2004; prior to that, from 1991 until 2004, it was owned privately by different collectors.

In addition to the menorah, Greenstein has had other noteworthy artifacts in his collection in the past. At one point, he possessed a check for charity that had been signed by Myer Lansky, a Jewish gangster with well-known ties to the Italian mafia. Greenstein also sold a Torah pointer which belonged to Rabbi Alexander Schindler, a leader of Reform Jewry who passed away several years ago.



A silver menorah that once belonged to Sammy Davis Jr., a famous convert and entertainer, is expected to sell for \$20,000 at an auction in June.

Spicing up the shul bulletin

BY YAFFI SPODEK

It may not be on par with the Spanish-Portuguese synagogue, but the Young Israel of West Hempstead has been making a unique effort to infuse its membership with some Spanish culture.

Since Abraham Borenstein became president of the shul two years ago, the multilingual native of Colombia has included several Spanish words in the shul's weekly news bulletin.

"This has been his trademark for his term as president," said YIWH's Executive Director Sol Skolnick, explaining Borenstein's unconventional practice. "As far as I know, he is the first president to implement his background into the shul."

Each bulletin contains

the "Spanish Word of the Week," which correlates to events going in the West Hempstead Jewish community. For example, during the week that coincided with Chol Hamoed Pesach, some of the featured words were Pascua (Passover), pan acimo (unleavened bread) and hierbas amargas (bitter herbs.)

"Depending on happenings in the shul or the community, he [Borenstein] determines the word of the week," said Skolnick.

One message that doesn't change from week to week, and rings true in any language, is the reminder found on the bottom of the bulletin: "silencio por favor during davening, gracias," no doubt echoed across any number of shuls throughout the Jewish community.



Jerry Seinfeld in Cedarhurst

Long Island native Jerry Seinfeld became famous and wealthy by creating a TV sitcom said to be "about nothing," but the commercial he filmed on Cedarhurst Avenue this Monday and Tuesday was, oddly, about an Australian bank. Early in the morning when our photographer caught up with him, Seinfeld was taking a moment to chat with fans (above and l-r Aliza Schwartzblatt, Chani Spirn, Sara Grosser and Elana Maslow and sign Avi Schwartzblatt' cast. Photos by Andrew Vardakis



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OPINION

THE JEWISH STAR

Independent and original reporting from the Orthodox communities of Long Island

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The Jewish Star is an independent community newspaper. All opinions expressed are solely those of The Jewish Star's editorial staff or contributing writers.

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PUBLISHER'S NOTE

The price you pay

BY MAYER FERTIG
Publisher and Editor in Chief

As you might well imagine, one of the more, let's say challenging, aspects of publishing a frum newspaper that actually covers the news involves navigating the treacherous shoals of discontent from people who would be ever so much happier if discussions of uncomfortable matters never appeared in print.

It's a balancing act we're used to dealing with, admittedly with varying degrees of success. The Orthodox world we cover is a diverse, fractious place. Most of us would describe the spectrum of frumkeit as running from right to left (or left to right, depending on where you stand) with the extreme left describing the far reaches of Modern Orthodoxy and the extreme right describing the far reaches of the Yeshiva (some say Charedi) world.

To digress for a moment, it's worth pointing out that outside of the New York-New Jersey metropolitan area, a Jewish newspaper that covers only Orthodox is economically impossible. It was tried and failed in Baltimore, where the sizable Yeshiva com-

munity detests the Baltimore Jewish Times, particularly for its uncovering of sexual abuse (more on that journalistic landmine in a moment). Across the country Jewish papers tend to be, if not outright secular, then ecumenical in nature, covering the goings on of all the local Jews.

So Orthodox communities around here are fortunate to enjoy a number of publications that cater to them; a couple of them even cover the news. One thing is fairly consistent, though: most are aimed at the yeshivish/charedi world exclusively and tailor their coverage to suit. That means a number of subjects are deemed not suitable for (much) public discussion.

The Jewish Star approaches the world from a different standpoint: the center. Moderation, we believe, extreme neither to the left nor to the right, offers the most opportunity for all members of the frum community to enjoy what the paper has to offer. In practice, the location of the center is sometimes open to discussion; certainly those on the far right or left, at different times or even simultaneously, have deemed the paper completely off the reservation. This is unavoid-

Fine-tuning needed, not dramatic change

Some things improve with age, others not so much — Lawrence school board elections come to mind. In the case of the current board our front page story shows that public school principals, the people who actually have to implement the board's directives and decisions and live with the consequences day to day, give the members of the board generally good grades albeit with room for improvement.

The comment most often heard about the board, echoed by candidates, supporters and critics alike, is that the board falls down on the job of communicating with its constituency. We noted this in an editorial in this space almost two years ago and unfortunately, not much has changed in that regard. That said, much has changed in the district overall, and very much for the better, with all due credit going to the board members who have tamed the budget and simultaneously improved student performance. In that sense, the board itself has the opportunity to improve with age, if only its members would care to make the effort. A lot of good things are happening in the district and if the board did a better job of getting that message out — improving the lines of communication between themselves and their constituents — we are certain it would go a long way toward winning support from public school parents who still don't know what to make of a board of mostly private school parents,

Editorial

or who have already made up their mind to the negative.

The thought has occurred to us that were a public school parent to run for the board who was a proven moderate, with a track record that proved he or she could interact respectfully and fruitfully with private school and public school parents alike — on the board and in the community — that would be someone we would want to endorse. That has not happened this year.

In District 15 Michael Hatten has decided to not run for re-election. We thank him for his distinguished service and endorse Abel Feldhamer of Cedarhurst to succeed him.

Feldhamer has already offered a number of years of service to the community behind the scenes, quietly directing several successful election campaigns. He would be a valuable addition to the board and we urge Dist. 15 voters to support him.

Uri Kaufman is running for re-election and he has our support, as well.

Kaufman's challenger, Barry Ringelheim of Atlantic Beach, has distinguished himself in what we would consider to be the worst possible way. His oftentimes factually inaccurate, usually hateful public statements about public school politics, the board and private school families, in print and in person, reveal him to be a definitively poor

choice, at best, for any sort of public office in our community.

We urge voters in Dist. 15 to support the proposed budget. For the first time in several years the proposal is lower than the current operating budget, a goal that was achieved without eliminating any school or extra-curricular programs. Obviously, there will be savings realized by the closing of the Number Six School including the elimination of more than 80 positions. This is a tough but necessary move that reflects a shrinking enrollment.

We also support the Peninsula Public Library budget, which will also be on the ballot in Dist. 15, listed as Proposition Two. A slight increase in the budget reflects increases in materials in circulation and 900 new library cards - 900 new children and adults reading the libraries offerings — issued since last year.

In District 14 we endorse incumbents Stephen Witt, Marcy Goldberg and Jill Stern for re-election. They have done a fine job, collectively, and while their challengers, Mitchell A. Greebel and Fred Usherson are strong candidates in their own rights, we see no compelling reason for change this year.

We also support the Dist. 14 budget that reflects a 3.77 percent increase but also difficult reductions including the elimination of the positions of Director of Technology, and Executive Coordinator of Community Education and Services.

able and nothing we lose sleep over, though admittedly it has almost certainly cost us some advertisers — which is certainly nothing to sneeze at. Principle does not come without cost.

This week, I am proud to tell you, principle cost us a columnist.

When I began the job nearly three years ago of recasting The Jewish Star as a newspaper offering real news to the Orthodox community, one of the founding elements I inherited from my predecessors was "The Right Angle," a syndicated weekly column authored by Rabbi Avi Shafran.

To his critics, and there are a couple of them out there, Rabbi Shafran is controversial but, who isn't? I consider him a friend and someone I believe writes from a well of deep sincerity. His day job is director of public affairs for Agudath Israel of America and presumably he is on the clock when he writes. However, the column is syndicated separately

and Agudah has tended to not claim ownership, so as to make him deniable. Think "Mission: Impossible" where agents were warned that if they were to be killed or captured, "the Secretary will disavow any knowledge of your actions."

A number of readers, who mistakenly perceive The Jewish Star as purely a "Modern Orthodox" newspaper, rather than one writing about the entire Orthodox community from a place in the center of it, have criticized the column's continuation. In my judgment, however, it has been a useful, often very eloquent part of what The Jewish Star has to offer — and dealing with criticism is part of my job.

Last week Agudah claimed ownership of the column and, unfortunately, indicated that perhaps it doesn't handle criticism too well, either from within, or from elsewhere. I was informed that at the insistence of unnamed

local constituents of Agudath Israel, Agudah would henceforth grant exclusive rights to Rabbi Shafran's column to the other local Orthodox paper, which I gather they deem to be more pliable and eager to please.

I've been on the receiving end of a fair amount of recent comment about stories we covered in The Jewish Star that were either not covered elsewhere at all, or were not covered in other Orthodox papers and it's not hard to connect the dots: this is primarily about our coverage of the incremental steps toward public acknowledgment that sexual abuse is an actual, honest to goodness problem in our world.

We'll miss "The Right Angle," as I suspect Rabbi Shafran will miss being published side by side with columnists who don't pay for their slot. But, as I said, principle comes at a cost, and the cost runs both ways.

While his exit will not leave a physical hole on this page, Rabbi Shafran certainly has left his mark on the newspaper for the better, and for that he has our thanks.

Letters

Who should get to choose?

To the Editor:

It's that time once again in the Five Towns. District 15 is about to vote for members of the school board. Tension and resentment are again running high. Why should the orthodox community be allowed to decide how our schools are run simply because they pay hundreds of thousands of dollars each year in school taxes? Isn't it the right of parents with children in the public schools to make those decisions?

Well, maybe these parents have something here. After all, their children are in those schools. Shouldn't they decide how the tax money is to be spent? But, why stop there; what about those district residents who no longer have chil-

See LETTERS, Page 10

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FROM THE OTHER SIDE OF THE BENCH

A two state disaster

Why does it take four liberals to change a light bulb? One to apologize to the light bulb for burning out. One to apologize to the earth for having light bulbs destroy the environment. One to apologize to the people who now have to sit in the dark and one to apologize to the person who has to change the light bulb for not having a government program in place to have the light bulb changed by bureaucrats in Washington.

Apologies and apologies followed by concessions and more apologies. And now I get it. Now I understand. It all makes sense, this big Obama push for a two state solution in the Middle East. You know, the solution that could lead to an updated version of the "final solution."

Israel doesn't know how to make peace or concessions for peace. Right? Wrong! Look at Egypt, look at Jordan, look at concessions Israel has made returning territories conquered in defensive wars, wars forced upon her, wars she didn't want.

Fact check. Is it Israel or the Palestinians that have in their individual charters the planned destruction of the "infidels"? Fact check. What happens to an Israeli who sells his home to a Palestinian? Nothing except maybe



David Seidemann

raising a few eyebrows from his neighbors. Arabs can even sit in Israel's Knesset, let alone own property within the State.

They can vote in Israel's elections. They can move anywhere, any Israeli could move. What happens if a Palestinian sells his land to an Israeli? He is beheaded. End of Story.

Concessions? Name one the Palestinians have made, other than to call themselves Palestinians in place of what they really are, Arabs.

Fact check. More Jews have been expelled from Arab and Muslim countries than the amount of Arabs that fled from what was always Israel. After the Arabs rejected the United Nations partition plan, they attacked Israel and ran to safety to their brother countries who said "sorry, no vacancy." Every biblical, archaeological and historical measuring stick confirms that Jews occupied Israel long before the first Arab donkey chewed a blade of grass there.

Two state solution? Yes, a State of annihilation and a State of disaster and that's exactly what will occur if you allow an enemy sworn to your destruction to live next door, a governing state with all the benefits of statehood. But where will the poor Arabs go? Truth

be told, they can live in Israel with more democracy, more freedom, more benefits and more educational and economic opportunities than they will ever experience in any Arab land "created" now, as part of a two state solution.

The Hamas-Fatah Arabs have squandered every opportunity to better their lives and build a state for themselves. No one, not Israel and not the U.S. has told the inhabitants of Arab Gaza not to build a functioning society for themselves. But how can they build a society when Israel (for its own security) doesn't give them the "goods" to build? Someone needs to explain why Israel should give them anything!? Let their Arab brothers hold a telethon or a Chinese auction! They could have built and built but instead their leaders robbed them blind, kept the average Arab (I know, I'm supposed to call them Palestinians) a street peasant, killing Jews and killing their own prospects for advancement.

Why aren't the affluent Arab countries absorbing their brethren or paying for societal enhancements and advancements? You know the answer. Because it's so much easier to blame

Israel. Because if they can get Israel to start self doubting herself, to become apologetic, and guilt ridden, they can have their hummus and eat it too.

But self doubt as a nation leads to self destruction. When a country through its leaders begins to doubt their right to defend themselves and protect their citizens, they are not engrafting themselves to their enemy. Just the opposite my friend.

Those that don't believe in what you believe in won't respect your weakness. They'll exploit it and squash you like a bug.

And now I hope you get it too. Am I a genius? No. A prophet? No. But I did write in one of my prior articles, before the November election, (The Jewish Star is now archived, look it up) that if Obama is elected, "take out your cameras before the inauguration and take a photo of what the USA looks like because you are not going to recognize America after he takes office. And I was right. And if he has his way, Israel won't look the same either.

He files around the world apologizing for what we believe in and sits silently as demogauges trash our coun-

try. Rudy, George H., George W, Ronald Reagan and even a Democrat like LBJ would have risen to our country's defense and squashed the rhetoric like you guessed it, a bug.

But not Obama. He still believes that closing Gitmo, and affording more rights to foreign terrorists than to American lawyers and members of the CIA is a sign of strength. Suddenly friend is foe and foe is friend. And that's what Obama thinks Israel should do, sacrifice its own on a silver platter as a mea culpa to the enemy.

In global conflicts, the weak never win. Better my enemy thinks I'm weak than I think me weak. When my enemy underestimates my strength, I can win. When I doubt my strength, I'm halfway on my way to defeat.

The rhetoric out of Washington these days is frightening. The Prophet Joshua was told (Joshua 1:6-7) to "be strong and courageous" in his conquest of the land of Israel. Strong against those that seek to destroy Israel, courageous against those that seek to have Israel doubt its own resolve. Thank you Mr. President, Israel can change her own light bulbs.

David Seidemann is a partner with the law firm of Seidemann & Mermelstein. He can be reached at (718) 692-1013 and at ds@lawofficesm.com.

IN MY VIEW: FATHER OF THE MAN

Continued from Page One

my wife and I have had the incredible zechus of walking our children to the chuppah and seeing our newly-born grandchildren through the plate glass windows of hospital nurseries, I am finding that these yahrtzeit days are becoming more and more gut wrenching, almost too painful to bear. For while earlier in life, I spent the day reflecting on my personal loss; now my thoughts on Rosh Chodesh Iyar are pre-occupied with thinking of my father's loss and all the things he never got to do.

The past two years, I decided to channel much of that energy into writing a column on the day of his yahrtzeit designed to provide a modicum of comfort to children who lost parents at a young age. This year, however, I will let the child in me pen a few words to parents who are divorced, separated, or experiencing significant difficulty in their marriages.

In the 28 years that I've been dealing with children, I have seen true nobility of spirit where countless divorced fathers and mothers set aside differences and worked together to make the best of a difficult situation for the sake of their children. I've watched divorced parents attend the parent-teacher conferences of their children together, celebrate stress-free birthdays, bar/bas mitzvos and graduations together, even jointly walk their child to the chuppah. I have had the privilege of observing amazing parents who decided to let their kids sleep in their own beds after

the divorce in order to minimize the disruption in their lives, even though it required the mother to move out each time the father had visitation. All these accommodations deliver a resounding message to their children - that they are valued and their parents always put the needs of their kids before their own.

At the same time, I have also had the misfortune to see the most shameful and horrible behavior displayed by parents seemingly oblivious to the long-term and often permanent damage they are doing to the children that Hashem has blessed them with and entrusted to their care. I have listened to horror stories of abusive parents doing unspeakable things to their children and spouses. I have watched parents use the children they once lovingly brought home from the hospital as helpless pawns in their hate-driven battles with their ex-spouse, bad-mouthing the other parent, using the children as carrier pigeons to send toxic messages to each other, and engaging in protracted litigation over every facet of their lives. I have witnessed soulless, evil fathers cruelly withholding gittin from the mothers of their children to extract money or other concessions. Each and every time I see this type of behavior, the child in me remains dumbfounded that people can knowingly make their children rootless, virtual orphans.

In fact, in many ways their kids are in far worse shape than I was. Everywhere I went as a child, people would stop me and tear up as they spoke glowingly about the very spe-

cial father I had and how much they missed him. I had the unwavering love and support of my amazing mother and the wonderful man she married a few years after my father passed away. I can't even imagine the confusion and pain experienced by children whose parents are in midst of a bitter and public divorce. It is no wonder that so many of them wash up on the shores bloodied and bruised - addicted to drugs, alcohol or worse, doing whatever they can to dull the pain of feeling worthless and wind driven.

So, a few words to parents who are struggling with your marriages: please do what you can to make it work - go to your Rav for professional help as soon as possible and see if you can save your marriage. If the marriage is to be dissolved, please, please keep the children's needs first. On behalf of all the confused and tormented kids I have met over the years - those with abusive/neglectful parents and those whose parents behaved poorly during messy divorces, I beg you from the depths of my soul to take a giant step back from the abyss if you are headed there and remove the sword of the Angel of Death from your hands. For make no mistake. If you continue down the path of discord and machlokes, you will, in all likelihood be calling me or one of my colleagues a few years down the road in the worst agony you have ever experienced - watching a gehenom unfold that you helped create.

Please listen to little Yankie now, rather than Rabbi Yankie later on.

PARSHIOT BEHAR-BECHUKOTAI
Time management

BY RABBI AVI BILLET

As we close the book of Vayikra, a book with surprisingly sparse narrative, it is interesting to note the span of time that has passed since the end of the book of Shmot.

Shmot 40:17 says: "On the first day of the first month the Mishkan was erected." The first verse in the book of Bamidbar describes how G-d spoke to Moshe on the first day of the second month. Vayikra spans one month.

As Bereishit spans over 2,000 years, Shmot spans a little over 200 years, Bamidbar spans 39 years, and Devarim spans about 67 days (including the 30 days the nation spent mourning for Moshe), Vayikra covers the shortest span of time.

Rashi and Ramban have a longstanding debate over the rules of the order of the Torah. Rashi says the Torah's narrative does not come in any particular order, while Ramban says the Torah's narrative follows the chronological order of events.

While the debate is mostly felt in the sequence of events surrounding the building of the Mishkan and the Golden Calf, it is raised in Bamidbar 9 when an event that should have been recorded in Vayikra is mentioned: the observance of Pesach in the desert.

Regardless of whether the time span of the book is an important issue, why leave out the second Pesach from Vayikra when a. It would have fallen into the themes of Vayikra very nicely (sacrificial offerings and dealing with Tumah, eg Pesach Sheni), and b. Vayikra takes

place in the month of Nissan? (The offerings of the princes upon the dedication of the Tabernacle in Bamidbar 7 are written in the past tense, negating a seemingly obvious similar question.)

Rashi has a simple answer. The Torah is not written or presented to us in order of events.

Ramban, on the other hand, has to explain the time discrepancy. He says the Torah bunched together one-time commandments in the beginning of Bamidbar, to show a small snippet of life in the desert, because the people were supposed to enter the land of Canaan shortly after the book of Vayikra. A number of verses in the book of Shmot (12:25, 13:5) indicate Pesach was to be celebrated next in the chosen Land.

But life got in the way, between the Golden Calf and the construction of the Mishkan, and later the spies in Bamidbar 13-14, and the generation of the Exodus never made it to the land. The Talmud suggests the second Pesach was the only Pesach observed in the wilderness.

Which brings us back to our question: Why leave the second Pesach story out of a storyline where it would fit so perfectly?

Vayikra is mostly about the laws of tamei and tahor, fit for holy use and activity, or unfit. It deals with kosher and non-kosher animals, tzara'at, and kosher and non-kosher behavior between man and man and between man and woman.

The narrative is primarily limited to two instances where people did the wrong thing and were punished with death: Nadav and Avihu (Shmini) and the blasphemer (Emor).

The second Pesach includes narrative about people who were tamei at the time, wanted to make up their missed opportunity, and did so during the main time frame of the book of Bamidbar, on 14 Iyar of the second year. Some say they carried Yosef's bones, other's say they had dealt with a "meis mitzvah" — they had come across a dead body and buried it.

The circumstances are not important to our point, which is this.

The tone of the book of Vayikra focuses directly on the task at hand, a vision focused on learning to use our Mishkan, and preparing for life in Canaan — distinguishing between Israelite/G-dlike behavior and the abominable behaviors of the people of Canaan.

Aside from the laws needed to function in the Mishkan/mikdash, it only includes narrative episodes of people making one-time mistakes from which the people were meant to learn and never repeat.

The story of the second Pesach includes a mitzvah which is long-term, which is meant for people who have done nothing wrong, or may have even been involved in a tremendous mitzvah.

Vayikra covers such a short time period, because how much time do people actually need to prepare for an event which is highly anticipated? Thirty days? Fifty days? [Interestingly, sefirat ha'omer takes 50 days, and the people started to travel towards the Land on 20 Iyar (Bamidbar 10:11), 50 days after the dedication of the Mishkan.]

It is a lesson in time management. Learn the most in a limited preparation time, without getting sidetracked. Then move on with your life.

Your comments are welcome at www.thejewishstar.com.

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Celebrating our 10th Year!

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.

Lynbrook - Congregation Beth David will host a Lag B'Omer event on Sunday, May 17 at Greis Park in Lynbrook. Join us in a festive holiday BBQ and picnic with softball & horseshoe games, and lots of food and drinks. If rain, event will be held at Congregation Beth David, 188 Vincent Ave. in Lynbrook. Cost is \$12 per adult, \$6 (under age 13) or \$25 per family. Deadline to reserve is Tuesday, May 12. For more information, please call (516) 599-9464.

Lawrence - Nash Kestenbaum of Bikur Cholim of Long Beach is celebrating 25 years of community service at its annual dinner, honoring Lea Eisenberg, on Sunday, May 17 at 6:00 p.m. at the Young Israel of Lawrence-Cedarhurst. For more information, please call (516) 239-3951.

Hempstead - The Nassau County Department of Health Emergency Preparedness Program invites residents to come to a community meeting to learn how to prepare for an emergency, "Strengthening our Training on Emergency Preparedness" (STEP) on Tuesday, May 19 from 6:30-8:00 p.m. at the Hempstead Community Center, Kennedy Park 335 Greenwich Street. Creole and Spanish translators are available. The Department of Health will distribute a valuable and free

"Go-kit" packed in a sturdy backpack that will start you on "self-preparedness." Refreshments will be served. Please RSVP by May 18 to Fayola Creft at (516) 573-0752 or fayola.creft@hhsnassaucountyny.us

Far Rockaway - The community is invited to the 7th Annual Elegant Shavuot Bake Sale Benefitting Tzofiah Therapeutic School For Girls on Tuesday May 26 from 10:00 a.m. - 9:30 p.m., and Wednesday, May 27, 9:30 a.m. - 9:30 p.m. at the Home of Sara Genack, 533 Reads Lane in Far Rockaway.

Lawrence - The JCC of the Greater Five Towns continues its Israeli Film Festival with "Srugim," which can be seen Wednesday, May 20 at 8:00 p.m. at Temple Israel, 140 Central Ave. in Lawrence. The film, in Hebrew with English subtitles, focuses on the relationships between the young, single orthodox community in Jerusalem. The fee is \$10. For more information, please call (516) 569-6733.

Cedarhurst - The JCC of the Greater Five Towns, Orthodox Union and Jewish Community Council of the Rockaway Peninsula have scheduled a three part-series called "Navigating the Financial Crisis," presented by Five O'Clock Club Certified Career Coaches. The last classes in the series will be on Thursday, May 21. The seminar begins at 7 p.m. and is being held at the JCC, 207 Grove Ave. in Cedarhurst. Admission is free. For more information, please call (212) 613-8188 or visit

www.ou.org.

Cedarhurst - The National Council of Jewish Women Peninsula Section will be holding a 5K Fitness Walk through Cedarhurst and Lawrence on Sunday, May 31. The purpose of the walk is to inspire members of the Five Towns community and surrounding areas to get into better shape this spring. To attain this goal, a fitness and motivational plan will be provided through the NCJW web site, ncjwfitnesswalk.com, to help community members get started and build their endurance over an eight-week period. There will also be weekly training walks beginning on April 7 at 6:30 p.m. at the Hewlett High School track. The sessions will be open to all registered participants, to prepare for the 5K (3 mile) walk. Walkers of all levels and abilities are encouraged to participate. To register for the event, please contact the NCJW office at (516) 569-3660 or visit ncjwpeninsulasection.org.

Lynbrook - Congregation Beth David is hosting a Plaza Player Productions of "Camelot" followed by a dairy dessert (including making your own sundaes) and meeting the cast, on Sunday, May 31, at 188 Vincent Ave. in Lynbrook. The cost is \$25 per person, and \$12 for children 13 and under. For more information, please contact (516) 599-9464 or cbdooffice@verizon.net.

Oceanside - The Friedberg JCC is hosting a lecture "Your Marriage and Family - A Safe Investment in any Economy" on Wednesday, June 3 from 7:30-9:00 p.m. This workshop will focus on steps you can take to manage stress, invest in your family and increase the joy you experience in your marriage. The event is free and light refreshments will be served. The JCC is located at 15 Neil Court in Oceanside. For more information, please call (516) 766-4341 ext. 131 or e-mail rbruckenstein@friedbergjcc.org.

Oceanside - The Friedberg JCC is hosting a free financial workshop for parents of children with special needs on Thursday, June 4 from 7:00-8:30 p.m. at the JCC, 15 Neil Court. The event, cosponsored by the JCC and FEGS Health and Human Services System will provide long-term financial planning information for families on topics such as Special Need Trusts, Guardianship, Estate Planning, Benefits and Entitlements, Health Plans, Budgeting and Financial Planning. For more information or to register, please contact Stacey Bloom, MSW, at (516-) 496-7550 ext. 240.

Oceanside - The Women's Circle from the Chabad of Oceanside is looking for vendors to rent space at a flea market on Sunday, June 7. Space is \$40 per table with two chairs. For more information, please e-mail jbhakim@verizon.net.

Wheatley Heights - The Friedberg JCC will hold a "Walk to Help the Sun Rise for Children with Cancer," on Sunday June 7. Proceeds from the event will go to Sunrise Day Camp, the only dedicated day camp in the nation for children with cancer and their siblings. The walkathon, presented by The Laura Rosenberg Foundation, will be held at the Henry Kaufmann Campgrounds on Colonial Springs Road in Wheatley Heights. Registration begins at 8:30 a.m. More than a "walk", the Walk to Help the Sun Rise will be a fun, non-competitive morning for the entire family. There will be 3 different courses to choose from so you can pick your ability level and join in the fun. Games, prizes, entertainment, food, character appearances, pony rides and more will be part of this special day. For information, please call Amy Pilott, Walkathon Director at (516) 766-4341 ext. 161 or visit our web site at www.sunriseday-camp.org.

East Hills - The Sid Jacobson JCC is holding

its 3rd Annual 5K Run/Walk and Children's Fun Run on Sunday, June 7 from 9 a.m. until 12 noon, rain or shine. The professionally timed and USATF certified course is for all ages and fitness levels and includes an award ceremony, great raffles, T-shirts for participants, and free childcare. The event will take place at the JCC, 300 Forest Drive in East Hills. Register online at www.sjcc.org or www.Active.com. For more information on sponsorship or participation, contact Adrian Sadowski, Personal Training Director at (516) 484-1545, ext. 153 or asadowski@sjcc.org.

Cedarhurst - The JCC of the Greater Five Towns has scheduled a cooking class with Sandy Stoller of "The Kosher Tomato" for Tuesday, June 9 at 11:00 a.m., to be held at the JCC, 207 Grove Avenue. Summer barbecue and salads will be on the menu. The fee for this class is \$50. To register or for more information, please call (516) 569-6733, ext. 222.

Oceanside - The Friedberg JCC will host a lecture entitled "Nu, What's So Funny?" on Wednesday, June 10 at 7:30 p.m. Join us for a spirited evening of laughter and discussion as we explore the evolution and long tradition of Jewish humor. We'll cover the history and underlying forces that led to the verbal, self-deprecating and anecdotal Jewish humor of current times, including clips featuring the work of Mel Brooks, Woody Allen, Sid Caesar, Adam Sandler and others. The event will be held at the JCC, 15 Neil Court, and the cost is \$8. For more information, please call (516) 766-4341 or e-mail mlevi@friedbergjcc.org.

Inwood - The JCC of the Greater Five Towns has scheduled its 11th annual golf outing for Monday, June 15 at the Inwood Country Club. For more information, please call (516) 569-6733.

SDEROT MISSION TO NY

Continued from Page One

think any yeshiva anywhere has done anything like this in the past."

Arriving on May 25, the group will spend time visiting HAFTR and other yeshivot, speak at community shuls over Shavuot and march in the Salute to Israel Parade. The second part of the trip will allow the Sderot teens and their HAFTR hosts to spend a week in Camp Morasha, capped by a relaxing Shabbaton on the campgrounds.

"These kids don't think of themselves as victims," Rabbi Eliach told The Jewish Star. "They see themselves as vanguards, living on the front lines, not just for themselves, but for us, and their message is that they are not going anywhere and that they can't be driven from the land."

Rabbi Eliach coordinated the trip together with Ori Schechter, a retired IDF major who devotes his free time to organizing projects with soldiers to connect Jews in America and Israel.

"These kids that are coming are the 'madrichei tzeirim' [youth leaders] in Sderot," said

Schechter, speaking by phone, in Hebrew, from his home in Rosh HaTzurim in Gush Etzion. "At the times of the Kassam rockets, they help gather the children into miklatim [shelters] and run activities for the younger kids. They are 'mitgaber al ha'koshi' [able to overcome the difficulties]. These kids are the future leaders, and we are giving them a push to go forward and succeed."

Schechter described the trip as "a chance for the kids to get the feeling that Jews in America love them... They are also representing Sderot, not only as a place that has rockets, but a place where they overcome these difficulties using their 'koach yehudi chazak,' [fortified Jewish strength], telling the kids in Long Island about their experiences with Kassams for the last eight years."

In April, Adam Cohen, a HAFTR parent, traveled to Sderot with his family, where they met with Schechter and some of the children to show a video made by HAFTR students expressing their excitement over the group's planned arrival. The meeting was held in Mishkan Elah, a youth center built in memory of Elah

Abukasis, who was killed by a Kassam rocket three years ago while trying to save her brother. The Kassam-proof community center was furnished with funds donated by HAFTR. A second video is also being created by the people of Sderot, and will be shown at HAFTR in the coming weeks.

The children from Sderot, ages 14 and 15, will be accompanied on the trip by a handful of older Israeli madrichim (counselors), young men and women who have served in the army or are performing their Sheirut Leumi (National Service). They will all be housed in the Five Towns, staying at the homes of HAFTR families, "so they will really feel as if they a part of the community," explained Rabbi Eliach.

To help defray the costs for the project, money has been donated by local families, schools and shuls. The students here are also working to raise funds through their own activities. On Motza'ei Shabbat, May 16, HAFTR is competing against Rambam in an ice hockey charity game, where every player is being sponsored.

"We are raising all the money ourselves, but at the same time, people have taken steps in

my direction," said Rabbi Eliach. "El Al has lowered their airfare and Camp Morasha is giving me a tremendously great price."

During their week in New York the Sderot students are scheduled to speak at several yeshivot, telling their story to students, parents and members of the community. They will be welcomed on Tuesday, May 26 at Rambam, HAFTR and Shalhevet with an assembly and reception. On Wednesday, some will travel to the Yeshivah of Flatbush in Brooklyn, as well as to other area high schools. On Thursday, local hosts will give the group a tour of the Five Towns.

On Shavuot, the Sderot kids and their chaperones will rotate between community shuls, experiencing davening in different settings and speaking to members of various congregations.

"They will be joining us at our annual Shavuot tea, sponsored by the Sisterhood, being held at the home of Michelle and Ron Edelstein, on Shabbat [May 30], the second day of Shavuot," said Rabbi Kenneth Hain of Cong. Beth Shalom. "We've invited them to join us and speak to us and hopefully tell us about life in Sderot and some of their experiences as young people growing up there. We also hope to hear from their counselors, their madrichim, some of whom participated in the recent Gaza campaign."

Cong. Sons of Israel in Woodmere will be hosting the group during davening and for a kiddush afterwards, as well.

"We are anticipating that we

will have a handful of the kids and a member of the staff join us sometime before the mussaf services, where some of them will address our mitpallelim, our congregants," said Rabbi Bruce Ginsburg, the shul's rabbi. "This is special because it will give us the opportunity to hear directly from some of the residents of Sderot and its young people, what they have gone through. It will also show them that there are Jews on this side of the ocean that care about them and are committed to them."

Sons of Israel has been involved in several fundraising projects for Sderot, including raising money to build a bus shelter, as well as donating funds to support the construction of a new recreation center.

Other participating shuls include Young Israel of Woodmere, Young Israel of Lawrence-Cedarhurst and the Edwards Ave Shul, while other congregations are still finalizing their schedules to arrange for the group to visit.

After marching with HAFTR students in the Salute to Israel Parade on Sunday, May 31, the group will travel to Camp Morasha in Lake Como, PA, where they will be able to swim, rock climb, play sports and participate in camp activities being organized by Rabbi Steve Moskowitz, HAFTR's Chessed Coordinator. Rabbi Moskowitz, acting as "Camp Director" for the week, will be joined by 50 HAFTR seniors and several staff members who will supervise the activities. On Thursday, 100 HAFTR students from grades nine through

11 will arrive to spend Shabbat together.

Rabbi David Lamm of West Hempstead, Morasha's Director of Operations, will be at the camp all week to help maintain the facilities and ensure that the program runs smoothly. Morasha's master chef, Ira Tannenbaum, will be on hand to cook fresh meals for the duration of their stay.

"The thought of being in an American style sleepaway camp for one week is like being in Gan Eden [Garden of Eden] for these kids," Rabbi Eliach explained. "Even the wealthiest Israelis don't have a sleepaway camp experience, and instead of being in Sderot with rockets and sirens, to be in a place like Morasha is really Gan Eden. This will give them a real break."

Rabbi Eliach is eagerly anticipating the group's arrival and predicts that the experience will be a meaningful one for everyone involved.

"We truly believe that this project will enhance the lives of the participants from Sderot, and it will be a memorable experience for our students as well," he wrote in a letter to HAFTR parents. "Through their interactions with their Sderot counterparts, our students will learn more about Medinat Yisrael [State of Israel] and the struggles of its citizens, than they could ever learn from a textbook. These real life lessons will last a lifetime for our students."

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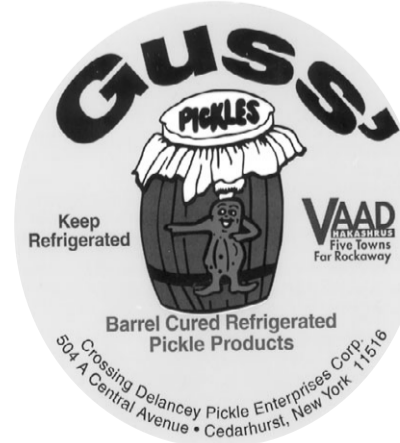
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Prime Minister Netanyahu to Meet With U.S. Administration on May 17

An Open Letter To The U.S. Administration: Don't Pressure Israel Into Premature Concessions Protect Israel & Regional Security

Premature concessions would put Israeli civilians, society, and economy at grave risk.

- West Bank heights put a non-peaceful partner only a few kilometers away from Israel's population centers, economic heartland, and Ben Gurion Airport.
- The PA has been unable or unwilling to eradicate terrorist cells or stop terrorist plots and arms smuggling.
- Hamas could easily take over the weak PA, putting an Iranian proxy on Israel's eastern doorstep.

Rushed, unconditional, externally imposed solutions will not bring lasting peace.

PA political parties are still dedicated to destroying the Jewish State.

- Anti-Israel, anti-Semitic incitement to hate and violence dominates PA society.
- The founding documents of Fatah and Hamas still call for the "eradication" of the "Zionist" state.
- PA President Mahmoud Abbas refuses to accept Israel as a Jewish State.

The PA is unprepared for state government. It has not taken steps to form a stable, peaceful society.

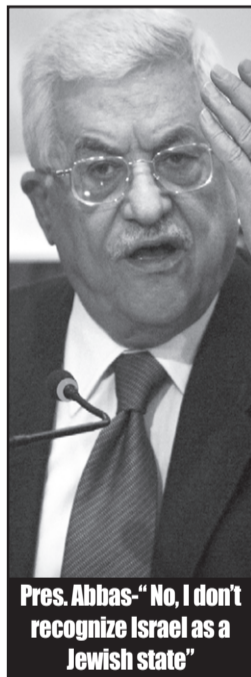
- There is no government address. The PA is divided into warring parties and armed "security" gangs.
- The PA does not have basic civic institutions or civil and political rights.

Demanding premature concessions would repeat tragic past mistakes.

Israel's unilateral withdrawals have led to escalating incitement, terrorism, and war.

- Israel's unilateral withdrawal from its Lebanese security zone in 2000 enabled Hezbollah to build its terrorist arsenal and led to the 2006 war.
- Israel's unilateral withdrawal from Gaza in 2005 led to Hamas increasing its military capacity and launching thousands of rockets into Israel's southern communities.

Respect Israel's expertise and its sincere search for a lasting peace. Pressuring Israel into premature concessions is bad for Israel, the Palestinians, the U.S., and hopes for regional peace.



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Health

Hips are for hula hoops, not for carrying children

BY PEGGY L. GUROCK

With the weather getting warmer and kids playing outside, it's time to warn parents and children about a trend that could lead to serious injuries.

It's the growing practice of babies, even toddlers, being carried on the hips of their older siblings and parents. It may look cute, but carrying a 20 or 30 pound child on a hip can lead to severe back problems, especially for a six, seven or eight year old girl or boy, whose muscular structure is still developing.

Orthopedists say when the hip is thrust out to carry a child, the body is bent in a "C" shape, and that can put a tremendous amount of stress on the back and the spine. "They twist their bodies as they try to keep themselves balanced," says Dr. Edward Toriello of the American Academy of Orthopedic Surgeons. "That could create problems with the lower back and the muscles along the sides of the lower back on both sides of the spine."

Dr. Toriello points out that the further away from the center of the body that a weight (or a child) is carried, the more stress on the body; over a long period of time, that can lead to back and spine injuries. When the child is held on the hip, it's far away from that center axis. A better idea if you have to carry a baby is to use a baby carrier, like a "Snuggli."

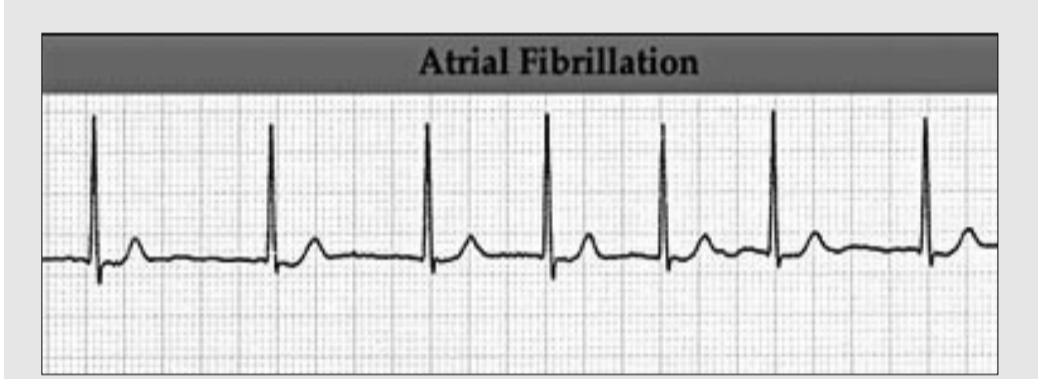
Experts say that the problems with a young person carrying a baby is similar to an older child carrying a backpack on just one shoulder — the weight is not distributed equally on both sides of the body. For a short period of time, it is not a problem, but a longer time could lead to injuries.

According to Dr. Toriello, even older siblings or mothers can develop back or spine problems from carrying a child on the hip over a long period of time.

The best idea, the experts say, is to use a stroller.

And, as Dr. Toriello says, "there's nothing wrong with kids walking, holding hands."

Peggy L. Gurock is a school-based Senior Occupational Therapist, employed by Trinitas Children's Therapy Services. She is the founder of the Orthodox Jewish Occupational Therapy Chavrusa and can be reached at peggy@ojtc.org.



The truth about A-Fib

BY MARC A. SINGER, MD, FACC

One of the most common cardiac conditions I am called upon to consult by internists is atrial fibrillation, known among health care providers by its abbreviated form, "A-Fib." It is the most common arrhythmia, or irregular heart beat, affecting about 10 percent of people aged 65 or older, with the incidence increasing with age.

Normally, the heart beats in a regular, chronologic order: the top chamber, or atria, first, followed by the bottom. In A-Fib, the top chamber beats erratically, or fibrillates. This can be caused by a myriad of reasons, ranging from problems intrinsic to the heart (for example, valvular heart disease), to conditions apart from the heart (for example, chronic lung disease). A-Fib can even be caused by conditions outside the chest (for example, an overactive thyroid). In addition to trying to find the cause of the arrhythmia, the cardiologist must address the consequences.

Many patients are completely asymptomatic and the condition is diagnosed when the patient's pulse is noted to be irregular on exam or electrocardiogram. Other patients note a pounding in their chest, since atrial fibrillation, when untreated, presents with a rapid and irregular heart beat. As a result, the patient may feel dizzy, or light-headed, short of breath, or even chest discomfort, since the heart's beating is out of sync (think of pistons firing out of sync, resulting in an engine not working efficiently). When the heart is not pumping efficiently because its components are contracting out of synch, fluid can back up, instead of being pumped forward.

While the appropriate testing is conducted to search for the cause, therapy is initiated. If the cause can be ameliorated, for example, an abnormality in blood chemistries, that is promptly addressed. If the patient is found to have a rapid heart rate, medications are given to control it. At the same time, treatment of the consequences, if present, is started. Additionally, from the time of diagnosis, the most important consequence of the arrhythmia is addressed.

The hallmark for this condition is the irregular pulse. Mechanically, the irregular heart beat results in the top chamber, or atrium, not fully emptying each time it contracts. This results in blood staying behind in the fibrillating chamber. Blood, normally in constant motion as it circulates through the body, has the ability to pool in the atrium, and form clots in the irregularly contracting heart chamber. These clots may stay in that chamber, where they cause no damage, or break off, and travel into the circulation. It most commonly migrates to the brain, where it can cause an embolic stroke. In fact, one of the most common causes of stroke is underlying atrial fibrillation. Certain conditions increase the risk of stroke. They include a history of congestive heart failure, elevated blood pressure, age greater than 75, diabetes and previous stroke.

Clots can be prevented from forming by treatment with blood thinners. Currently, the only approved oral medication is Coumadin, also known as warfarin. This medication works by inhibiting the body's normal clotting mechanism. This medication is difficult to regulate. It interacts with many other prescribed drugs, as well as over the counter medications and even certain foods. In addition, it can make it difficult to control any bleeding that occurs. The level therefore requires frequent monitoring and often adjusting: too little is less than effective, too much puts the individual at risk for excessive bleeding. Patients on this medication must be vigilant at the start of any bleeding. Sometimes, wounding and thus bleeding is inevitable, for example in surgery. When this is planned, for example for elective dental procedures, the medication is held for the several days before the procedure.

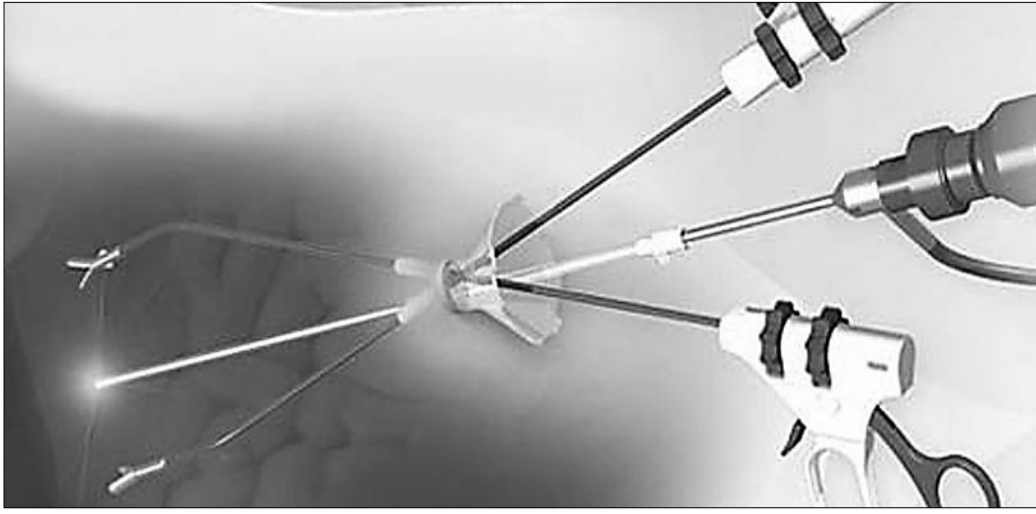
There are approaches to dealing with the arrhythmia directly. These include medications, but even well intentioned medications can have untoward side effects, including causing even more dangerous arrhythmias. Finally, cardiologists may perform a so called catheter ablation: the physician advances a catheter to the site where the arrhythmia is originating, and destroys a small amount of tissue to correct the problem.

And so, though A-Fib is rarely lethal, its consequences are prevented with appropriate treatment on careful monitoring. And that is no lie.

Dr. Marc Singer practices cardiology and internal medicine in Lake Success and is on staff at both Long Island Jewish Medical Center and North Shore Hospital, Manhasset.

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A new surgical technique at South Nassau Communities Hospital enables gallbladder surgery via a single incision through the patient's bellybutton.

Novel surgery through the navel

Innovative technique gives new meaning to 'minimally invasive'

BY MALKA EISENBERG

Two doctors at South Nassau Communities Hospital are pioneering a new surgical technique that enables gallbladder surgery via a single incision through the patient's bellybutton.

This single incision, minimally invasive surgery, leaves a scar that is not easily seen in the navel. Besides the cosmetic benefit, other advantages are minimal blood loss, less pain post-surgery and quicker healing and recovery.

Rajeev Vohra, MD, FACS, chief of minimally invasive surgery and bariatric surgery at South Nassau Communities Hospital, and Gregory Nishimura, MD, began using this technique about six months ago. So far, the doctors have performed 20 surgeries with this method, using "new articulating, or bendable at 90 degrees, instruments all in one incision," noted Dr. Vohra. "One of the prerequisites of laparoscopic surgery is the principle of triangulation, or the need to have the camera and the instruments in a triangle format so they are spaced apart."

The bend "overcomes the limi-

tations of being in close proximity together," he explained. The tool has three thin tubes with very small cutting and grabbing instruments and a camera that sends an image of the operating field to a high-definition video monitor.

The progression of surgery has been "from open to minimally invasive laparoscopic to what is termed, although not actually, incisionless or NOTES — natural orifice transluminal endoscopic surgery — via the mouth and or trans-vaginally," Dr. Vohra said. "It's not mainstream yet, it's where things are eventually headed but we are not there yet."

"We start with one incision if it is feasible and if it is not appropriate, we use three to four incisions," Dr. Vohra pointed out. During the same six months, the doctors performed about 150 three to four incision minimally invasive surgeries. "We do this surgery on selective patients," stressed Dr. Vohra. "It depends on the patient's BMI [body mass index] and previous abdominal surgery."

According to Dr. Vohra, the main advantage of the technique is

cosmetic, and it is most commonly used on younger women, who are not "morbidly obese."

The technique is used predominantly for gallbladder removal, hernia repair and adjustable gastric band for weight loss. The procedure is ambulatory surgery, either the same day or overnight. Though the technique is available in other institutions, SNCH is pioneering it on the South Shore of Long Island.

Other surgeries available at South Nassau's Division of Minimally Invasive Surgery are for gastroesophageal reflux disease (GERD), severe heartburn, hernias and diseases of the intestine, colon, spleen, kidneys and adrenals.

"Safety comes first," Dr. Vohra stressed. After discussing the options available to each patient and studying their needs, the doctors are able to use these new techniques and implements to provide the optimum short and long term result.

For more information call (516) 374-8631 or go to www.newyorkbariatrics.com.

Urinary incontinence

America's most not-talked-about problem

BY JILL MAURA RABIN, MD

Urinary Incontinence (UI), as defined by the International Continence Society, is "the complaint of any involuntary leakage of urine." I will retire when adult women no longer wear diapers. This may take a while. Luckily, I am patient (the use of this word to refer to a person receiving medical treatment must not be an etymologic accident, since patients spend so much of their time waiting).

Although there are solid, scientific reasons why the continence we learned so well as children may occasionally or even frequently elude us as we get older, urinary incontinence is not an inevitable part of aging. Millions of women worldwide have experienced urinary incontinence for a variety of reasons: women's urethras are shorter than men's, at about four centimeters (less than two inches); childbirth causes changes to pelvic organs and tissues; and women experience menopause, to name just a few. Unfortunately, it is currently estimated that fewer than half of incontinent women share their bladder control issues with their health care provider. The condition is not shameful and is treatable in almost every situation.

Do you know the location of each bathroom in every mall and public place? Do you leak when you cough, sneeze or exert yourself? Do you spend hours each week doing countless loads of laundry? Is your life ruled by your bladder? When you're ready to address your incontinence head-on, there is no substitute for a

thorough diagnostic workup. This starts with a full medical history shared with a physician (or other qualified health care provider) whom you trust, and who will listen carefully and seriously to your concerns. Explain in detail how the loss of bladder control is affecting your life physically, socially, and emotionally.

Once a diagnosis has been firmly established, you and your health care provider can discuss the various treatment options open to you. Often, in formulating your long-term treatment plan, several options are available and can be used either simultaneously or sequentially to maximize your continence margin (the combination of physical factors that keep you dry at any given point). Each person's continence margin varies at different times in life. Generally, our margin is wider when we are young, and it may take many factors being "out of sync" to make us lose urine. As we age, our continence margin may be narrower, and a simple urinary tract infection may push us, possibly only temporarily, into the "leakage zone."

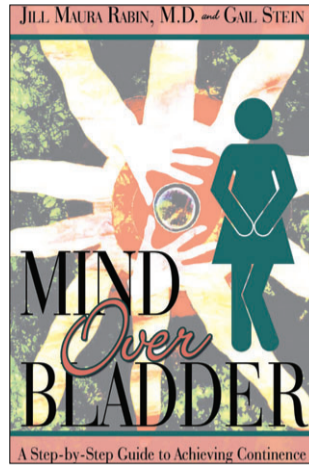
Urinary incontinence plagues over half of all nursing home residents and is one of the most common reasons that women enter long-term care and nursing facilities. In the process of losing control of their bladders, they often lose control of their lives as well. Much has been written about the depression associated with untreated incontinence and how lives are negatively affected through the social isolation, emotional turmoil, and physical debili-

tation that this condition brings. Do not despair! Effective treatments to improve incontinence are currently available, and new treatments are continually being developed while older ones are refined.

Billions of taxpayer dollars — the current estimate is 62 billion — are spent on urinary incontinence in the United States each year. This money primarily funds the routine care associated with incontinence (such as diapers, skin breakdown care, home-health aides) and some of the inadvertent consequences that may be associated with incontinence (treatment of a hip fracture resulting from a fall on a puddle of leaked urine). Absorbent products (diapers and pads) are, overall, very useful, and their rightful place should not be underestimated. These products work best when utilized as part of an overall plan, however, and not viewed as a treatment, because they do not treat the condition. By comparison, little money is spent on diagnosis and treatment of urinary incontinence.

Now is the time to take charge of your condition in order to have control over your bladder for life.

Dr. Jill M. Rabin is an Associate Professor of Clinical Obstetrics, Gynecology & Women's Health at the Albert Einstein College of Medicine, Bronx, New York, and Chief of the Division of Ambulatory Care and Head of Urogynecology at the Long Island Jewish Medical Center, North Shore-LIJ Health System, New Hyde Park, New York. Dr. Rabin and Gail Stein are co-authors of a new book entitled "Mind Over Bladder...I Never Met A Bathroom I Didn't Like," which can be purchased on Amazon.com and BarnesandNoble.com. For more information, go to www.mindoverbladderbooks.com.



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REVIEW

Gluten-free, yes; taste-free, no

Pamela's Products cookies for children and adults with Celiac Disease

BY MAYER FERTIG

It's a double-whammy for children and adults with the common autoimmune disorder called Celiac disease or gluten intolerance. There's a vastly curtailed menu of gluten-free items to contend with — that is, products free of wheat, semolina, durum, rye, barley, spelt and other ingredients — and many of the available substitutes only come in the taste-free variety. It's a bland but real concern.

We didn't set out to do an exhaustive look at decent kosher substitutes for products with glutes — there is more than one — but one brand crossed our line of sight and we decided to tell you about it.

Pamela's Products in Ukiah, CA

(about two hours north of San Francisco) makes a delicious line of packaged cookies that are OU-Dairy that anyone can enjoy. The company sent a boxful that we intended to offer to people with Celiac Disease for taste testing but just never got around to it. Instead, over the course of two months leading up to Pesach, every time we experienced a snack shortage in the office, we opened another box of cookies. Most of the varieties were excellent — more on that in a moment — and visitors who helped themselves also loved them. You really don't notice that you're eating something that has no wheat flour in it.

CEO Pamela Giusto-Sorrells is a third generation baker of healthy cookies, but she made a break of sorts

with her family tradition to produce her line of great-tasting gluten-free products.

Beginning back in the 1940's her grandparents had a health food store in California with a bakery in the back, "and they made cookies and they tasted terrible," she said. Later her father and uncle took over the store, continuing to offer the cookies, "and they were still terrible — it was a generational thing." "Who actually eats these things?" she would ask her father, which led to his explanation of the dietary limitations of Celiac sufferers.

As she grew older and went to work in the family business, Pamela says, she wondered, "If you could make something with natural foods



that actually tasted good wouldn't everybody eat it? And you could say the same thing about gluten free — if it tasted good why would anybody care what was in it?"

She experimented and sold her first batch in 1988. Today she still does all the product development herself.

"A variety of different ingredients go into the product to help mimic the texture of wheat and the response that you get when you cook with it," she explained. "Tapioca starch, sorghum flours ... I use a variety of different kinds of rice flours."

Pamela's favorite from her line of

cookies?

"I have to say that probably my favorite is the Peanut Butter Chocolate Chip. I'm a peanut butter girl from way back; I love the combination."

So did we. The Pecan Shortbread cookies were also excellent, and we enjoyed the Dark Chocolate Chocolate Chunk and the Chunky Chocolate Chip varieties. The gingerbread variety was popular with a regular visitor to our office. Old Fashioned Raisin Walnut Cookies tasted good but were unpleasantly damp to the touch.

For more information email info@pamelasproducts.com.

ROMANTIC SPARKS

Continued from Page One

strongly adheres to. Unfortunately, there have been some changes to the system in recent years that have led to rising stress in a process that should contain both fun and excitement despite the seriousness of the goal.

Increasingly, in virtually all shades of orthodoxy, both men and women are segregated from one another even when it is unwarranted. This separation has led to a fear of socializing, a form of stage fright or anticipatory anxiety that causes young daters to not know how to act in a socially acceptable fashion with one another. I hear them talking about the "magic" of the opposite sex as if it were a trism, a fact that in order to understand how to even talk with one another they must unravel a secret magical code.

While there should be magic, it is not of this type.

Even after marriage there is often a dearth of appropriate communication between the spouses. At a restaurant recently, while sitting next to a young married couple, despite trying very hard not to listen, I was amazed at how the couple was speaking about different topics and at cross-purposes to one another. True, this may be just one anecdote; however, more and more young marrieds are divorcing with the primary complaint that they simply did not know each other at the time of marriage and do not understand one another once married. There is, in fact, a growing body of evidence in the professional literature that this has become an expanding problem in Orthodox marriages even to the point of difficulty in developing a

sense of closeness and familiarity within a marriage.

When we add to this mix the volatility that comes from being overindulged and overprotected well into the late teens and early twenties, we are left with young men and women who feel no need to even try to get to know anyone else. Many of our young men and women have placed themselves on a pedestal and want to marry someone who can keep them there, even in financially troubling times. The goal then is not a warm, affectionate, supportive relationship but a selfish, ego-centric one. Who needs a romantic relationship with a spouse or even friendship with a spouse, as long as you get what you want?

There actually is somewhat of a scientific formula for the magic that causes the spark of romance. It is not a hard and fast rule like those often found in physics, but it does involve biology, chemistry and psychology. The actual cause of the magic in a relationship is a product of hormones, neurotransmitters or brain chemicals and developmental stages.

These chemicals set the stage for real attraction and are activated by a process wherein the couple perceives a degree of familiarity between one another. The only way this similarity can be stimulated is by spending time with members of the opposite sex at the correct stage of development.

Young men and women go through a biological and psychological maturational change that is driven by hormones in their early to mid twenties. For some it begins a bit before, and for others a bit later. This process causes, among other changes, the desire to affiliate with a member of the opposite sex and develop an intimate relationship. To get to that stage, the psychological needs of earlier stages must be met. These include developing a sense of one's own identity and being able to appreciate and manage social interactions. Once these challenges are accomplished, via chemicals in the brain called neurotransmitters, which are primed to go off when the right person comes along, the sequence shifts to the next stage. Here too, this

process is neither an immediate, perfectly successive nor a fail-proof one.

Several important psychological triggers have to occur. These include developing a degree of comfort in communicating with the other person, being physically attracted and sensing a degree of personality similarity. When these changes take place the couple begins to develop a sense of fun and passion about the relationship. This excitement does not always happen immediately and can take several dates. When it does kick in, and both report it, this is a clear indication that the relationship is set to go to the next level. It may take as long as several months for the next level to develop but the next level is the most critical stage. The intensity of the first level of passion begins to dissipate and two different neurotransmitters start their work. These chemicals set the stage for a more balanced cooperative and affiliative feeling to develop. It is at this stage that the warmth and nurturing feelings of love, so necessary for a marriage to succeed, begin to occur. Perhaps this is the feeling

that some have referred to as existing only after being married for a while. But, as we have seen, it may be critical to have this friendship, warmth and closeness before marriage occurs.

We all make decisions even though we are not always aware of the underlying cognitive processes involved. We do have an awareness of our reactions and it is important to allow ourselves to experience them and understand them. We also cannot hasten or bypass a natural process. The natural process of romance develops in stages beginning with learning how to socialize and proceeding from there. Let us allow young adults to find one another so they might develop the friendship so necessary to a successful marriage.

Dr. Salamon, a Fellow of the American Psychological Association, is the founder and director of the Adult Developmental Center in Hewlett, NY. He is the author of numerous articles and several psychological tests. His most recent book, "The Shidduch Crisis: Causes and Cures," is published by Urim Publications.

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Letters

Continued from Page Four

dren in the schools? Perhaps they, too, should be quiet and pay their taxes, and let only those who currently have children attending public schools make all the decisions. And then there are the people in the district who do not yet have children, or do not plan ever to have children. What do they know about the needs of the

schools? Shouldn't they stay home on Election Day and allow the 20 percent of the community who actually send their children to the public schools to decide how services should be allocated for all the children in both public and private institutions?

Why not take this a step further? We all pay taxes to the federal government, but who should decide the allocation of funds for Social Security and Medicare? Why, obviously, it should be those who are recipients of those services. They are in the best position to know how that money should be spent. Shouldn't the rest of us simply pay our taxes and allow those who are directly affected to make the decisions?

What about families who have loved ones in the military? Shouldn't they be the ones to decide where and when those soldiers are deployed? Yes, we pay taxes, but why should others decide the fates of their children?

Just consider the endless possibilities of this kind of reasoning. Hmm...

BARBARA CINAMON
 Cedarhurst

Helping the homeless

To the Editor:

I read the guest editorial (Still in Mitzrayim; May 1, 2009) by Mitch Krevat and my heart went out to the homeless man to whom he referred. However, as Jews we are obligated to help. Tikkun Olam is our responsibility. When Cain asked the eternally relevant question, "Am I my brother's keeper?" Hashem's implicit answer is "Yes." In K'Doshim, we read last week, "Vahavta L'reacha Kamocho" — and you must love your neighbor as yourself.

We, at The Hatzilu Rescue Organization, feel that this should not take the form of pity, as heartfelt as it may be, but of assistance and support. For the past 33 years, The Hatzilu Rescue Organization has been providing support in the form of food from our kosher food warehouse, cash grants, social work intervention and assistance, and emotional support to Jews in dire circumstances. We help Jews in need throughout Nassau County. Hatzilu is privately

funded by both large and small donations and we rely upon them to support the work our organization does.

We would like Mr. Krevat to contact us with whatever details he can provide about the homeless man he described. We will have one of our volunteers attempt to contact him, assess his needs and hopefully provide for them. Mr. Krevat can contact Hatzilu at (516) 931-2884.

Hatzilu is located at the Mid-Island Y JCC, 45 Manetto Hill Rd. Plainview, NY 11803. Unfortunately, the scourge of poverty among our Jewish brothers and sisters is too often swept under the rug. We at Hatzilu applaud men like Mr. Krevat who courageously point out the Jewish poor in our midst and challenge us to fulfill the commandments of tzedaka and gemilut chesed.

JOE SKLAR
 President

Hatzilu Rescue Organization

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GOOD GRADES BUT ROOM TO IMPROVE

Continued from Page One

increased from 77 to 89 percent. The budget has also remained stable, whereas neighboring Hewlett-Woodmere's budget has recently jumped close to 20 percent.

"It's hard for me to say that the high school has been successful and the board hasn't been a part of it," said Touretz.

The principals credited the board for the capital improvement initiative that will spend \$17 million on capital improvements — proceeds from the sale of the Number One school building, the first renovation the school buildings have seen in the last twenty years. The capital improvements will include buildings ramps and elevators, upgrading audio visual equipment in the auditoriums, and installing all weather turf and lighting for the football field, among other projects. Despite tight finances, Touretz said that they haven't had to cut any athletics and that they've increased the number of clubs available to students. While the budgets have passed, the principals collectively noted that

finances are strict.

"The budgets are modest but they've passed and I think as the board becomes more comfortable with the public schools, they'll realize we're a good investment and we've done well with the funding we received and that we've watched costs, been prudent, and there may be opportunities to expand the horizons," said Touretz.

All three principals agreed that the area that needs the most improvement is communication.

"Maintaining open communication is what's critical to preventing miscommunication," said Pederson, who was a conflict resolution trainer before her position as a principal.

George Akst, who has worked in the district for nine years, first as the head of math and science before becoming principal, said that he believes communication is the heart of the conflict between the school board and some parents.

"It hasn't been the greatest in terms of communications. And because you don't communicate you have all these misperceptions and there is no

trust.

Once you lack trust everything is shot to heck," Akst explained.

In addition, there are many individuals who do not attend board meetings who are very concerned.

"Just because they don't show up at a board meeting and yell into a microphone doesn't mean they're not concerned," Akst said.

Touretz said that the extreme nature of the opposition occasionally blocks any possibility of dialogue, though he added that "the board can do a far better job in communicating its mission and demonstrating its concern."

He suggested that having a board based on demographic may be helpful.

"What would be best is for the Board of Education to be made up of a diverse group of trustees who truly reflect the total diversity of our community," said Touretz.

Though, in the words of one principal, one thing seemed to be certain.

"The only way that our schools and communities will move forward is if this rift can heal."

ABEL FELDHAMER

Continued from Page One

ten. John Kinder of Inwood is mounting a challenge as a write-in candidate.

Feldhamer has been a resident of the district for the last six years and, as a young parent, he says he is keenly aware of the disconnect many feel towards the school district. He hopes to change that through improved dialogue between members of the community; bringing back community-wide programs like the Super Sunday Program; and keeping senior citizens notified about programs available to them.

Feldhamer cites the example of East Ramapo, New York,

which has a similar demographic makeup to the Lawrence school district.

"We can follow their example with better communication, improved services and making all members of the community feel like stakeholders [in the district]. By doing that, they've also improved community relations," Feldhamer explained.

Another idea he would like to directly adapt to the Lawrence school district is teacher training for public and private school teachers.

Feldhamer praised the current school board but added that if he wins, he'll make communication a priority. "Everyone can a little bit better. There have

been great strides made but obviously there is room for improvement."

He acknowledged the current sentiment against the board members not having children in the school system, but said he hopes to work around that.

"I hope to focus on overcoming that distrust as much as I can over time... The key is to help people appreciate that the school district is not just a place you pay money towards, it's something you're a part of," Feldhamer elaborated. "[It's] something that you take pride in and something that you should benefit from. It's something that everyone should feel a connection to, whether their children are in public or private schools, or if they have no children at all."

JOHN KINDER

Continued from Page One

ing him to run a write-in campaign for the seat on the Lawrence school board being vacated by the Michael Hatten. Kinder's incorrect filing of paperwork prevented him from having a formal spot on the ballot.

"There's too much animosity among the Orthodox community and the public school community. A lot of parents in this community feel that they're taking away from our community to give to their community," he said, adding that if he wins the seat he aims to open up a dialogue between the board and the community.

"Nobody is perfect, the board has made some mistakes and perhaps the parents have made some

mistakes. We should focus on bringing some transparency back to the issues at hand," Kinder explained.

He said that the anger at the board stems from a lack of communication between the board and the parents, as well as the board being mainly composed of private school parents that may not have the best interests of the public school children in mind.

Kinder himself is a graduate of Lawrence and his three children have attended the Lawrence school system, with his youngest daughter still enrolled in the Middle School. He said the education he and his children received was "dynamite." His daughter is graduating from St. John's University and his son was ranked the number one quarterback on Long Island and received a scholarship to Syracuse University. Kinder has

always prided himself on being involved in the community whether as a coach on the Inwood Buccaneers or as a volunteer firefighter.

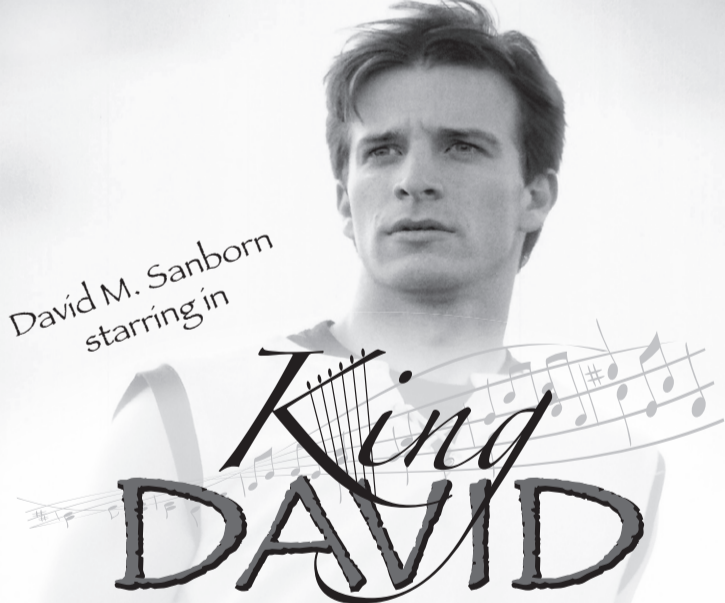
He believes that any trust between the school board and the parents has been eroded since the shift of the fourth graders to the middle school and the announced closing of the number six school.

"It overshadows the good they've done," he said.

He hopes that the community will come together again. "I'm sure there are [Orthodox] kids that would love to come to public school," Kinder said. "I'm sure the Orthodox community has some athletes that the Lawrence school would love to have. I'm sure if all the kids got together and played we'd be a heckuva team."

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THE KOSHER BOOKWORM

A profile of a local literary personality, David A. Adler

Some years ago while teaching a course on the Holocaust in English literature at Brooklyn's F.D.R. High School, one of my Polish-born students brought in a book entitled "A Hero and the Holocaust: The Story of Janusz Korczak and His Children" by David A. Adler.

Until that time I had never heard of Korczak nor of his saga in the Warsaw ghetto. It was this book that led me to research this unusual personality and the life that he led prior to his martyrdom at the hands of the Nazis in August 1942.

"The Korczak biography is the story of how a wonderfully gifted man confronted the evil of Nazism, how he protected and shielded hundreds of Jewish orphans," says Adler.

Adler noted that aside from being a famous author, teacher and doctor, Korczak was a prominent Polish radio personality from the late 1920s to the mid 1930s. He indeed was the precursor to what we now refer to as talk-radio. Consider the following.

Korczak himself realized at that time the educational possibilities radio had, in its ability to reach thousands of children with his famous stories and advice to their parents. He once stated that "radio will never replace the book, but, it is a new language. Radio had made it possible for nothing ever to be lost, immortal."

He also saw it as a medium that brought awesome responsibility through its ability to reach "into the home, into the intimate areas of life, and into the human heart."

Due to the bigotry of his day, Dr. Henryk Goldszmit could not use his given Jewish sounding name. Therefore he was forced to employ a more Polish sound name; hence, Janusz Korczak. However, after a while even that couldn't quell the bigots on the Polish street so a new nomenclature had to be generated. "Old Doctor" became the name he was to go by until he was forced to close his program in February 1936.

There is a lot more to tell about the life's story of Korczak. However, before getting to David Adler, I wanted to make note of this radio episode given the contemporary nature of the radio medium, especially the attempts that are underway today to staunch free speech on talk radio. Hopefully, history will not repeat itself here on these blessed shores. V'hameivin yavin.



David A. Adler

It is David Adler whom I have to thank for the opportunity to learn so much about this precious chapter and personality in Jewish history. And, there is more.

Recently, I learned that Adler was to be presented with the coveted Knickerbocker Award by the New York Library Association in recognition of his many years as an author who has demonstrated through a body of literary work a consistently superior quality which supports the curriculum and the educational goals of New York State schools.

This award should bring both pride and joy to every book lover in our community (which is everyone I know) for Adler is "one of us," a life-long resident of the Five Towns. Bringing this closer to home, Adler is a graduate of Queens College who did his graduate work at NYU and received his MBA in marketing. It was while studying for his Ph.D in marketing that

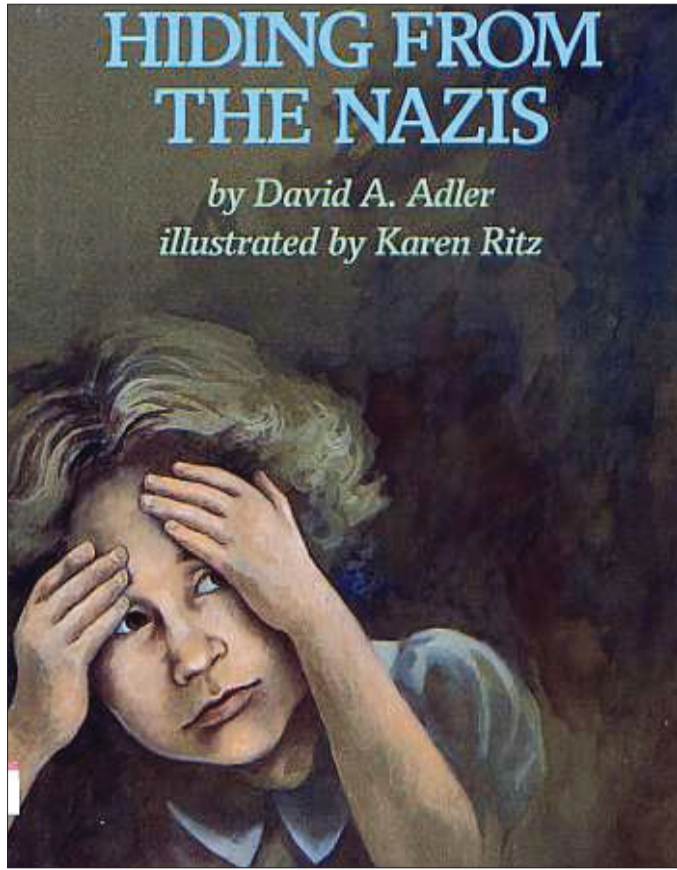
the writing bug hit, penetrated, and as they say, the rest is history.

Specializing in literature for the younger set, Adler writes both fiction and non-fiction, including novels of high interest, biographies of prominent historical personalities, and especially American figures of renown.

Adler also wrote many books on the Holocaust including the classic, "We Remember The Holocaust." "The Number On My Father's Arm," "Hiding From The Nazis" and "One Yellow Daffodil." In addition, Adler's prolific pen produced numerous books dealing with Jewish holidays, books on math, science, economics, in all more than 200 published works, to date.

Adler is a long-time member of the Young Israel of Woodmere, and served for many years on various boards of HAFTR, one year as chair of the board of education as well as numerous boards of the American Committee for Shaare Zedek Hospital in Jerusalem. He was also a trustee of the Hewlett-Woodmere Library for many years.

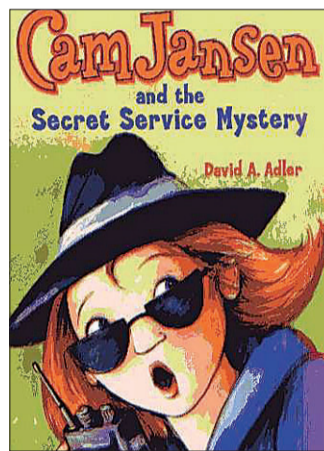
Since 1973 he has been



married to Renee Hamada, a psychologist.

One of Adler's latest books, "Don't Talk To Me About The War," historical fiction for older readers, takes place in the Bronx from May to July of 1940 and brings to life the atmospherics of that time and era through the eyes of 13-year old Tommy Duncan.

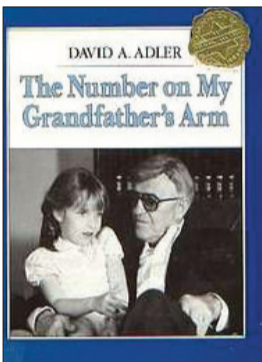
What I found interesting, as a history teacher, was the intense research Adler conducted in terms of ascertaining the journalistic headlines and personalities and musical big band era sound that was popular in that time. These as well are referenced to old time radio programs such as "Fibber McGee and Molly" that Adler personally vetted in his research. This gives the book an authenticity rarely found today in books for young adults.



It is with personal pride that I extend to our neighbor and friend, David A. Adler, a hearty Mazal Tov. We as a community share with you and your family the pride that this award represents as a recognition by your peers of the value your life's work has come to mean to all of us, including this ever so humble Kosher Bookworm.



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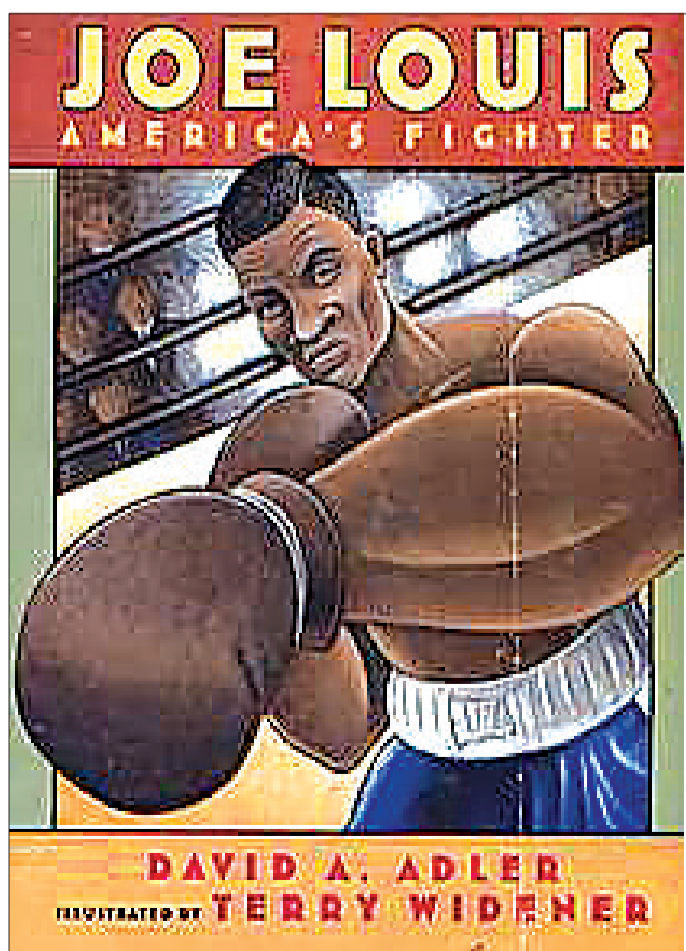
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