

# *The Jewish* Post & Opinion • *Indiana Edition*

*Presenting a broad spectrum of Jewish News and Opinions since 1935.*

Volume 81, Number 10 • July 29, 2015 • 13 Av 5775

[www.jewishpostopinion.com](http://www.jewishpostopinion.com) • [www.ulib.iupui.edu/digitalscholarship/collections/JPO](http://www.ulib.iupui.edu/digitalscholarship/collections/JPO)



Cover art by Bonnie Gordon-Lucas  
(see About the Cover, p. IN 3).

# Simcha Announcements

## Mazel Tov to...

**Daniel Noah Kuperstein** (below) married **Sarah Simcha Lehrer** on June 21, 2015 at the Aventura Turnberry Jewish Center in Aventura, Fla. Daniel is the son of **Isaiah** and **Elana Kuperstein** of Carmel, Ind., and Sarah is the daughter of **Jacqueline** and **Charles Kaufman** of New York City.



Best man was **Adam Kuperstein** of South Beach, the groom's brother; and the bride's sister, **Irene Lehrer Sandalow** of Chicago, was maid of honor. **Rabbi Fred Klein** officiated.

Daniel is general counsel and senior vice president of compliance at Corporate Synergies and Sarah is employed as accounting manager at Sisley Paris. The couple will reside in Hoboken, N.J.

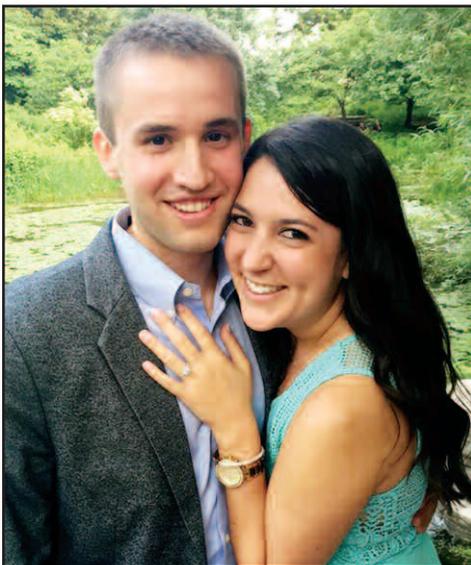
**Dovid Schwartz** (below), son of **Robbie Schwartz** and the late **Esther Schwartz** of Indianapolis, married **Anna**



**Kerzner**, daughter of **Mark** and **Helena Kerzner**, on June 21, 2015 at the Sephardic Lebanese Congregation in Brooklyn, NY.

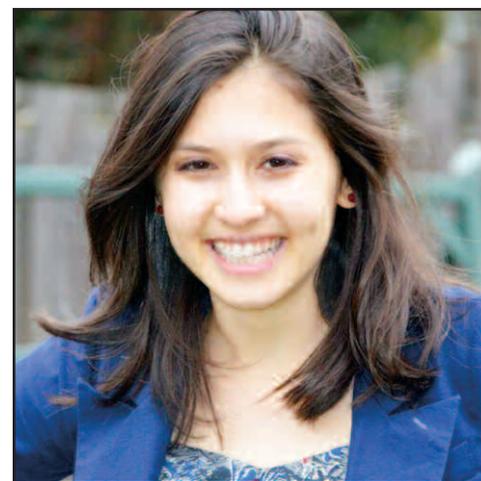
Anna is from Houston. Her sisters and friends were bridesmaids. Dinner and dancing followed the *chuppah*. The couple are living in New York.

**Abbie Gray** and **Marty Lande** (left) became engaged July 4th weekend in Chicago. Abbie is the daughter of **Jamie**



and **Ellen Gray**, and granddaughter of **Marilyn Schankerman** and **Doreen Gray**. Marty is the son of **Phil** and **Cheryl Lande**, and grandson of **Ann Lande**, all of Indianapolis.

**Anat Berday-Sacks** (below), daughter of **Jennifer Berday** and **Elisha Sacks**, was named a U.S. Presidential Scholar from the state of Indiana. Although Anat boarded her last 3 years in Skokie while attending Ida Crown Jewish Academy, she was born in Indianapolis, attended Hasten Hebrew Academy, and took her SATS (see Mazel Tov, page IN 5)



**MAKE A STATEMENT**

Mazel Tov! With incredible architecture and beautiful city views, this unique venue is the perfect location for a one-of-a-kind Bar or Bat Mitzvah!

Visit [indianamuseum.org/host-an-event](http://indianamuseum.org/host-an-event) for more information.

**KAHN'S CATERING**  
events • weddings • gatherings

Photo by Nathaniel Edmunds Photography

[indianamuseum.org](http://indianamuseum.org)

**INDIANA STATE MUSEUM**  
AND HISTORIC SITES

# Editorial

For this, our 19th “Focus on Healing” edition, I came across a beautiful message in a sympathy card. It is attributed to a woman who lived most of her life not being able to see or hear. Since she was born having those two senses, along with the others, but lost them after an illness at about 18 months old, coming from her these words are especially poignant.

“What we have once enjoyed we can never lose. All that we deeply love becomes a part of us.” ~ Helen Keller

I emailed this quote to columnist Amy Hirshberg Lederman whose beloved husband Dr. Raymond Karl Lederman succumbed to lung cancer on June 15. He was a psychiatrist who specialized in child and adolescent mental health and had held top leadership positions in his field. The photo below is from their last family outing together, celebrating the 30th birthday of their son Josh. Below in italics was Amy’s response from July 17.

*I am feeling very sad, even numb, as we honor shiloshim\* tomorrow, but I also feel accompanied and comforted by Ray’s spirit and essence. People die, but love does not. He is within me now even though I wish he was by my side.*

*I know I have a LOT of writing in me, although I am not ready yet to begin. I would be honored if you used the quote and mentioned Ray in the next issue. His legacy of kindness, compassion and gentle strength surely lives on in our children and those who knew him.*

\**Shiloshim* takes place 30 days after the burial of a loved one. From Chabad.org: “Traditionally, families gather on the eve of the *Shiloshim* to share support, recite prayers and Psalms, and to give charity in the merit of the deceased. Many will also make a *Siyum*, celebrating the completion of the *Mishnayot* studied to merit the soul of the deceased, as well as a meal.” For more on the Jewish mourning rituals see Amy’s column on page 4 in our *Focus on Healing* section of this issue.

On May 26, when I first heard from Amy that Ray was receiving hospice care, she also told me that her son Josh, a reporter for the AP at the White House, was honored with the Merriman Smith Award at the White House Press Correspondence Dinner in April. She mentioned how exciting this was! This reminds me of the sentiments described in the beautiful song “Sunrise, Sunset” from the musical, *Fiddler on the Roof*.

The song is sung by the family to the eldest daughter and her future husband before their wedding. The lyrics of the chorus are: “Sunrise, sunset, swiftly fly the

# About the Cover

By Bonnie Gordon-Lucas

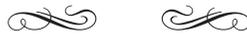
Brooklyn Bonnie (mybonnie.com) is an illustrator, visual communicator and fabric painter. Whimsy and imagination define Bonnie and help her to paint a colorful reality. Her nights are filled with messages from ancient energies urging Bonnie to touch new generations by drawing with compassion.



Gordon-Lucas

An image from dreams was the inspiration for this 50th Anniversary Jubilee STAR of DAVID for Congregation Beth Shalom in Bloomington, Ind. This painting can also be interpreted as a mosaic.

Mrs. Gordon-Lucas’ work has appeared on greeting cards, magazines, rubber stamps, children’s books and apparel. Her clients include The American Cancer Society, Lerner (Kar-Ben) Publishing, No Starch Press, several New York City advertising agencies, Mixed Blessing Greeting Cards, Sunrise Publications and Pitspopany Press. Bonnie’s personalized, reasonably priced *Ketubot* can be ordered through Judaic Connection. Contact Mrs. Gordon-Lucas via email (bonnie@mybonnie.com) to discuss commissions such as individually hand painted *Tallit*, *Parochet*, *Bar/Bat Mitzvah* invitations, note and greeting cards. ✨



The Lederman family: (L-R) son, Josh, Ray, Amy (in back), and daughter, Lauren.

years, one season following another, laden with happiness and tears.” It describes to the betrothed how quickly time passes and also explains that their future together will be a mixture of both happiness and sadness.

With the month of *Elul* beginning on August 15 and the High Holidays one month later, all of this reminds me of a *midrash* on the *Akeda* (binding of Isaac) that was included in, “*Shema Koleinu*,” the Jewish healing prayer service compiled by Rabbis Nancy Flam and Yoel Kahn. In the credits it says this story was heard at an Aquarian Minyan High Holiday service in Berkeley, Calif., in 1991.

“According to a *midrash*, the entire

# Inside this Issue

<b>Simcha Announcements</b> .....	2
<b>Editorial</b> .....	3
<b>About the Cover</b> .....	3
<b>Community Events</b> .....	4
<b>Indy Jewish Experience</b> .....	5
<b>Seniors in Place</b> .....	6
<b>Chabad Midwest Conference</b> .....	7
<b>Perfectionism</b> .....	Healing 1
<b>Our difficult challenges</b> .....	Healing 1
<b>The Uitimate Gift</b>	
<i>(Book Excerpt)</i> .....	Healing 2
<b>Gaucher disease</b> .....	Healing 3
<b>Amy Hirshberg Lederman</b>	
<i>Jewish mourning rituals</i> .....	Healing 4
<b>Parkinson’s initiative</b> .....	Healing 4
<b>Bernie De Koven</b>	
<i>(A Playful Path)</i> .....	9
<b>Miller at Jewish Lawyer’s Luncheon</b>	10
<b>Eye care in the sun</b> .....	10
<b>Obituaries</b> .....	11
<b>Rabbi Benzion Cohen</b>	
<i>(Chassidic Rabbi)</i> .....	12
<b>Eva Mozes Kor</b> .....	13
<b>Purdue Jewish Studies</b> .....	13
<b>Hollyhock Hill hostess awarded</b> .....	15
<b>Ann Katz Festival of Books &amp; Arts</b> ...	15
<b>Sybil Kaplan</b>	
<i>(My Kosher Kitchen)</i> .....	16

**The Jewish Post & Opinion**  
*Jewish News and Opinion since 1935.*

1427 W. 86th St. #228  
 Indianapolis, IN 46260  
*email:* jpostopinion@gmail.com  
*phone and fax:* (317) 405-8084  
*website:* www.jewishpostopinion.com  
*publisher & editor:* Jennie Cohen  
*graphic designer:* Charlie Bunes

See Historical Digital Issues of *The Jewish Post & Opinion* since 1930 at [www.ulib.iupui.edu/digitalscholarship/collections/JPO](http://www.ulib.iupui.edu/digitalscholarship/collections/JPO)

Read recent digital issue online at: [www.jewishpostopinion.com](http://www.jewishpostopinion.com)

Follow us on Facebook at: **Jewish Post & Opinion, newspaper**

Follow us on Twitter at: **#JewishPostOpin**

*Akeda* (the binding of Isaac on Mount Moriah by his father Abraham) took place as a vision in the mind of Abraham. Abraham had a vision of the future of the Jewish people. He saw a long dark tunnel with Isaac standing at the front and Jacob behind him and Dina and all the tribes behind him, and all the generations until (see Editorial, page IN 13)

# Community Events

## Summer Seed Program at B'nai Torah

**Tues., July 28 – Wed., Aug. 5th**, join us for a week filled with educational and interactive programs for men & women. Enjoy one-on-one *Chavrusah* learning, *Shabbos* Luncheon, a delicious *Shul* BBQ and more! Ladies' Event – *Shabbos* Luncheon after services on **Aug. 1**; Family BBQ – **Sun. Aug. 2** from 12–2 p.m.; Men's Event – **Mon., Aug. 3** from 8–9:30 p.m., "*Disconnect to Reconnect*". For more details go to: [www.btorah.org/webdocs/SEED%20schedule%20of%20events.pdf](http://www.btorah.org/webdocs/SEED%20schedule%20of%20events.pdf).

## Lunch and Learn – Israel through the Maps

**Wed., Aug. 5** noon to 1 pm in Mordoh Room A25 at the JCC. Bring your lunch and engage in interesting discussion! Join community *shaliach* Roy Swisa and learn about the different partition plans for the land of Israel and the different resolutions that led to Israel's War of Independence in 1948. RSVP at [www.jewishfederation.org](http://www.jewishfederation.org). Questions? Contact Roy at [shaliach@JFGI.org](mailto:shaliach@JFGI.org) or 317.800.9350.

## 15th annual Table Settings Beth-El Zedeck

**Sun. and Mon., Aug. 9 and 10**, from 11 a.m.–4 p.m. Enjoy beautiful, inspiring table designs from area decorators, florists, designers, and retailers. Daily demonstrations are at 1 p.m. Tickets are \$10/person and are available at the door. Refreshments will be served. Visit [bez613.org](http://bez613.org) or call 317-253-3441 for more information and a list of participants.

## PJ in the Park Play Date

**Mon., Aug. 10** at 10 a.m., at Holliday Park. Your children will love PJ Library's Play Dates in the Park! Fun activities include story time, music, and snacks. Siblings are welcome. RSVP to Inna at [pjlibrary@JFGI.org](mailto:pjlibrary@JFGI.org).

## Israeli Movie night

On **Mon., Aug. 10** at 7 p.m., the movie *Gett: The Trial of Vivian Amsalem* will be shown at the JCC, Room A25. An Israeli woman (Ronit Elkabetz, one of Israeli cinema's most acclaimed actresses) is seeking to finalize her divorce from her cruel and manipulative husband. She finds herself effectively put on trial by her country's religiously-based marriage laws, in this riveting drama from sibling directors Shlomi and Ronit Elkabetz (*Late Marriage* and *The Band's Visit*). Movies are free of charge and popcorn and drinks are provided. A discussion follows the movie. Reserve your seat at [www.jewish](http://www.jewish)

[indianapolis.org](http://indianapolis.org). For more information contact Roy Swisa at [shaliach@jfgi.org](mailto:shaliach@jfgi.org) or 317-800-9350.

## Hadassah Book Club

This next Book Club will be **Mon., Aug 17** at 7 p.m., hostess is Helaine Herman and facilitator is Annette Gross. The book will be, *The Ice Cream Queen of Orchard Street* by Sue Gilman. For more info or to RSVP contact Helaine Herman at [helaine1@gmail.com](mailto:helaine1@gmail.com) or the Hadassah office at 475-4278. New office administrator is Leslie Barrick and her office hours are Mon., Wed., and Fri., from 9 a.m.–2 p.m.

## Self-Care for Caregivers workshop

**Thursdays Aug. 20–Sept. 24** from 6:30–8:30 p.m., at the JCC. Join us and give yourself the gift of experiencing simple, yet profound methods of caring for yourself, while caring for others. Cost is \$225 for six sessions. Limit 12 participants. Jodi Patsiner is a Certified Facilitator in The Work of Byron Katie. She holds an MA in Gerontology and Long-Term Health Care and a BS in Therapeutic Recreation. She has been working in the field for 30 years. Register by clicking on the Events page at [www.kindredheartsservices.com](http://www.kindredheartsservices.com).

## Jewish Lawyer's Luncheon Group

This group meets for lunch at noon usually on the fourth Wednesday of each month at Shapiro's downtown. The next meeting will be **Wed., Aug. 26** with Greg Silver; **Oct. 28** with Rick Kammen on Guantanamo; and **Dec. 16** with Professor Rob Katz on The Indiana Religious Freedom Restoration Act. Zeff Weiss was the founder of the group. For more information email: [marvinm@mhdmlaw.com](mailto:marvinm@mhdmlaw.com)

## 3rd annual Festival of Faiths

**Sun., Aug. 30** from 1–5 p.m., at the Veterans Memorial Plaza downtown Indianapolis.

Join us in celebration through prayer, faith forums, sacred art, song and dance,

family and youth activities and food! Event is FREE and open to everyone! For more information go to [www.centerforinterfaithcooperation.org](http://www.centerforinterfaithcooperation.org) or contact Lindsey Mintz at [lmintz@indyjrc.org](mailto:lmintz@indyjrc.org).

## Hadassah program

**Sun., Aug. 30** at 3 p.m., in Room 25 of the Jewish Community Center. Mood Disorders in Adults and Children by guest speaker Dr. Anantha Shekhar Ph.D., M.D. Dr. Shekhar is the Director of Indiana Clinical and Translational Sciences Institute. He leads the effort on translating discoveries in basic neurosciences into potential clinical applications that will treat neuropsychiatric disorders such as panic disorders, schizophrenia, and autism. Light refreshments served. Please RSVP: 317-475-4278

## JCC Farmer's Market summer hours

**Every Sunday** from 10 a.m.–1 p.m., outside in



the front parking lot of the JCC, until Sept. 27, 2015. Shop Indy's only regularly-scheduled SUNDAY market for fresh local produce, baked goods and dairy products. Vendors include Weber Farms, Wild Alaska Salmon, Shamrock Farms, Humboldt County Tea, Indiana Microgreens, Anna Belle's Garden, Lucy's Bakery, Pastries Chef and a dozen others.

## Saturday morning services followed by Kiddish and luncheon and Sunday morning Tefillin Club

Starting at 10 a.m. on **Saturdays** for services and lunch follows. Starting at 9 a.m., on **Sundays**, get your week off to a great start! *Tefillin* – feed your soul; Breakfast – feed your body; Study – feed your mind. No experience necessary. Women are welcome too!

Both located at the Chabad Center (see Events, page IN 6)

# Kosene & Kosene Development Co., Inc.

1500 W. Oak Street, Suite 400

Zionsville, IN 46077

(317) 299-9999

Fax: (317) 290-4966

**MAZEL TOV**

(continued from page IN 2)

here, so she represents Indiana.

Each year the Department of Education selects one boy and one girl from each state as a Presidential Scholar. The selection is based largely on SAT/ACT scores, but is also on general academic achievement, community service, essays, and recommendations from teachers. The 2015 ceremony was held June 21, and each honoree received a Presidential Scholar Medallion.

Created in 1964, the U.S. Presidential Scholars Program has honored almost 7,000 of the nation's top-performing students with the prestigious award given to honorees during the annual ceremony in D.C. The program was expanded in 1979 to recognize students who demonstrate exceptional talent in the visual, literary and performing arts.

**Maayan** and **Shlomzion Leshem** on the birth of their daughter, **Kamah**, (below, held by her grandfather, Zvi), was born July 16 in Jerusalem. She is granddaughter of **Rabbi Zvi** and **Julie Leshem** and **Drs. Mark** and **Ora Clarfeld**, and great-granddaughter of **Mike** and **Sylvia Blain** and **Drs. Allen** and **Rita Kropf**.

This is the Blains 13th great-grandchild. The baby has two older brothers, **Daat** is 4 years old, and **Yisrael Shalom** is 2-1/2.



**Simchas Welcome!** The Jewish Post & Opinion – IN Edition welcomes your announcements for placement in our *Simcha* section. Submit photos and text to: [jpostopinion@gmail.com](mailto:jpostopinion@gmail.com). **Next Deadline: Aug. 7, 2015.** All decisions on publishing, date of placement, size of photo, and length of announcement are at the sole discretion of the publisher.



**2015 Israel trip for the Indy Jewish Experience, Indiana's sponsor of the Jewish Women's Renaissance Project's (JWRP) Missions to Israel.** First night in Tiberius included (L-R) bottom row: Debbie Organ, Suzanne Blank, Inna Kislyuk, and Tamara Kester; top row: Mary Simons, Shelley Ehrlich, Ali Fleischer, Jane Safrin, and Judith Friedman earlier this summer.

The Jewish Women's Renaissance Project (JWRP) was established in 2008 with the purpose to empower Jewish women to change the world. Its mission is to create a Jewish women's movement that inspires a renaissance of positive values that transforms women, their families, and their communities. The JWRP says the trips are "like a birthright for women".

**Join us to help save women's lives!**

More women than men die from heart disease and stroke but 80% of cardiac events can be prevented

**Join the Go Red For Women® movement to help educate the women you love.**

**Volunteer for the 2015-16 Go Red For Women campaign!**

©2015, American Heart Association. Also known as the Heart Fund. TM Go Red trademark of AHA, Red Dress trademark of DHH.

**Email [julie.petr@heart.org](mailto:julie.petr@heart.org) or visit [heart.org/Indianapolis](http://heart.org/Indianapolis)**

# Seniors in Place

You must RSVP to Janet at 251-8881 for each of these upcoming events. Also check with her about Bingo, Knitting Club, Singing Club and Classic Movie Night.

## Moments with the cast – A Midsummer's Night Dream

Sun., Aug. 2 at 9 a.m. This is something different. We are going to Warsaw, Ind., to see *A Midsummer's Night Dream*. We will have a delicious lunch, the play and then dessert with the actors. This is Shakespeare's most popular comedy written in 1594. All included for just \$49.

## Hole in the Wall Murphy's at Flynn's

Thurs., Aug. 6, at 11:30 a.m., for a very delicious lunch at Murphy's Steak House, located behind AAA at the corner of 52nd & Allisonville Rd.

## Table Settings from Around the World

Mon., Aug. 10 at 11 a.m. at Congregation Beth-El Zedeck. This is an annual event. We will meet in the lobby of Beth-El. On display will include area designers, florists, china, glassware, silver, linens and much more. Demonstrations at

noon and 1 p.m. Tickets are free to members of Seniors in Place.

## Book Club

Tues., Aug. 11 at 10:30 a.m., at the BJE. Call Monica Rosenfeld at 255-3604 for additional info.

## Indians Baseball vs Toledo

Tues. Aug. 11 leaving the JCC at 6 p.m. Back by popular request. It's time again for Americas Favorite Pastime. We've got our favorite seats. \$29 includes transp., dinner and game.

## Summer Grilling Cooking Class

Fri., Aug. 14 at the JCC, taught by Katherine Matutes. Join us for another of Katherine's delicious cooking classes. This time we will learn new ways to make summer grilling more fun. Only \$5 for lunch.

## Plant Club

Fri., Aug. 28, meet at Sullivan Hardware at 10 a.m. Design and Plant your own "Fairy" Garden at Sullivan Hardware 70th & Keystone. You can bring your own container or purchase one from Sullivan's. Mary, our instructor, will assist you in planning and planting your garden. Cost depends on what plants and miniature landscape you select. This is a wonderful

## EVENTS

(continued from page IN 4)

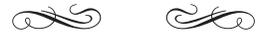
for Jewish Life, 2640 W 96th St, Carmel. For more info contact 251-5573 or www.lubavitchindiana.com.

## Libby Fogle Lunch Bunch – Ongoing

Meets at noon at the Arthur M. Glick JCC every Tues. and Thurs. except on holidays. Suggestion donation for kosher lunch is \$2. Reservations not required except for special holiday lunches. Transportation available within a limited area at a minimal cost. For more info call Ruthie Gal 557-2265 or Christy Morris 259-6822.

## Pickleball at the JCC – Ongoing

Tuesdays and Thursdays from 1–3 p.m., and Sundays 1:30–3:30 p.m. in the Schloss Gymnasium (small gym). ★



time to be creative.

## Trip to Amish Country Shipshewana

Wed., Sept. 2. Leave the JCC at 9 a.m. We have had many requests to return to the Flea Market. We will have lunch at an Amish Farm house. Cost is \$35 which includes transportation and lunch. ★

**P.L.T**  
**PASTRAMI, LETTUCE & TOMATO**

Since 1905  
**SHAPIRO'S**  
 DELICATESSEN  
 KOSHER STYLE  
 TWISTED TRADITIONS  
 www.shapiroa.com

**Local Indiana tomatoes, pastrami bacon, and fresh lettuce on your choice of bread.**  
 DINE-IN • CARRY-OUT • CATERING

**NOW OPEN in The Fashion Mall at Keystone**  
 FASHION MALL AT KEYSTONE    AIRPORT - GATE B-15    DOWNTOWN - 808 S. MERIDIAN

# Midwest Regional Conference of Chabad-Lubavitch Rabbis



On July 19, Lubavitch of Indiana hosted the annual Midwest Regional Conference of Chabad-Lubavitch rabbis, at the Chabad Center for Jewish Life in Carmel. It included an exclusive dessert reception recognizing Chabad's work in Indianapolis and beyond. Those attending gained insight to activities throughout the region as well as Chabad's involvement in recent events throughout the world, with a special address by Rabbi Moshe Kotlarsky from Chabad-Lubavitch Headquarters in Brooklyn.



Rabbi Avrohom Grossbaum of Indianapolis addresses the conference.



Rabbi Eliezar and Chanie Zalmanov of Munster, Ind.

(Left) Those in attendance listen intently to the presentations.

## Indy Tech Pros

**We're user friendly**

www.Indytechpros.com   www.escrapinc.com  
www.usedprinters.com

We have been servicing customer PCs, printers and other equipment for over 20 years. Exceptional Customer Service is our highest priority!

5080 W. 38th St., Indy 46254  
**317/586-Tech (8324)**

**10% OFF**  
products or services with this ad thru 8/31/15



Ask us about responsible recycling of your old computers and electronics.



Rabbi Yehoshua Chincholker from Bloomington, Ind.



**“You can  
discover  
local  
every day!”**

2550 Lake Circle Drive  
Indianapolis, IN 45268

1365 East 86th Street  
Indianapolis, IN 46240

**WE SUPPORT!**



## **We buy local.**

**Local products for your family** supporting our farmers & artisans mean fresher food now and in the future.

**Discover the variety of local** from seasonal produce to freshly baked bread, you'll find a lot of local throughout the store.

**Buying local builds community** connecting you to the variety of farmers & artisans in our neighborhood.

**You'll find 100s of locally grown and sourced products every day.**

# ★ A FOCUS ON HEALING ★

## Perfectionism

BY RABBI DOV HELLER, M.A.

Cracks enable the light to get in. Songwriter Leonard Cohen wrote, "Forget your perfect offering. There's a crack in everything, that's how the light gets in." There is no perfection in life. Each of us is given a different hand to play and our job is to do the best we can with what we've been given to work with. There is no "perfect offering."

There are many people who suffer greatly from the disease of perfectionism. Perfectionists hate the hand they have been dealt and spend every waking moment trying to make their hand perfect. They obsess about everything that's wrong. They anxiously wait for that magical day when it will all come together and then they will be able to relax and enjoy life. Their obsession with perfection is exhausting, emotionally and mentally. They have no peace.

At the root of it all, perfectionists hate their limitations and those of others. They hate all those "cracks" and spend their time trying to seal them up even as new ones continue to appear.

Now enter Judaism into the perfectionist's world. Judaism sets the bar high and encourages us to strive for greatness. The Torah commands us to emulate God. We are commanded to strive to emulate the character traits of God, not become perfect like Him. The spiritual culture of Judaism is meant to inspire, uplift, and motivate us to become better people. But within such an environment, the perfectionist only feels depressed and hopeless, for deep inside he worries that he'll never be like these people who seemingly have it all together. Panic eats away at him as his life slips by in mediocrity. Henry Thoreau was certainly speaking about the perfectionist when he said, "Most people live lives of quiet desperation and go to the grave with the song still in them."

There is only one solution. We must embrace imperfection, or what I prefer to call "finitude." Embracing finitude means embracing limitations. It means facing the truth that much of life is about failure, disappointment, missed opportunities, undeveloped potential, broken promises, broken dreams, unmet longings, uncertainty and confusion. There is no perfection anywhere. There is no perfect friend, parent, sibling, spouse. There is no perfect rabbi, community, or *shul*.

Those who have freed themselves from the prison of perfectionism are those who

## Meeting the difficult challenges we face

BY RABBI HERBERT HOROWITZ

The horrific tragedy at the Emanuel African Methodist Episcopal Church in Charleston, S.C., with the brutal murder of nine of nine church members, presents a profound challenge to all of us. How do we cope with tragedy? How do we deal with the deep traumas in our lives?

Bill Cosby once said, "If you can find humor in anything, you can survive it." Can we really survive anything if we keep our sense of humor? The Nazi brutality of the concentration camps, the Gulag created by Stalin and the murder of millions under Mao-TzeTung as well as the current barbarity of ISIS seems to leave no room for humor.

In his book *Man's Search for Meaning*, Holocaust survivor Victor Frankl asserts that humor helped people survive the camps. Frankl's work introduced logotherapy and hope. Frankl maintained that "I never would have made it if I could not have laughed." He observed: "Humor, more than anything else in the human make-up, affords an aloofness and an ability to rise above any situation, even if only for a few seconds."

Frankl wrote that he and another prisoner tried to invent at least one funny story a day. Here is one of them. A prisoner accidentally bumps into a Nazi guard. The

guard turns and shouts "Schwein!" (which means "pig" in German). The prisoner bows and says "Cohen. Pleased to meet you." The joke clearly demonstrates how humor helps reverse who's in control and who seems to be the superior being. Even in the terrible conditions of the camp, such jokes provided a means of momentarily overcoming extreme adversity.

Natan Sharansky overcame his fear of a threatened firing squad in the former Soviet Union by joking about it. But he was not successful at first. The relief was initially very short-lived, if it occurred at all. But he gradually came to see the power that joking gave him. When he ultimately gained control over his fears, he stopped being at the mercy of his captors.

Captain Gerald Coffee, who was a POW in Vietnam, said: "Laughter sets the spirit free to move through even the most tragic circumstances. It helps us shake our heads clear, get our feet back under us and restore our sense of balance and purpose. Humor is integral to our peace of mind and ability to go beyond survival."

For some people, laughter works in dealing with trauma and tragedy. For others, hope and inner strength is the key to maintaining ones equilibrium. The Ethics of the Fathers (*Pirkei Avot*) chapter 5 *mishnah* 4 records: "With ten trials was our Father Abraham tried and he stood firm through them all, to show how great was the love of our Father Abraham for God." The *Mishnah* further comments:

(see Horowitz, Healing page 3)



embrace their humanness, limitations and imperfectness. They live in reality and taste its sweetness. They have stopped looking for "the answer" that will make life perfect. They are at peace with their brokenness and feel no shame or remorse. This is not a state of resignation. I am not describing people who have given-up and are resigned to mediocrity. Far from it; because of their total acceptance of their limitations they feel emboldened to become their very best self. They play the hand they have been dealt without bitterness, resentment or pressure. They have made peace with it and are content with their portion. They rejoice in the struggle and the slow process of change. They celebrate being just human.

We either embrace life as imperfect or we fight it with disdain and anger. The latter option is the world of the perfectionist. One who fights finitude experiences chronic existential despair. One who embraces finitude and limitation finds

peace, vitality and joy in living.

"Everything has a crack in it, that's how the light gets in." Let's embrace our "cracks" and our brokenness and let the light of the beautiful shine through. Life doesn't have to be perfect to be wonderful.

*Rabbi Dov Heller is a licensed Marriage and Family Therapist who holds Masters Degrees in Clinical Psychology from Antioch University and in Contemporary Theology from Harvard University. He also holds a B.A. in philosophy and was ordained a rabbi in Jerusalem in 1982. He is director of the Aish HaTorah Counseling Center in Los Angeles, founder of the Relationship Institute, and runs a private practice specializing in adult psychotherapy, marriage counseling and personal guidance.*

*Reprinted from The Kaddish Connection Network from Aish Hatorah Resources. Aish is the place for everything you want to know about Judaism. Dedicated to promoting Jewish unity and understanding. Editor: L. E. Friedman. ★*

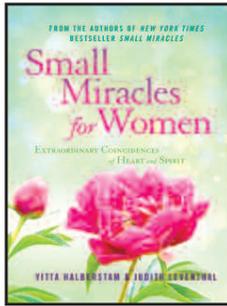
# Book Excerpt

BY JUDITH LEVENTHAL

## The Ultimate Gift

*Small Miracles for Women.* By Yitta Halberstam and Judith Leventhal. New York: Sterling Ethos, 2015. 256 Pages. \$14.95

Hospital waiting rooms may vary in size and decor, but in atmosphere they're all basically the same. The mood is tense, serious, fearful. People pace nervously, glance at their watches; they stare into space; they weep quietly. The waiting room is the place where destinies change forever. And it's the place where Caroline Matthews\* met Bill Gardner for the first time on a cold January morning.



The hospital had waiting rooms on every floor, but both had separately chosen to retreat to the first-floor visitors' atrium. Caroline was huddled in a corner, crying softly; Bill, watching from afar, was struck by her despair. Most people steer clear of their weeping neighbors, but Bill Gardner reached out. "What's the matter?" he gently asked, leaning toward Caroline compassionately.

"It's my mother," she sobbed. "She's been here since October waiting for a heart transplant. If she doesn't get one soon, she'll die."

Caroline's mother, Barb, was fifty-six years old and had had a massive heart attack in October. She had been confined to the cardiac care unit of the hospital ever since, waiting for a heart that would match her blood type and size. She had been added to a waiting list that stretched four thousand names long, and the odds were that she would die before the perfect match was found for her.

Throughout her life, Barb had been extraordinarily devoted to her daughter, who was now thirty-one. When Caroline's first marriage had failed, Barb had taken her daughter and grandchild into her home until the two had been able to get back on their feet. Caroline couldn't bear the thought of her mother slipping away from her like this. Her mother had to live; she needed her mother to live!

After pouring her heart out to Bill Gardner and being comforted by his empathy, Caroline noticed his own dazed and stricken look. The emotional combat fatigue straining his features indicated that he was not an expectant father eagerly awaiting news of the birth of his child.

Something far more serious had brought him to this waiting room today, Caroline realized – so, gently, she too made inquiries.

"My wife has a rare brain defect," he answered, "but the doctors say they can treat it. She should be out of here in a week."

Janie Gardner had always been healthy and robust, but a few weeks earlier she had suddenly begun experiencing debilitating headaches. Then she had had a grand mal seizure that brought her to the hospital. A CAT scan revealed the startling news that the thirty-eight-year-old woman had been born with an arteriovenous malformation—a rare brain defect that deprives the brain of blood—and that she had been living on borrowed time.

"My God," a radiologist gasped when he read the CAT scan. "How has this woman been able to survive all these years?"

The defect was so advanced that the only option now was a twenty-seven-hour, two-part operation, but doctors were confident that it would be successful and that Janie would make a complete recovery. Caroline was happy, for Bill's sake, that the prospects for his wife's recovery were good. By contrast, her own mother's chances for survival grew slimmer every day.

After a long conversation, Caroline and Bill finally rose from their seats in the visitors' lounge, bade each other good luck, and said good-bye. They never expected to see each other again.

But over the next few days, they kept running into each other. They always seemed to be headed for the same bank of elevators, the same hospital corridor, or the same waiting room at the exact same time. And soon they developed a special bond, as they tried by turns to support one another, offer hope, and provide cheer. Bill spoke often of his and Janie's four children; Caroline shared stories about her son. And they promised each other that, when their loved ones finally recovered and were discharged, they'd all go out together and celebrate.

But one morning, Caroline entered the atrium and found the usually optimistic Bill dissolved in tears. In the aftermath of the operation, it seemed, Janie's brain had started hemorrhaging. She was now in a coma and on life support.

Each day after that, Bill provided Caroline with updates whenever they encountered one another. And by now they were running into each other so regularly that each no longer feigned surprise when they saw the other in the lounge.

"Janie's coming out of the coma!" Bill told Caroline excitedly one day. "I read her a get-well card that our daughter Tess had sent, and tears rolled down her face as I read it. And then...Tess had asked at the end: 'Mommy, if you like this card, please

squeeze Daddy's hand.' And she did! Janie squeezed my hand!" He added, "The doctors say that Janie's making rapid strides, and we should begin discussing plans for rehabilitation soon."

But a few weeks later, the worst-case scenario for Janie Gardner occurred. Her brain ruptured, in what doctors call a "lethal bleed." This time, there was nothing that they could do but helplessly watch her fade away.

Two days later, Bill Gardner finally faced the truth: This time, there would be no miraculous recoveries, no sudden reversals, no inexplicable changes-for-the-better. Janie was on an irrevocable journey toward death.

And it was then that Bill, who always thought of other people first – even in the throes of deepest grief – thought of seeking out the nurse in charge of organ donations.

Janie had always been a fervent exponent of organ donation. She believed that donating your organs was a way of doing service – a final gift to the world from beyond the grave. Bill knew that Janie would want him to proceed with the plan he had just outlined in his head.

Bill found the nurse in charge of organ donations and made his unusual request. He wanted to donate his wife's organs when she expired. She nodded. But Janie's heart, he added – he wanted to donate her heart to someone specific... Could that be done? The nurse stared at him, nonplussed.

Direct donations of organs to specific recipients was almost unheard-of, she explained. In fact, she had never seen it done. But technically, she didn't see why it couldn't be done. She hastily referred him to the medical director of cardiac transplantation and the director of heart and lung transplantation. They had performed countless transplant operations, but none like the one Bill Gardner had in mind. The doctors told Bill that the chances of the matches being perfect, in terms of organ and body size, were about one in a million.

But Bill Gardner was not discouraged, nor was he deterred by the daunting statistics. Caroline Matthews had opened his heart to the plight of her mother. And now he wanted to bequeath to her the ultimate gift of his heart – the one belonging to his cherished wife.

As doctors made arrangements for organ matching tests, Bill raced downstairs to the visitors' atrium where he was certain he would find Caroline. At first, she couldn't comprehend what Bill was telling her. She cried on hearing that Janie was near death. And she cried even more when Bill told her that he wanted to give Janie's heart to Caroline's mother. "No one has ever given me a gift like this before," she sobbed.

(see Leventhal, *Healing* page 3)

## Gaucher disease and the potential for misdiagnosis

BY STACI KALLISH, DO

Gaucher disease is a genetic condition caused by the inability to make an enzyme, glucocerebrosidase, which breaks down fatty substances in the body. This leads to build up of these substances in many tissues of the body, including the bones, organs, and bone marrow. Symptoms of Gaucher disease include anemia and low platelet counts, which can lead to fatigue, easy bruising, and bleeding. The spleen and liver can become enlarged, and the bones can be affected, with bone pain and low bone density. The most common form of Gaucher disease is type 1 Gaucher disease, which affects 1 in 45,000-60,000 people in the United States. Gaucher disease is much more common in the Ashkenazi Jewish population, where it affects approximately 1 in 850 people.

Gaucher disease can present in childhood with the above features and with poor growth. However, some people with Gaucher disease do not show symptoms until adulthood. This variability and the rare nature of the disease can make the diagnosis difficult. Many people with Gaucher disease experience a delay between symptom onset and eventual diagnosis. This delay may be months or even years long.

The features of Gaucher disease show overlap with some more common diseases, leading to further difficulty in making this diagnosis. People with Gaucher disease may initially be suspected to have leukemia, non-Hodgkin's lymphoma, viral infections, or other conditions. While these conditions may be more common than Gaucher disease overall, Gaucher disease is actually more common in the Ashkenazi Jewish population than blood cancers, indicating Ashkenazi Jews with these symptoms should be evaluated for Gaucher disease early in their diagnostic work up. A delay in diagnosis of Gaucher disease can lead to complications, including irreversible bone damage, bleeding complications, and worsening of low bone density. Unnecessary procedures may also be performed, including treatment with steroid medications, biopsy of the liver, or removal of the spleen.

The diagnosis of Gaucher disease can be made with a blood test measuring the deficient enzyme, glucocerebrosidase. Genetic testing (also a blood test) may be useful for confirmation of the diagnosis or in high-risk populations, such as Ashkenazi Jews, as they are likely to have mutations common in their population.

### LEVENTHAL

(continued from Healing page 2)

Miraculously, Janie Gardner's heart proved to be a perfect match for Caroline's mother. Barb underwent the successful operation on February 14 – Valentine's Day.

At Janie Gardner's funeral a few days later, the Gardner children sang their favorite song from the movie *Titanic* – Celine Dion's beloved "My Heart Will Go On."

\* *The names in this story, a dramatization, are pseudonyms. Reprinted with permission.* ✨



The diagnosis may be made by biopsy of the bone marrow, but this is an invasive procedure and may not be necessary if Gaucher disease is diagnosed in another manner. Bone marrow biopsy may also provide false negative results and miss a diagnosis of Gaucher disease.

It is particularly important to consider Gaucher disease in people with symptoms suspicious for the disorder and to make the diagnosis in a timely manner as specific treatment is available for the condition. Gaucher disease may be treated with enzyme replacement therapy, which is an IV therapy that replaces the deficient enzyme, or with an oral therapy that reduces storage of the accumulating fatty substances. Treatment for Gaucher disease can normalize blood counts (hemoglobin and platelet counts), normalize spleen and liver size, and prevent the bony complications of the disease.

To reduce the likelihood of misdiagnosis of Gaucher disease, people should be aware of the symptoms. People who suspect they may have Gaucher disease or who have symptoms of Gaucher disease should be evaluated by a clinical geneticist or other specialist with experience in diagnosing and treating the condition. Family members of those with Gaucher disease should discuss this family history with their physicians. An evaluation for Gaucher disease may be recommended for them as they may be at risk for being affected and may have only mild features of the condition.

Increased awareness about Gaucher disease can help some people avoid a delay in diagnosis and treatment. For more information about Gaucher disease, visit the National Gaucher Foundation at [www.gaucherdisease.org](http://www.gaucherdisease.org).

A clinical and biochemical geneticist, Dr. Kallish is an assistant professor of clinical medicine in the division of Translational Medicine and Human Genetics at the Perelman School of Medicine at the University of Pennsylvania who sees patients with Gaucher disease and other rare diseases. Dr. Kallish participates in the International Gaucher Disease Registry, which is funded by Genzyme. ✨

### HOROWITZ

(continued from Healing page 1)

"The potter will strike only those pots that are sturdy because he knows that they will withstand even repeated blows."

Abraham's trials included being thrown into a fiery furnace by Nimrod but he emerged unharmed. Famine forced him to flee to Egypt, where both he and his wife Sarah faced imminent danger. But his greatest challenge was, at God's command, to offer his son Isaac as a sacrifice. Rabbi Mecklenberg, the author of *Haktav V'Hakabbalah* asks the question: "God knew that Abraham would pass the test. If so, what was its purpose?" His insightful comment applies to us all. "Only when a person is tested and stretched does he exhibit his full potential."

The Hebrew word for test is *Nisah*, to rise up, to hold up in the face of adversity, pain and challenges in our lives. In the *Torah* portion "*Naso*" the twelve tribes of Israel garnered hope by raising their individual flags. Oftentimes we do not realize the inner strength we possess and the potential for renewal in our lives. We must raise the flag of hope to move forward.

The prophet Jeremiah purchased a plot of land for 100 *shekalim* from a cousin, Anatot, during the siege of Jerusalem by the Babylonians. Why would he take such a risk? Jeremiah said, "*Yesh Tikvah B'Yisrael* (there is hope for Israel). We will survive the challenge and *v'shav ubanim l'goulam* (Israel will return to its land)."

David Goldberg, CEO of Survey Monkey, died suddenly of a heart attack recently at the age of 47. His wife, Sheryl Sandberg, COO of Facebook, posted a message to mark the end of *Shloshim* (the 30 days of mourning). Below are some of her inspirational words.

"I think when tragedy occurs, it presents a choice. You can give in to the void, the emptiness that fills your heart, your lungs, constricts your ability to think or even breathe. Or you can try to find meaning. These past 30 days, I have spent many a moment lost in the void. And I know that many future moments will be consumed by the vast emptiness as well. But when I can, I want to choose meaning and life."

For all who experience tragedy and trauma, may these words resonate: "*Ki nicham Hashem m'Tzion* (for the Lord shall comfort Zion)". May the Almighty ease our pain with His gifts of humor, hope and inner strength.

*Herbert Horowitz is Rabbi Emeritus of Shore Parkway Jewish Center, Brooklyn, NY. He is a popular lecturer and scholar-in-residence. He can be reached at [rabhh18@gmail.com](mailto:rabhh18@gmail.com).* ✨





## Jewish Educator

BY AMY HIRSHBERG LEDERMAN

### Jewish mourning rituals provide comfort and strength

I met Barbara several years ago when she called me out of the blue and asked if I would be willing to read my story *My Grandmother's Candlesticks* to her seventh grade class. I was thrilled to be considered a "real author" and readily consented. Upon meeting Barbara, it took only a few minutes to see that she was special – as a teacher and a woman. For in her regal frame resides a heart as big as Montana, a passion for teaching that is infectious, and sadly, a soul struggling with profound grief and loss.

Barbara tragically lost her *fiancé*, Ben, six months ago to pancreatic cancer. Though their relationship was only a few years old, they had traveled more emotional territory than many do in lifetime relationship. What has made it harder for Barbara is that Ben asked to be cremated and not to have a memorial service. I am certain that had Ben known how much worse Barbara's grief would be because of these requests, he would have reconsidered and given her what she now needs most – a tangible and community-oriented way to mourn Ben and a place to go that marks his grave so that she can still feel "connected" to him.

In Judaism, death is viewed as a natural process. Our deaths, like our lives, have meaning even if we do not understand at the time why a person has died tragically or prematurely. Traditional Jewish thought affirms a belief in the resurrection of the dead (as is written in the *Amidah* and Maimonides Thirteen Principles of Faith) as well as an afterlife, where those who have lived a worthy life will be rewarded in the World to Come.

Jewish mourning practices are extensive and offer the mourner specific times and places to express the anguish, sorrow and guilt that often accompany death. They serve two distinct and significant purposes: to show respect for the dead and to comfort the living who must go on with their lives.

Respect for the dead body (*kavod ha-met* in Hebrew), is a matter of paramount importance in Judaism. After a person dies, the eyes are closed, the body is covered and candles are lit next to the body. The body is never left alone before burial as a

sign of respect. Most communities have an organization known as the *Chevra Kaddisha* to care for the dead whose members volunteer their time to sit with, care for and prepare the body for burial. This *mitzvah* is considered extremely praiseworthy because it is performed for someone who can never repay the person who performs it.

In preparation for burial, the body is thoroughly cleaned and wrapped in a simple, plain linen shroud. Autopsies are generally discouraged as a desecration of the body but are permitted in cases where it may save a life or local law requires. The body is not embalmed, and no organs or fluids may be removed, with the more recent exception of organ donation in certain cases.

Because of the requirement of burying the entire body in the earth, Jewish tradition does not believe in cremation. The body is never displayed at funerals; open caskets are forbidden by Jewish law as disrespectful to the dead.

To comfort and aid the living, there are a number of rituals which offer the mourner distinct periods of time in which to grieve, both publicly and privately. There is the recitation of the Mourner's *Kaddish* which is recited at the burial and for eleven months after the death of a parent at daily, Sabbath and festival services. The process of sitting *shiva* (seven, in Hebrew) is traditionally observed by the family of the deceased for seven days after the burial. Friends and family members visit the mourner's home and offer emotional support, food and other help while sharing stories and memories of the deceased. This helps the mourner in the first days of loss by enveloping him or her with a community that cares.

The next period of mourning is called *shloshim* (thirty, in Hebrew) when mourners do not attend parties or celebrations, shave, cut their hair or listen to music for 30 days. The final period, *avelut*, is observed only for a parent. This lasts for 12 months during which time the son or daughter avoids parties and celebrations. Every year, on the anniversary of the death, family members observe the deceased's *Yahrzeit* and recite the *Kaddish*.

Jewish mourning rituals enable the mourner to mark his or her loss with meaningful observances. The time frames of a week, a month and a year suggest a deep sensitivity to the fact that healing is a process and it is important to give ourselves time to grieve without feeling compelled to return to life at full speed.

Barbara did not have the opportunity to see her beloved Ben buried, nor is there a grave site she can visit when she wants to feel connected to him. She did not sit *shiva* and desperately missed the warm

## Parkinson's Progression Markers Initiative (PPMI)

Jon Gilman, 31, a software engineer in Boston, is passionate about health and fitness. He runs. He bikes. He practices yoga. And he uses apps to track his physical activity. Motivated to learn more about how his body works, Jon got genetically tested and learned he has a genetic mutation that puts him at increased risk for developing Parkinson's disease.



PARKINSON'S  
PROGRESSION  
MARKERS  
INITIATIVE

Play a Part in Parkinson's Research

While Jon may never be diagnosed with Parkinson's, and no one in his family has it, he learned that his specific genetic mutation is more prevalent in certain ethnic populations, particularly those of Ashkenazi Jewish, North African and Basque descent.

Each year approximately 60,000 people in the U.S. are diagnosed with Parkinson's disease, a chronic, degenerative brain disorder second only to Alzheimer's in prevalence. The cause is unknown, but most researchers believe a combination of genetics and environmental factors can increase risk. No cure has yet been found for Parkinson's; people who are diagnosed face an inexorable worsening of symptoms over time.

The Parkinson's Progression Markers Initiative (PPMI) is The Michael J. Fox Foundation's flagship global clinical study, <http://michaeljfox.org/ppmi/genetics>, which is expanding into several cities around the country seeking insights into the causes, onset and progression of Parkinson's disease. Clinical studies like this could help speed the development of new therapies benefiting all Parkinson's patients, and ultimately find a cure. ✨



embrace of the community in her first week after his death. It is worth considering these hard truths when contemplating our own wishes upon death, as much for ourselves as for those who love us and will have to carry on without us.

Amy Hirshberg Lederman is an author, Jewish educator, public speaker and attorney who lives in Tucson. Her columns in the *AJP* have won awards from the American Jewish Press Association, the Arizona Newspapers Association and the Arizona Press Club for excellence in commentary. Visit her website at [amyhirshberglederman.com](http://amyhirshberglederman.com). ✨



## A Playful Path

BY BERNIE DE KOVEN

### The Homegrown Jew

I think it's been happening ever since Babylon. And once we got to America, it's been *really* happening. Each of us has somehow decided that Judaism is something we can make up as we go along.

Not completely, mind you. Certainly not from scratch. But we do have that certain itch for making Judaism, well, shall we say "relevant." And we do feel that we have a certain right to decide on our own just how relevant to make it.

We have our rabbis and teachers and traditions and books, thank Something, but for many of us the god thing seems a little too far, shall we say, out. Even those of us who grew up observant – after we leave home, and maybe don't go to shul so much anymore – ultimately decide that we have the right, if not the commandment, to be Jewish in our own particular, not necessarily kosher, if you know what I mean, way.

I, for one, despite being the son of a Rabbi and Rebbetzin, *aleyhemhashalom*, grew up into what I've come to understand as a Paradox Jew. For a long while, a very long while, even though I *davened*, laid *tefillin*, and *shokled*, and prayed with all my heart and soul and might to *HaShem*, ultimately I grew less and less certain as to Whom I was praying, and why and what for. I became a vegetarian and decided that was *kosher* enough. I made up my own prayers and decided that was religious enough. My home was my *shul*. My wife my *chazzan*. We lit candles. But our *Shabbosim* became more and more a day of communion with the spirit that had grown between us. Not God's. But ours. The divine We.

One day I was talking to someone, an old business connection, and I mentioned Shabbos to her, and she said "Jewish? You're Jewish? I never would have guessed."

And on that day, or maybe a little later, I decided that I needed to reclaim my Jew. That maybe I my homegrown Judaism had gotten a little overgrown, and I once again needed to reinvent my religion.

Because, see, I really felt that Judaism is my religion. A Jew I have always been. But religious, I guess it depends on what you mean.

So I started with the things that meant the most to me – Jewish-like things: traditions, customs that connected me back

to the wise and weary soul of my people.

One of those things: *brachos* (blessings). You know, after years of saying a blessing every time you take a bite of something, or see a rainbow or come out of the bathroom, and then you, well, lapse – you miss it, this thanking thing, this quiet pause, this moment of appreciation for the gift of life itself.

But it's hard to make a blessing when you're not sure the word "god" means anything real enough for you to actually thank.

Though we're vegetarians, mostly, every now and then we eat a piece of fish – because, you know, it's good for our free radicals or something. And there it is on our plates, this piece of a beautiful, powerful animal. And we have to say something. So we started saying "Thank you, Fish." And that was pretty much as far as we got.

Most recently, though, I've been thinking of saying "planet" or "earth." I'm going to try it out on easy things. Like when someone sneezes, maybe I'll say "Earth bless you." Or when something happens to me that didn't kill me maybe I'll try saying: "Thank you, planet." Maybe that'll get me closer. Because it's part of me, this gratitude impulse, that I inherited, that I value, and, as a Jew, and as a me, I don't want to let go.

And there are Jewish teachings that I want to remember better: like things about compassion, about not judging people until you really understand their circumstances. There's a saying, a Jewish saying I remember that goes something like *dan'l'kafzechus*, which has something to do with giving people the benefit of a doubt, or even better, "assuming positive intent." This was a teaching that touched my wife very deeply. And, in passing, she one day told me a story of how she plays a game of *dan'l'kafzechus* when she's driving. It goes like this:

If someone cuts in front of her, for example, or blows their horn (well, actually their car's horn) at her, instead of getting

angry, she tries to think of all the possible reasons for that person being so ungodly rude, so to speak. Like maybe he's on his way to the hospital for some kind of emergency. And not only that, but his kids don't have a ride home from school. And even worse, he has to go to the bathroom. Or maybe he's trying to make way for the car behind him, because someone in that car is violently ill.

And on and on she goes, thinking up excuse after excuse, plausibility after semi-plausibility, until the anger fades and is replaced by a quiet sense of fun, and maybe even sanity.

No one ever said the life of a homegrown Jew would be easy or even better, but it's good to know we can do such things, even though we're not doing what the *rabbonim* might want from us. We can take the sensibilities that we've inherited, we can honor our parents and theirs, we can be our own best kind of Jew.

*Bernie De Koven is the author of The Well-Played Game, A Playful Path and Junkyard Sports. A Playful Path is available at: <http://press.etc.cmu.edu/content/playful-path>. One can also purchase and download the book from <http://aplayfulpath.com> where one can also be entertained and learn more about the author. ☆*

## JOHN H. PAYNE ASSOCIATES, INC.

Audiological Consulting  
Auditory Prosthetics

### Hearing Aids

Digital Programmable  
Hearing Aids

Clinically Certified Audiologists  
solving your hearing problems  
for over 50 years.

**CALL US TODAY FOR  
AN APPOINTMENT**

#### NORTH

Across from St. Vincent's Hospital  
2020 Medical Building, Suite 101  
2020 West 86th Street  
Indianapolis, Indiana 46260  
**317-872-1557**

#### GREENFIELD

Greenfield Professional Center  
120 West McKenzie Road, Suite C  
Greenfield, Indiana 46140  
**317-462-1574**

## M. Dorfman Inc.

Property  
Management

**634-5955**  
**827 N. Capitol Ave.**  
**Indianapolis 46204**

## Judge Miller addresses Jewish Lawyer's Luncheon

Judge Gary L. Miller was the speaker at the Jewish Lawyer's Luncheon at Shapiro's downtown on July 22. He is from a family of five generations of Jewish lawyers from the Depression to 2015 and three generations of judges. (William Miller, Jacob Miller, Stanley Miller, Gary Miller, Mark Miller)



Education: A.B. degree from Indiana University in Bloomington, Indiana in 1977, and his J.D. in 1980 from the Indiana University Robert H. McKinney School of Law.

Judicial Experience: Miller served as judge in the Marion Superior Court, Civil Division, Room 5 in Indianapolis from January 1991 until December 2008. He was appointed back to the bench by Governor Daniels in January 2013 and serves in Court G21.

Significant Legal Accomplishments: Gary has served as an adjunct Professor of Law at the Indiana University Robert H.

## Here comes the sun

BY JOHN H ABRAMS, MD  
ABRAMS EYECARE ASSOCIATES

Although this summer we have had our share of rainy days, in the words of the Beatles, "here comes the sun". Eventually we will enjoy the warm summer sun and we must protect ourselves. It is well known that several common diseases related to sun exposure are being seen more frequently and at earlier ages. Two organs most affected by harmful UV rays from the sun are skin and eyes.

Most dermatologist will tell you that they are seeing more skin cancers and in younger patients. Basal cell carcinomas, which used to be diagnosed in the elderly, are now developing in young adults. The same is true of melanomas.

After almost 30 years in Ophthalmology, it is very apparent that I am seeing more



McKinney School of Law since 1992. He teaches Trial Practice and Professional Responsibility. Gary is an international speaker on the topics of criminal and civil law, trial tactics, and legal ethics issues. ☆

cataracts and age related macular degeneration than decades ago. And, I am seeing them in younger patients. I now perform cataract surgery on several 50 year olds every week. This was unheard of in the 1980's and 1990's when I began practicing Ophthalmology.

There are many risk factors common to both cataracts and macular degeneration. Increasing age, family history, smoking and obesity are a few risk factors both of these diseases share. The other main risk factor for both, that I believe is most responsible for the increasing number of patients at earlier ages, is excessive exposure to sunlight. Studies have shown this in cataract formation and implicated in macular degeneration.

UV protection is very important to prevent cataract formation and macular degeneration progression. This can be accomplished by wearing glasses with UV protective coatings or sunglasses. For many years, contact lens manufacturers have been putting UV protection in their lenses. The same is true for intraocular lens implants placed at the time of cataract surgery. Contact your eye care provider to discuss UV protection for your eyes.

Take an active role in your health care.... use sunscreen and wear sunglasses. It is in your best healthy interest. ☆



Clay E. Jones, O.D., Bettye-Jo Rawls Lloyd, M.D., FACS, Deborah E. Mann, O.D., and Michael A. Rothbaum, M.D. JJ Abrams, O.D. and John H. Abrams, M.D., FACS

Three Penn Mark Plaza  
11455 N. Meridian, Ste. 100  
Carmel, IN 46032  
(317) 846-4223

Methodist Professional Center  
1801 N. Senate, Ste. 620  
Indianapolis, IN 46202  
(317) 926-6699

Methodist Medical Plaza 1  
Eagle Highlands  
6920 Parkdale Pl., Ste.206  
Indianapolis, IN 46254  
(317) 293-1420

**Serving the eye care needs  
of central Indiana since 1950.**

[www.AbramsEyeCare.com](http://www.AbramsEyeCare.com)



# Obituaries

**Sylvia W. Silver, 101**, passed away peacefully on June 27 at the Hooverwood. She was born in Chicago in 1913, the daughter of Austrian immigrants, Herman and Rose Werner. Sylvia married Leo Silver, and moved with him to Knoxville, Tenn., where she lived a busy life for more than 50 years. She was devoted primarily to community service until 2001 when she moved to Indianapolis. Her devoted caregiver for many years has been Mrs. Madgie Caudle, of Indianapolis.



Among Sylvia's many gifts to the Knoxville community were these: she founded the Sisterhood of Temple Beth El; she became President of the Knoxville chapter of Hadassah in the 1940s and expanded the membership of the Knoxville chapter, where she initiated many purposeful projects, while raising more than one million dollars for Hadassah Hospital in Israel. Additionally, Sylvia co-founded Fellowship Camp in 1950, which brought African-American and Caucasian children together, to learn and play during many summers.

Sylvia rose through the ranks at Hadassah, becoming President of the Southern Region and serving on its National Board of Directors. In 1985, she was honored by the National Roundtable of Christians and Jews, and was elected into its Knoxville chapter. Moreover, Sylvia was active in the Women's Job Corps and she worked tirelessly to bring Holocaust survivors and Russian refugees to Knoxville, where she found them homes, jobs, and English language tutors.

In addition, Sylvia was active in the AFS Intercultural Program, responsible for bringing numerous foreign students to the United States, including a young man whose daughter married Sylvia's grandson 40 years later. Mrs. Bernard (Barbara)

Bernstein, a long-time Knoxvilleian and friend, said of her, "Sylvia was my idea of what a community service leader should be and I tried to emulate her."

Sylvia was preceded in death by her husband, Leo, who died in 1975. She is survived by her children, Jane Timm (the late Michael) and Matthew Silver (Arlene), and David Silver (Jerilyn); as well as seven grandchildren, and eleven great-grandchildren.

Donations in her memory may be made to the Hooverwood Guild, Meals on Wheels, and to Temple Beth El, Knoxville. In October there will be a memorial service to honor Sylvia in Knoxville.

**Olga David Hindman, 94**, of Carmel, passed away July 2. She was born in Batosek, Hungary Oct. 10, 1920 to Moses and Regina Balas. Olga was a Holocaust survivor of Auschwitz Concentration Camp. She first came to the United States in 1949 with her then husband, David David and daughter, Sonja. Olga retired after working 20 years in the Crystal Room at L.S. Ayres as a sales associate.



Olga is survived by her children, Sam David, Ursula David, Sonja Fox, and Inez Dixon; nine grandchildren, Jason Fox, Shane Grotjan, Hannah Fox, Danielle Springstein, Aron David, Jordan David, Zoe Moore, Katie Martin and Laurie Dixon; 13 great-grandchildren; sisters, Lea Vidakovic and Miriam Shedlezky; and her dear friend and caregiver, Barbara Struthers. She was preceded in death by her husband, Lee Hindman.

Funeral services were held at the **Aaron Ruben Nelson Mortuary** on July 7 and burial followed in Indianapolis Hebrew North Cemetery. Memorial contributions may be made to the Holocaust Museum in Terre Haute also known as the Eva Kor CANDLES Museum at <http://www.candleholocaustmuseum.org/support/donate.htm>.

**Vera Vayn, 86**, of Indianapolis, passed away July 4. She was born in Dnepropetrovsk, Ukraine on Feb. 27, 1929 to Zelik and Berta Amlinsky. Vera is survived by her children, Leonid (Irina) Vayn and Irina Vayn; grandchildren, Victoria, Yana and Demitri; great-grandchildren, Kaden and Blake; and brother, Vladimir. She was preceded in death by her husband, Zinovy. Funeral services were held at the **Aaron Ruben Nelson Mortuary**, on July 7. Burial followed in Congregation Beth-El Zedeck North Cemetery.

**Robert L. Glazier, 90**, a lifelong resident of Indianapolis, died July 10. Born Aug. 23, 1924, he was the son of David and Rea Glazier. He graduated from Manual High School and was in his first semester at Indiana University when he was drafted into the army. From March 4, 1943 to Nov. 13, 1945, he served his country with distinction, earning many medals including three Purple Hearts with two oak leaf clusters and four Bronze Stars. After the war, Bob returned to Indianapolis and began his long career, including many years in the used car business (Bob's Auto), loan business (Community Loans), and eventually real estate development (G&G Realty).



In May of 1952, he married Harriett Weinstein, also of Indianapolis. They were happily married for 58 years until Harriett's death in 2010. They are survived by their three loving children: daughter, Lynn and husband Dave Ford; son, Steven and wife Rebecca; son, Richard and wife Jan. They have six beloved grandchildren: Jenna, Greg, Arie, Lili, Noah and Sydney; and one great grandchild, Zoey. Bob is also survived by five brothers and sisters: Sam (his business partner of 66 years), Marsha, Harry, Geraldine and Jack. His oldest brother, Albert, died in 2004. He was the  
(see Obituaries, page IN 14)



**Aaron  
Ruben  
Nelson**



*The Jewish Funeral Home of Greater Indianapolis*

**317-873-4776**  
11411 N. Michigan Road  
just north of I-465



**Nefouse & Associates, Inc.**

*Health Insurance & Benefits Solutions*

Family Owned and Operated for 30 years.

**317-803-4220**

**Tony Nefouse**  
8465 Keystone Xing, Ste. 190  
Indianapolis, IN 46240

[www.indianahealthinsurance.com](http://www.indianahealthinsurance.com)  
[www.indianahealthinsuranceexchange.com](http://www.indianahealthinsuranceexchange.com)

# Chassidic Rabbi

BY RABBI BENZION COHEN

## The Final Redemption 2

What more does the *Torah* teach us about the final redemption? *Hashem* (G-d) will be revealed in this world. Until our final redemption, *Hashem* is hidden from us to a great extent. Thirty-eight hundred years ago our father Abraham found *Hashem*. This was amazing, when we consider that all of his family and country men were idol worshippers. Since then Abraham and his followers and descendents have helped a large portion of mankind to believe in *Hashem*.

We believe that our final redemption is very close, and if we look around, we see that *Hashem* is already beginning to reveal Himself to us. I grew up in Indianapolis 60 years ago. At that time there was no Jewish Day School, and not much interest in starting one. The only day of the year that I felt *Hashem* was *Yom Kippur*. Religion meant very little to me.

The year 1967 was a big turning point for me and all of Israel. The Six Day War was one great miracle. We were outnumbered 100 to 1, yet we defeated all of our enemies in just 6 days. What are miracles? One way that *Hashem* reveals Himself to us. He makes an amazing thing happen, and we realize that this was the hand of *Hashem*.

At that time began a new movement in Judaism, the Movement of Return. For 100 years Jewish observance had been waning. My great-grandparents were *Chasidic* and ultra Orthodox. My grandparents were Orthodox. My parents were Conservative. I was even less. After the Six Day War the tide turned. Slowly but surely more and more Jews are coming to believe in *Hashem*, learn His *Torah* and fulfill His commandments. Today when you count all of those who have come closer to *Hashem*, and their children and grandchildren, they number in the millions! And each one of them has a story of the miracles they experienced.

A few months after the Six Day War, I, myself, came to believe in *Hashem*. I graduated High School in 1967. The Jewish community of Indianapolis offered me a free trip to Israel. We arrived in Israel two weeks after the Six Day War, and toured the country for two months. Wherever we went we found happy people. I asked them why they were so happy. They told me that for 6 months the Arabs had been threatening to wipe them out, and now they had defeated all of them. I was impressed. In Indiana I didn't know too many happy people. I changed my plans

and decided to stay in Israel. Instead of Indiana University I started attending Hebrew University in Jerusalem.

At the time I didn't know where all this would lead me, but now I realize that this was the first step in the right direction, this was the hand of *Hashem*. *Hashem* had brought me to Jerusalem, His holy city.

Today I am a *Chassidic Rabbi*. I pray to *Hashem* and talk to *Hashem* a few times every day. I witness and hear about miracles all the time. Just last week I was standing outside an army base near *Kfar Chabad*. A soldier passed by. I asked him to come over and put on *tefillin*. He smiled and agreed. Then he told us that he had vowed that if *Hashem* would help him, he would put on *tefillin* every day. Why did he make this vow? He had gotten into trouble with the army, and was worried that they would put him into jail. Sure enough, *Hashem* helped him, and they didn't put him into jail. Now he was going to put on *tefillin*, to keep his side of the deal.

This column that you are reading is also due to many miracles. A few weeks ago my computer that I use to write this column started to make problems. I called our local technician to fix it, but he never showed up. A few days later Tzvi, one of our nephews from Vancouver arrived for a visit. He was able to get my computer

started, but it still shuts down sometimes. So every time I want to use it I ask for a miracle that it should work.

Last Thursday was another miracle. I went to bed, but didn't fall asleep. I usually fall asleep in 5 or 10 minutes. An hour passed, and I was still awake. I tried all my tricks to fall asleep, but nothing helped. I thought that maybe *Hashem* is keeping me awake because I have to write a column for the *Jewish Post*. I got up and checked my emails. Sure enough, my sister Jennie had sent me an email that she needs my column by Sunday!

The *Lubavitcher Rebbe* told us that our final redemption is already beginning to happen. *Hashem* is already revealing Himself to us in many ways. We only need to open up our eyes and look around carefully and we will see that this is true. And by learning more *Torah* and doing more *Mitzvahs* (good deeds) we can make it happen faster. We want *Moshiach* now!

Rabbi Cohen lives in *K'far Chabad*, Israel. He can be reached by email at [bzcohen@orange.net.il](mailto:bzcohen@orange.net.il). ✨



*Since 1981*

# Rug Gallery

## Flooring

### Affordable Luxury!

- ◆ CARPET
- ◆ HARDWOOD
- ◆ RUGS
- ◆ TILE
- ◆ STONE
- ◆ RUG CLEANING
- ◆ RUG REPAIRS
- ◆ Bath & Shower Remodeling



**317-873-6139** [www.rugsindy.com](http://www.rugsindy.com)  
130 South Main Zionsville, IN 46077  
Monday - Saturday 10am - 5pm

**INDIANA'S Only Certified MASTER Rug Cleaner's on staff**



## Former Auschwitz guard sentenced to prison



By EVA MOZES KOR

JULY 15, 2015 – I am disappointed in the German court's decision this morning in sentencing Oskar Groening [age 94] to jail (for four years). They found him guilty of being a small cog in a big machine that killed a lot of people, and I agree with that – he was guilty. He has accepted responsibility and admitted his guilt. They are trying to teach a lesson that if you commit such a crime, you will be punished. But I do not think the court has acted properly in sentencing him to four years in jail. It is too late for that kind of sentence. All it does is make the court feel good, like they have done something. His guilt does not decrease just because he is old, but why did they not do this 20 years ago?

My preference would have been to sentence him to community service by speaking out against neo-Nazis. I would like the court to prove to me, a survivor, how four years in jail will benefit anybody. Groening said in his statements that he was wrong, it never should have happened, and it should never happen again. That is exactly what I want him to tell the young people in Germany who want to bring back a Nazi regime. I told Oskar Groening that I have forgiven him, but that does not absolve nor condone what he has done.

Some people, including journalists, have questioned my right to testify in this trial because I have forgiven the Nazis. My forgiveness has nothing to do with the perpetrators. It is for my healing alone. The reason I am speaking out is because so many survivors are still suffering emotionally, 70 years later, and they do not understand they have the power and the right to forgive. The world is hurting so much, and I think it desperately needs something besides punishment.

*Eva Mozes Kor is a survivor of the Holocaust, forgiveness advocate, and public speaker. Powered by a never-give-up attitude, Eva has emerged from a trauma-filled childhood as a brilliant example of the human spirit's power to overcome. She has lived most of her life in Terre Haute, Ind., where in 1984 she founded the CANDLES Holocaust Museum ([www.candleholocaustmuseum.org](http://www.candleholocaustmuseum.org)). ☆*



## Purdue Jewish Studies Fall 2015 events

All members of the Purdue University community and the public are cordially invited to attend these free events offered by the Jewish Studies Program. For more info contact Alice Wenger at [wengera@purdue.edu](mailto:wengera@purdue.edu) or 765-494-7965.

### Purdue University 8th Annual Larry Axel Memorial Lecture in Religion

**Wednesday, September 30: Sigrun Haude**, Associate Professor of History, University of Cincinnati, presents "Religion in Conflict: From Martin Luther to the Thirty Years' War (1500 to 1650)" Co-sponsored by the Purdue Jewish Studies and Religious Studies Programs. (Stewart Center, Room 202 ~ 7:00 p.m.)

### Purdue University Jewish Studies Program Noon Lecture and Discussion Series

**Wednesday, September 30: Ashley Purpura**, Visiting Assistant Professor of Religious Studies, Purdue University, presents "Problematic Discourse and Producing Orthodoxy: 'Jews' in Byzantine Christian Hagiography and Hymns", (Stewart Center, Room 310 ~ 12:30 p.m.)

(see Purdue, page IN 14)

## EDITORIAL

(continued from page IN 3)

now. All Abraham saw in that tunnel were the pogroms, the oppression, the near genocide of the Jewish people – and he decided in that moment to raise his knife and slay Isaac, to prevent all that suffering from happening.

"But at that very moment, another tunnel appeared before him, and this was a tunnel of light; there he saw Isaac standing at the front and Jacob behind him, and all the generations of the Jewish people until now. But in this tunnel, all he saw were the beautiful *Shabbatot*, the festive dancing on the holidays and the songs that reached to heaven – and he decided in that moment, as if hearing the voice of God, that he should not slay Isaac. He realized that the suffering and the joy would come together, and that to get rid of one would be to get rid of the other."

In my brother, Rabbi Benzion Cohen's columns he writes that eventually we will have only joy, but for now we are thankful for the support we receive from others during our challenges. We are also grateful for the ability to learn and grow from both sorrow and joy.

Jennie Cohen, July 29, 2015 ☆

*Happy Summer!*

from

**Perfect Touch  
Cleaners**

8435 Ditch Road  
259-7837

*Serving your community  
for 25 years.*

**KAPLAN**

(continued from page IN 16)

Serve warm with butter if desired.

**Spinach & Quinoa Fritters**

(from Ecuador) (4 servings)

- 1 cup rinsed quinoa
- 1 large white diced onion
- 2 Tbsp. extra virgin olive oil
- 2 cups diced fresh mushrooms
- 2 cups chopped spinach
- salt, freshly ground black pepper, and garlic powder to taste
- 3 large eggs
- 1/4 cup gluten free panko or bread crumbs
- 2 Tbsp. shredded cheddar cheese (optional)

Prepare quinoa according to directions on the package. In a large frying pan, sauté onion in 2 Tbsp., oil over medium-high heat until translucent, about 5 minutes. Add mushrooms and spinach and sauté for 3 minutes or until fully cooked. Remove pan from heat. Add quinoa to spinach, mushrooms and onion mixture and mix ingredients. Season with salt, pepper and garlic powder. Transfer to a large mixing bowl and combine with eggs, panko or bread crumbs and cheese, if using. Heat oil in a frying pan. Once oil is sizzling, spoon mixture into the frying pan to make four fritters. Cook until golden, about 3 minutes on each side. Remove from pan and drain on paper towels.

*Sybil Kaplan is a journalist, food and feature writer, and author of nine kosher cookbooks living in Jerusalem. ☆*



**PURDUE**

(continued from page IN 13)

**Wednesday, October 21:** Lukas Plank, Winner of the 2015 Edward Simon B'nai B'rith Barzillai Lodge No. 111 Prize in Jewish Studies, presents "Holocaust Denial".

**OBITUARIES**

(continued from page IN 11)

treasured friend of many and a longtime member of Congregation Beth-El Zedeck.

Services were held on July 15 at the **Aaron Ruben Nelson Mortuary**. Burial followed in Congregation Beth-El Zedeck South Cemetery.

**Marvin Nickbarg, 90,** of

Indianapolis, passed away July 11. He was born March 16, 1925. Marv was a World War II Army veteran. He served in Anzio and North Africa. Marv worked in the Space program for NASA working on the Atlas Booster Rocket.

He is survived by his sister, Dolly Nickbarg. Marv was preceded in death by his parents, Bernard and Rose; and his brother, Stan. Funeral services were July 15, at **Aaron Ruben Nelson Mortuary**. Burial followed in IHC North Cemetery. Memorial contributions may be made to Indianapolis Hebrew Congregation or American Cancer Society.

**Sidney "Shabati Avraham" Camhi, 86,** of Indianapolis, died July 19, 2015. He is survived by his wife Terri Camhi. Funeral services were held on July 21 at Etz Chaim Sephardic Congregation and burial followed in the Etz Chaim Cemetery. Arrangements by **Flanner and Buchanan-Speedway**.

**Charlie "Shaul Ben Salomon" Meshulam,** passed away on July 19. The funeral was held graveside at Etz Chaim Cemetery on July 24. He lived in California

(Stewart Center, Room 313 ~ 12:30 p.m.)

**Wednesday, November 11:** Marcus Smith, Graduate Student, Department of History, Purdue University, presents "The Jewish Community in Iraq: 1951 to Present". (Stewart Center, Room 313 ~ 12:30 p.m.) ☆

and is survived by his sister Norma Shorr and brother Joseph Meshulam. Arrangements by **Flanner and Buchanan-Speedway**.

**Morton "Morty" Hazen, 77,** of Carmel, passed away July 23. He was born in Indianapolis on July 30, 1937 to Albert and Bess (Gerbofsky) Hazen.

Morty was a graduate of Manual High School. He was a used car salesman for a number of dealerships in Indianapolis, the last being Dan Young Chevrolet. He was a member of the Etz Chaim Sephardic Congregation.

He is survived by his daughter, Chaia (Marla) Hazen; sons; Kelly Hazen and David (Mary Jane) Hazen; step daughter, Rachele (Richard) Dorsch; and brother, Allen Hazen and granddaughter Danielle. He is preceded in death by his wife, Dorothy; sister, Terry Ward Hazen; and his dog, Czar.

A graveside service was held July 27 in the Etz Chaim Sephardic Cemetery. Contributions may be made in to the Human Society of Indianapolis.

Arrangements have been entrusted to the **Aaron Ruben Nelson Mortuary**. Friends and family may leave a memory or message of condolence by visiting the online obituary at [www.arnmortuary.com](http://www.arnmortuary.com). ☆



*A tradition for over eighty years*

**Family Style Dinners**

Featuring:

Famous Pan Fried Chicken

Steaks and Seafoods

Cocktails and

Fine Wines

• Full Carry Out Service •

Tables reserved from

5 p.m. thru 8 p.m.:

Weekdays

12 noon-7:30 p.m. Sunday

Closed Mondays

For reservations and

carry out

**251-2294**

8110 N. College Ave.

Greetings

# Sam Wolf

## USED CARS

**2230 E. Washington • Indianapolis • Ph. 632-4547**

## Hollyhock Hill hostess wins ROSE Award

Beth Langan, longtime Hostess at Hollyhock Hill restaurant is this year's winner of the prestigious ROSE Award, presented annually by Visit Indy. The ROSE Awards (Recognition of Service Excellence) honors hospitality employees who provide excellent customer service through one-on-one or behind-the-scenes contact, positively influencing a visitor's experience in Indianapolis. Over Beth's 20+ years of service to Hollyhock Hill restaurant and the hospitality community at large, the examples of service excellence she has demonstrated are monumental. Ultimately, Beth's goal is steadfast and simple – provide each guest with a memorable dining experience.



Jay Snyder, owner of Hollyhock Hill said, "Barbara and I are thrilled that Beth is being honored, she has been with us for nearly 25 years and is well deserving."

Beth's nomination form came with a lengthy list of extraordinary examples of

Hoosier Hospitality. One goes like this. This new couple was having their first night out of the house after having their first child. Beth realized that the couple – as first time parents – was stressed because they forgot to bring a bottle for their baby. Beth didn't waste any time – she jumped in the car and ran to the local grocery store and purchased a bottle so that the couples' evening would not be interrupted.

Beth understands the personal touch of customer service. From remembering a person's name, favorite table, the way they like their meal prepared and even guests' anniversaries or birthdays. She has delivered carry-out dinners to customers who are house-bound, and she's gone to the hospital to check on regular customers who fell ill. She carries "magic pennies" around with her to pass out to rambunctious children for them to throw in the fountain at the restaurant, keeping them entertained so that their parents may enjoy their dinner. ✨



## The 17th annual Ann Katz Festival of Books & Arts

The JCC's 17th annual Ann Katz Festival of Books & Arts is a three-week festival featuring local, national and international authors, filmmakers and performing and fine artists. This year's Festival of Books runs **Oct. 28–Nov. 16**. All sessions are in the JCC's Laikin Auditorium and are \$10 unless noted otherwise. A complete schedule will be posted on <http://jccindy.org/festival-books-arts/>.

The festival kicks off **Wed., Oct. 28** with *An Evening with Kenny Aronoff*. The famous drummer and IU Jacobs School of Music graduate has worked with iconic musicians such as John Fogerty, John Mellencamp, Elton John, Paul McCartney, B.B. King, Johnny Cash and others. During this intimate evening, Aronoff will perform live and share stories and his keys to success from his 40-plus years in the music business. \$25 in advance; \$30 at the door. Aronoff will also teach a master class from 4–5 pm. \$50. ✨



*Color your summer  
with McNamara!*



**M<sup>C</sup>NAMARA  
FLORIST**

Avon, Carmel, Fishers, Fort Wayne, Geist, Glendale,  
Greenwood & Willow Lake West

**317.579.7900**

[www.mcnamaraflorist.com](http://www.mcnamaraflorist.com)

FIND US ON



Proud Sponsor and Floral Provider of the Indianapolis Colts



# My Kosher Kitchen

REVIEWED BY SYBIL KAPLAN

# The Jewish Post & Opinion

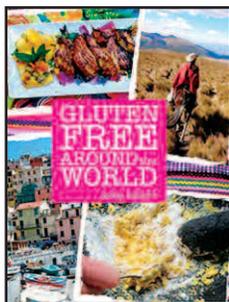
1427 W. 86th St. #228  
Indianapolis, IN 46260

PRESORTED  
STANDARD  
US POSTAGE  
PAID  
INDIANAPOLIS, IN  
PERMIT NO. 1321

## Gluten free cookbook review and recipes

*Gluten Free Around the World.* By Aviva Kanoff, Brio Books, November 2014. \$29.99 hardcover.

Aviva Kanoff has been described as “the Indiana Jones of cooking,” and the subtitle of this book is “a journey of food, travel and extraordinary adventure.” She is a graduate of the French Culinary Institute and has worked as a chef, painter, and photographer.



Her previous book, *The No-Potato Passover* received the 2012 Gourmand Award for the Best Jewish Cuisine and was original; so is this one.

Her 104 recipes are divided into breakfast, soups & salads, sides, vegetarian, fish, poultry, meat and desserts. Recipes are from: England, Thailand, France, Ireland, Israel, Ecuador, Vietnam, Italy, India, Morocco, Spain, Scotland, Cambodia, Indonesia, and Arizona.

Ingredients are listed clearly and, my favorite, directions are numbered. Each recipe is accompanied by a mouth-watering color photograph and additional photographs from its country of origin. This really enhances the presentation of the book and makes it unique. Not only is this a great book for anyone who is gluten free; it is good for people who enjoy recipes from different countries that are distinctive and innovative.

### Chocolate Mousse Pie (from France)

- (12–14 gluten free crushed chocolate chip cookies)
- 2 Tbsp. melted unsalted butter
- 1/4 cup granulated sugar
- 2 large eggs
- 1 cup semisweet chocolate chips
- 1 cup fully whipped cream
- 1/2 cup shaved chocolate whipped cream for garnish

In a medium bowl, combine cookies and butter. Using your hands, press the mixture into a 9-inch pie dish. Using an electric mixer, whip sugar and eggs until thick,

fluffy and fully blended. Place chocolate chips in a microwave safe bowl and microwave in 30 second increments until fully melted. Using a spatula, fold melted chocolate into the bowl with the sugar and eggs. Gently fold whipped cream into the mixture and pour the mixture into the piecrust. Refrigerate overnight and decorate with whipped cream and shaved chocolate before serving.

### Irish Soda Corn Bread (from Ireland)

- 1 cup cornmeal
- 1 cup gluten free all purpose flour
- 1 tsp. xanthan gum

- 1 tsp. baking soda
- 1/2 tsp. baking powder
- a pinch of salt
- 1 cup milk
- 3 Tbsp. olive oil
- 1 Tbsp. honey butter

Preheat oven to 375°F. Grease and flour an 8-inch cake pan. In a large bowl, combine all ingredients with an electric mixer until well blended. Pour into cake pan and bake until toothpick inserted in center comes out clean, about 40 minutes.

(see Kaplan, page IN 14)

## FREE BLEACHING (WHITENING) TRAYS

with a new patient exam—a \$300 value!

### SERVICES AVAILABLE IN OUR OFFICE:

Comprehensive exams & treatment plans Routine cleanings Periodontal cleanings Resins (tooth color fillings) Second opinions Oral conscious sedation Snoring Sleep apnea appliances	Mouth guards One visit crowns Endodontics (root canals) Orthodontics Extractions Dentures Galileos 3D scans All radiographs are digital	Veneers Cancer screenings TVs in every operatory Cosmetic procedures Nitrous oxide Enamel recontouring Bleaching (whitening) Implants (traditional and mini)
---	--	---

**LANDE**  
COSMETIC, IMPLANT, AND FAMILY DENTISTRY

**Gerald M. Lande, D.D.S.**

9699 North Michigan Rd., Carmel, IN | (317) 875-9531 | [www.todaysdentist.com](http://www.todaysdentist.com)

MEMBER OF: