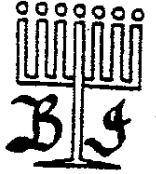


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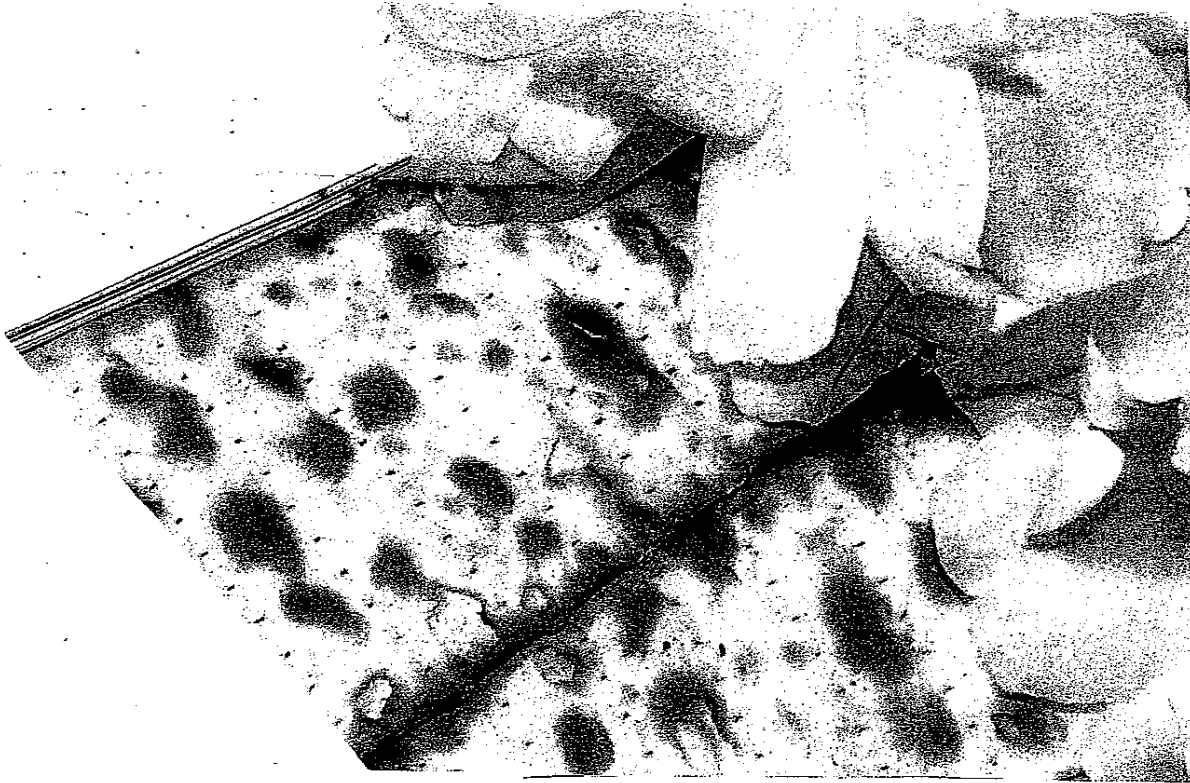


C O N G R E G A T I O N

*Beth Israel*



141 HILTON AVENUE HEMPSTEAD, NEW YORK 11550 Tel: 516-489-1818



**PESACH MATZOH!**



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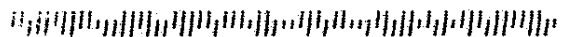
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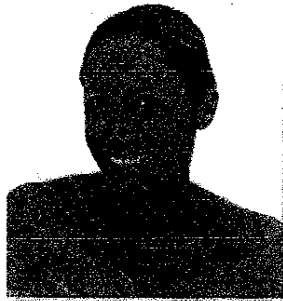


# Smart Care for Aging Skin

*These tips can help your skin stay healthier and look better.*

**W**hat you do and don't do daily can make a significant difference in how your skin feels and appears. Healthy skin is evenly colored, smooth, well-hydrated, and sensitive to touch, pressure, and temperature. Damaged, unhealthy skin has lost moisture and elasticity and can look dry, rough, cracked, or saggy. Even if your skin has already suffered the effects of sun damage and lack of care, you can make it better.

"Cosmetic and medical treatments for aging skin, as well as simple, at-home skin care steps like applying a moisturizer, can improve the appearance and health of your skin," says dermatologist Lorraine Young, MD, UCLA Dermatology. "Being informed and practicing prevention can also help your dermatologist diagnose and treat many problems before they threaten your overall health."



*Maintain skin health with daily care and nutritious foods.*

**Vitamin A** is vital for the growth and repair of cells, tissues and skin. Get it from eggs, milk, sweet potatoes, fruits and vegetables.

**B Vitamins** help retain skin moisture, speed cell turnover, and help reduce overall stress. Get your B vitamins from whole grains, spinach, fish, eggs, and dairy products.

**Vitamin C** helps produce collagen and elastin, both of which are needed for healthy and firm skin. Citrus fruits, broccoli, and dark green leafy vegetables are all good sources of this valuable vitamin.

With a little creativity in the kitchen you can easily combine these ingredients into delicious meals. For example, an omelet with spinach and cheese, orange slices and whole grain toast combines all three of the above recommended foods.

## Make a Fashion Statement

Ninety percent of skin aging is the result of sun damage. If you live in a year-round sunny climate, in addition to daily sunscreen to all exposed skin, clothes can provide another layer of protection. The weave, weight, type of fiber, and color determine the amount of sun protection you'll get. Tighter weaves block sun better than looser ones. For example, dark denim is better than white cotton. Sporting goods and athletic stores are good places to find clothing with built-in sun protection factor (SPF). Look for the National Skin Foundation label, which substantiates SPF claims. Also, invest in a wide-brim hat that provides shade to protect your ears, neck, and shoulders.

## Topical and Cosmetic Solutions

Hyaluronic acid is one of many substances applied on top of the skin or

## WHAT YOU SHOULD KNOW

- 0** The number of times it is safe to use a tanning bed or sunlamp without increasing your risk of skin cancer
- 1%** Percent of collagen production per year that declines after age 30
- 2** Number of hours after which you should reapply sunscreen
- 30+** The sunscreen SPF that provides the best protection against damaging ultraviolet (UV) rays
- 90%** The percent of skin aging caused by the sun

injected to lessen the effects of wrinkles, dark spots, and fine lines. Injections with dermal fillers that contain hyaluronic acid may stimulate the production of collagen.

Retinol also improves overall skin appearance by stimulating the production of collagen. Prescription lotions containing retinol appear to reduce wrinkles, roughness, and overall aging severity. While store-bought creams may contain retinol, they're not regulated, and the concentration may not be enough to make a difference.

Staying well-hydrated also helps skin. Older adults don't always feel thirsty, so having a plan, such as a simple log of how much water you drink every day, can help ensure you're getting enough fluid. Limiting caffeine and alcohol will reduce the dehydrating effects of these beverages.

Moisturizers applied right after bathing while skin is still damp will help minimize dry skin. Some moisturizers contain chemicals (urea, AHA, lactic acid, and ammonium lactate) that reduce scaling and assist the skin in holding water.

A yearly skin check with your dermatologist will help catch any problems early when they are easier to treat. It's also an excellent opportunity to get advice on the best products and procedures for your particular age and skin type. ❧

*Other than not protecting themselves from sun damage, the biggest mistake people make—women and men—is not using moisturizers to treat dry skin.*

Lorraine Young, MD  
UCLA Dermatology

additional nutrients contained within the food. For example, oranges contain ample amounts of vitamin C, but they also have fiber and potassium.

B'NEINU (BETWEEN US)

לְיְהוּדִים, הִיְתָה אוֹרָה וְשִׂמְחָה, וְשֵׁשׁ, וַיִּקְר.

*The Jews had light and gladness, and joy and honour. — MEGILAT ESTHER 8:16 AND HAVDALAH*

כָּל זָכָפִין יִיְתִי וַיִּכַּל

*All who are hungry, come and eat. — PASSOVER HAGGADAH*

*When they start the game, they don't yell, "Work ball." They say, "Play ball." — WILLIE STARGELL*

**I**t has been said that March (like Spring) comes "*in like a lion and out like a lamb.*" A meteorological allegory: the unsettling weather that accompanies late winter is soon replaced by the initial warmth we feel by the beginning of April as the cold winds suddenly turn into gentle breezes.

The first quote above is from the Book of Esther. This year the first of March falls on Purim. Hopefully you were with us at our Purim evening service on Feb. 28th, roaring aloud each time one of our readers said "Haman" during the Megillah reading. At CBI, "March/Purim" came *in like a lion!*

Two of the mitzvot of Purim are sending (at least) two different types of ready-to-eat foods to (at least) two different people *and* giving gifts to the poor, also to at least two people/organizations.

The second quote above is from the Haggadah. As the month of March ends we will be celebrating another year of freedom from slavery with the arrival of Passover. Much of our history is represented through symbolism. Look at each of the items on the Seder plate, especially the זֶרֶע (*z'roa*). It is the shankbone that recalls the Passover sacrifice, the Paschal lamb. So... March goes *out like a lamb!*

Early in the Passover Seder, when reciting the paragraph that begins **הָא לַחֲמָא עֲנִיָּא** (*ha lakhma anya*) we invite those who are hungry to join us for the Passover meal.

The third quote reminds us that Opening Day of the baseball season arrives. It is a day when every team wakes up in the morning and sees a zero in their

loss column. Hope springs eternal. (At least the hope of making it to the World Series.)

Yes, there is food associated with baseball as well. And for those who go to *any* sporting event and pay exorbitant amounts for refreshments, please take a moment to consider those who are less fortunate and are unable to have a decent meal let alone hot dogs and soda.



**A**s long as you've been reading about food and mitzvot, let me remind you that there are many (even locally!) people, many families with children, who are not able to eat healthy meals on a regular basis.

I will always offer **Hatzilu** (55 Manetto Hill Road, Plainview NY 11803) as an organization (local) that can use your help in feeding, and in limited cases providing some financial assistance, to those in need. Additionally, Hatzilu is the only local food pantry that provides only kosher foods. Recipients are not discriminated because of religion, it is just that Hatzilu only stocks and delivers kosher items.



**PASSOVER SERVICES @ 9:30AM:**

First two days: Sat, March 31 and Sun, April 1

Last two days: Fri, April 6 & Sat, April 7 (Yizkor)

**Contact me if you need a form authorizing me to sell your chometz prior to Passover.**

*Rabbi Michael Eisenstein*

516.547.3581 • [rabbi.michael@me.com](mailto:rabbi.michael@me.com)

## **CONSERVATION AND CLIMATE CHANGE, EMES**

As Jews we are committed to tikkun olam, taking care of the world entrusted to us. That climate change is real and verifiable is disputed only by those who profit by human mismanagement of our planet, either financially or politically or as my happen a combination of the two. The federal government having abdicated its mandate to care for the general welfare (see the constitution of the United States), it has fallen to the various states of the union to take care of (or not as in some states), the management of our natural resources such as forests, clean air and water.

With the US government backing away from climate commitments, states are now taking the lead—none more profoundly than the Golden State. California's pioneering carbon market is reforming industry while fueling conservation across the nation.

California's cap and trade program is supporting scores of conservation projects from Virginia to Alaska. Offset credits from California's program provides funding for forests and other projects that sequester carbon or reduce ozone depleting substances. Arkansas alone has 59 conservation projects that receive funds from this program.

The Clinch Valley program in southwestern Virginia protects 22,000 acres on the western side of the Appalachian Mountains, thanks to the California program. This is a special place, home to more than 100 species of trees. Landowners once saw these forests as emergency piggy banks that they could tap into in times of need, bringing in loggers to chop down the most valuable hardwoods, with no thought given to which trees would repopulate. This approach led these forests to lose the diversity that sustains their economic and ecological value. Having forests with trees of different ages helps facilitate regrowth, while maintaining a mix of species can protect these forest from diseases.

With the last free flowing tributaries of the Tennessee River, the Clinch Valley boasts the nations' highest concentration of endangered fish and freshwater mussels, that depend on the clean water that healthy forests provide by reducing erosion. The forests of the Clinch Valley act as a sponge for carbon dioxide. In biology class in high school, we learned that trees absorb carbon dioxide and emit oxygen, vital to human survival. California recognized that it was a major carbon producer and began their program of allowing California polluters to offset a portion of their emissions by paying for forestry projects like the gigantic Clinch Valley so that these forests could remain intact and become major contributors to the health and economic wellbeing of the people and areas in which they occur.

THE ATMOSPHERE DOESN'T DISTINGUISH BETWEEN A TON OF CARBON EMISSIONS AVOIDED BY VIRGINIA OR ARKANSAS OR MICHIGAN OR NEW YORK AND A TON OF CARBON AVOIDED IN LOS ANGELES. LET US REMEMBER THAT WE ARE ALL IN THIS TOGETHER. FOR THE FORSEEABLE FUTURE, THE PLANET EARTH IS OUR HOME AND THE HOME OF OUR CHILDREN.

# *Letter from the President*

This year, CBI will be observing **Yom HaShoah on April 15 at 2PM**. Yom HaShoah, (Holocaust Remembrance Day) is the day of commemoration for the six million Jews who were murdered as a result of the actions carried out by Nazi Germany. The horrors of the Holocaust should never be forgotten. To the survivors, the Holocaust remains real and present but for many others the Holocaust is part of ancient history. We confront the questions of how could it happen and could it happen again.

This year we are honored to have Dr. David E. Fishman as our guest speaker. He earned his B.A. from Yeshiva University and his PH.D from Harvard University. Currently a professor at Yeshiva University, he is the author of many books including the ***The Book Smugglers*** which will be the topic for our Yom HaShoah Service. Susan Bass, a fellow congregant, heard Dr. Fishman speak at Hofstra University and was most impressed with his lecture. Susan felt that he would be a great guest speaker and has organized this program and is the chairperson for this event.

After hearing about ***The Book Smugglers***, I decided to read it and could not put the book down. We are in for a great treat. The book is about the Lithuanian Jews in Vilna. Vilna was once considered the Jerusalem of Eastern Europe. Vilna was a city of Jewish culture encompassing famous Jewish authors, musicians, composers and craftsman. The Nazis were intent on destroying Jewish culture. They took torahs and used the parchment for shoes. They would melt down the torah crowns for the silver. During this time period Jews were put into ghettos and many ended up in concentration camps. Dr. Fishman tells the story of how these Lithuanian Jews risked their lives to preserve so many Jewish treasures. They would literally smuggle books under their clothes removing them from the ghetto. They also hid many of these valuable items in basements in Vilna. They wanted to preserve documents for evidence to prosecute the Nazis after the war. Eventually, the communists liberated Vilna. Unfortunately, the communists also wanted to steal the Jewish treasures and turned against the Jews. Once again the Jews had to smuggle their books and treasures to try to preserve their Jewish culture. Many of these items ended up in the United States and Israel.

I am looking forward to meeting Dr. Fishman and hearing him share his personal experiences. It will be a phenomenal event that should not be missed.

Please mark your calendars for **Sunday, April 15th at 2PM**. Bring your friends and family. I hope to have a full house.



Richie



**CONGREGATION BETH ISRAEL**  
CONSERVATIVE EGALITARIAN ADULT CONGREGATION

Congregation Beth Israel invites you and your friends to join us for Yom Hashoah as we remember 6 million Jews who perished during The Holocaust.

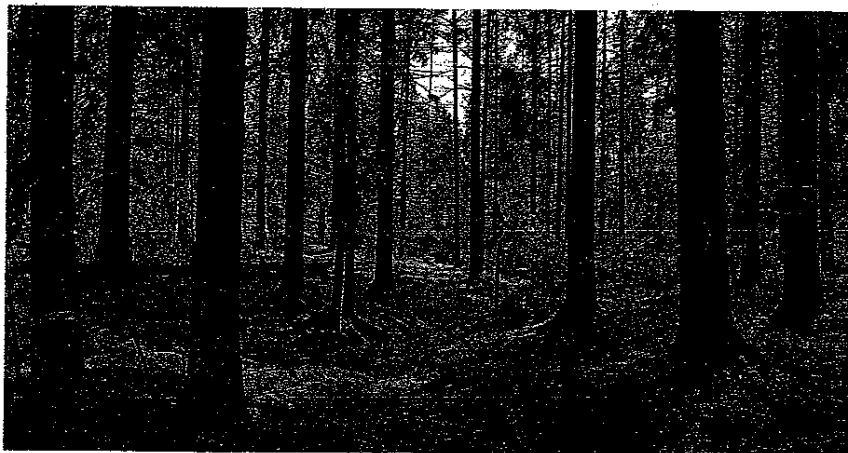
**Sunday, April 15, 2018 at 2:00 pm**  
**Congregation Beth Israel**  
**141 Hilton Avenue**  
**Hempstead, NY 11550**

Service followed by Guest Speaker and Author **Dr. David E. Fishman**, professor of Jewish History, whose recent book "**The Book Smugglers**" is the story of a little known group of ghetto inmates of Vilna, known as the "paper brigade" who rescued thousands of rare books, manuscripts and documents first from the Nazis and then from the Soviets.

Dr. Fishman has chronicled a story of spiritual resistance, bravery, friendship, romance and an unwavering devotion to saving the culture of Eastern European Jews during the Holocaust.

For more information, *please contact Susan Bass: 516-662-6800.*  
There is no fee for this event and is open to both members and non-members. We hope you can join us!





SHUTTERSTOCK

## The Seeds That Sustain Us

Celebrating Tu B'Shevat is more relevant than ever | By Paula Maccabee

**M**ANY OF US DISMISS Tu B'Shevat as a tree-planting holiday for children. And for those of us who live in the northern hemisphere, the holiday often falls during the depths of winter, making the “New Year of the Trees” seem misplaced. But Jewish learning and our natural environment require that we reclaim Tu B'Shevat—which this year begins the evening of January 30—as an important holiday to celebrate our relationship with Creation and take responsibility to protect the web of life on Earth.

Tu B'Shevat was established in rabbinic times as a day to pay taxes on fruit trees. It was reinvented by Kabbalists in Safed in the 1600s as a holiday to eat fruit, drink wine, read biblical and mystical texts about nature, say manifold blessings and, thus, take part in healing the world.

Biblical texts help us understand the deeper meaning of Tu B'Shevat. Genesis 1:11 relates that on the third day, “God said, Let the earth sprout vegetation: seed-bearing plants, fruit trees of every kind on earth that bear fruit with the seed in it.”

This is an ecological vision, where the earth is a partner in its own Creation and all plants are celebrated.

As we now understand the origins of life, bacteria enriched the earth's atmosphere with the oxygen we breathe, while bacteria and fungi turned stone into soil, paving the way for seed-bearing plants.

Today, the world is home to more than three trillion trees—roughly 400 trees for every human. Before the advent of agriculture 12,000 years ago, the earth had twice as many trees as it does now. Forests still cover about 30 percent of the earth's land mass and store 283 billion tons of carbon. But, forest destruction creates massive carbon dioxide emissions. The impact of these emissions on global warming is greater than that from cars and trucks combined, according to *Scientific American* magazine.

Humans have eliminated the natural habitats of about 43 percent of the earth's ice-free land surfaces. Five years ago, in the *Nature International Journal of Science*, 22 biologists warned that human impact on climate

and ecosystems may bring us to a tipping point, threatening the earth's biosphere and our own survival.

The Bible's emphasis on seeds also sends an important ecological message. Seeds promise sustainability and genetic diversity. But large-scale agribusinesses plant a single species (often corn or soybeans) for hundreds of acres, relying on pesticides and fertilizers while draining topsoil fertility.

Trees, habitats and the diversity of plant life are threatened by such models of agribusiness as well as by logging that clears forests; urban sprawl; extreme extraction of oil, gas, coal and metals from the earth; and ever-growing human consumption.

Against this backdrop—and the wider political debate that questions human impact on the environment—Tu B'Shevat is more relevant than ever.

Rabbi Ellen Bernstein, founder of Shomrei Adamah, a national Jewish environmental organization, writes in *Splendor of Creation: A Biblical Ecology*, “On Tu B'Shevat we are asked to overcome the fundamental flaw of our consciousness: our belief that we are the masters of Creation and that the earth belongs to us.”

This Tu B'Shevat, we can plant a tree, vow to use less paper and packaging, choose renewable energy, recycle metals and reject genetically modified food and rainforest products. And we can reject arrogance and greed with each of our charitable and political decisions.

On this day, let us eat fruit, drink wine, say blessings, commit to caring for Creation and sustaining life for generations to come. **H**

**Paula Maccabee**, founder of Just Change Law ([justchangelaw.com](http://justchangelaw.com)) in Saint Paul, Minn., has devoted her 36-year law career to social justice and environmental law. She appears on the Jewish Women's Archive's list of Jewish Women in Environmental Activism.







## Fitness over 50: Rebooting your workout

*You may not be aware of physical changes that can make your old workout risky. Try these tips to ease into exercise.*

Blame it on a job change, a chronic health issue, or simply a loss of motivation: whatever took you away from your regular exercise routine has led to a sedentary lifestyle. But don't assume you can jump back into the same exercise regimen you followed when you were younger. "Your body has aged, and things have changed," says Dr. Clare Safran-Norton, clinical supervisor of rehabilitation services at Harvard-affiliated Brigham and Women's Hospital.

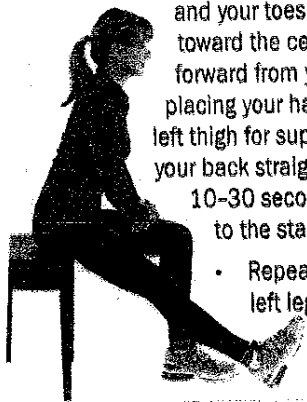
### What's different

Age-related physical changes aren't always obvious. "We lose muscle mass and strength as we get older, and the muscles become less flexible and less hydrated," says Dr. Safran-Norton. Arthritis weakens joints. And vision changes, neurological disease, joint pain, or problems inside the ear can throw off your balance.

### Move of the month

#### Seated hamstring stretch

- Sit up straight near the front of a chair with your feet flat on the floor.
- Extend your right leg straight in front of you with your right heel on the floor and your toes pointing toward the ceiling. Lean forward from your hips, placing your hands on your left thigh for support. Keep your back straight. Hold 10-30 seconds. Return to the starting position.



- Repeat with your left leg.

Meanwhile, underlying conditions that become more common with age, such as high blood pressure or cardiovascular disease, may put you at risk for severe health consequences if you suddenly start exercising like you did when you were 20.

### Increased risks

Jumping back into a workout without accounting for physical changes sets you up for injury. "Lifting weights that are too heavy or taking an exercise class that's too strenuous often causes trouble, and it's usually a muscle tear or a strain," says Dr. Safran-Norton.

Other risks include

- ▶ rotator cuff tears, from arthritic shoulders with bone spurs that can rub on a tendon
- ▶ falls that result from poor balance, and broken bones from the falls
- ▶ heart attack or stroke from an intense workout, particularly if you have undiagnosed high blood pressure or heart problems.

You might also fail to recognize symptoms of heart disease if you are taking medications that mask them, such as beta blockers. If you are taking a beta blocker and start exercising again, you can't rely on heart rate to determine overexertion. You should stop your workout immediately if you experience any symptoms that could indicate heart disease.

### A new routine

Before beginning any kind of exercise program after being sedentary, get the all-clear from your doctor, especially if

you have heart disease, risk factors for heart disease, or lung problems. Ask if you need to monitor your heart rate during exercise.

Once you have the green light, think about which type of exercise routine appeals to you, such as taking a tai chi or yoga class, doing a gym or home workout, or going for a brisk daily walk. Make it something you'll want to do, so you'll stick with the program.

Think of your current abilities as you consider your options. "If it's a yoga, cycling, or tai chi class, you'll need adequate strength and flexibility.

You need to be able to do the basics, like raise your

arms over your head and lift your legs easily," Dr. Safran-Norton says.

Then, ease into exercise. "Start with a low-intensity workout for 20 or 30 minutes. Increase the intensity and length over time," suggests Dr. Safran-Norton. "It's the same for working with weights. Try a slight resistance at first, and then increase it gradually."

### The wiser workout

To avoid injury, warm up your muscles before exercising, particularly if you are out of shape. Dr. Safran-Norton recommends five minutes of brisk walking or time on an elliptical machine to get blood flowing to the muscles to make them pliable. You'll need to stretch afterward, and repeat the whole process two or three times a week.

Don't feel self-conscious if you're not the fittest person in the room, if you need to modify a particular exercise, or if you need to take breaks. Since you're older now, also be wiser—about your fitness.

For more information, check out the Harvard Special Health Report *Starting to Exercise* ([www.health.harvard.edu/e](http://www.health.harvard.edu/e)).



Ease back into exercise if you've been sedentary.