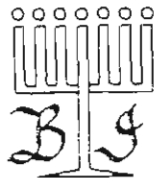


CongregationBethIsraelNassau.Org



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

June  
2019

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*And on the  
seventh day...*

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MID-ISLAND NY 117  
MAY 2019 PM 2

YOU DESERVE TO KNOW THE TRUTH...

# Anti-Zionism Is Racism

**Anti-Semitic attacks that kill Jews in a synagogue are fundamentally no different than attacks on Zionism—Israel's right to exist. They're both racist acts of hate.**

*Anti-Semitism calls for the annihilation of the Jewish people—whether that is by murder or destruction of the Jewish state. Those who call for endangering or eliminating any ethnic group—by either the political right or left—are guilty of racism.*

## What are the facts?

Zionism is the belief that the Jewish people have a right to self-determination—to the State of Israel in their millennia-old homeland. According to the U.S. State Department, anti-Semitism is a form of racism directed at Israel using demonization, delegitimization or double standards. This form of anti-Semitism appears in numerous guises—usually false accusations—from both the radical right and radical left. The objective of anti-Zionist attacks is to deny the right of the Jewish state, among all the world's nations, to exist.

**Attack #1: Israel is a colonial state.** This assertion bespeaks a double standard, as well as a lie. No campus demonstrators protest Turkey's military colonization of Cyprus, nor China's occupation of Tibet. Yet Israel is falsely accused of colonizing its own ancient homeland. In fact, Jews are the indigenous people of Palestine—survivors of the oldest sovereign state in this land more than 3,000 years ago, with continuous residency since then. Indeed, Zionism is an *anti-colonialist* movement, having fought Roman, Crusader, Ottoman, British and Jordanian imperialism.

**Attack #2: Israel stole Palestinian land.** This attempt to delegitimize Israel ignores the fact that aside from private land holdings, the Palestinians have never had sovereignty over any territory. Therefore, they do not "possess" public lands in present-day Israel or Judea and Samaria (the West Bank). The territory controlled by Israel today was settled on land that Jews owned or purchased, was public land granted by the British Mandate for Palestine, or was captured when Israel defeated invading Arab armies from Jordan and Syria in 1967—all *legal acquisitions* under international law, to be resolved by negotiations.

**Attack #3: Israel's claims to the Holy Land are religiously based.** Many oppose the claim by some Jews and Christians that Israel's right to exist springs from biblical authority. Yet Zionism is largely a secular movement, and Israel's right to exist is also supported by indisputable legal, historical and humanitarian rights. While Israel's state religion is indeed Judaism—and it is the world's only Jewish state—it joins 40 other nations, mostly Muslim, that designate a state religion, also including Costa Rica and England. Above all, Israel is not a theocracy, like Iran, but a secular democracy.

**Attack #4: Israel is an apartheid state.** This attempt to demonize Israel is false on its face: Israel is the most diverse state in the Middle East. Its citizens of all races, genders,

ethnicities and religions enjoy equal civil rights—more freedom than in most of the world's nations. Arabs serve in Israel's legislature, the Knesset, and Supreme Court. Yet who criticizes the Palestinians' apartheid demand that all Jews be cleansed from their ancient biblical homelands of Judea and Samaria? Double standard?

**Attack #5: Jews are members of a religion, not a real "people."** Whereas Jews have always been united by a belief in Judaism, the Bible speaks of *Am Yisrael*—the people of Israel—ancient Hebrews who built a sovereign nation, as well as legal, economic and social systems. Jews are also

**"The whole world must see that Israel . . . has the right to exist."**

—Martin Luther King, Jr.

united by the Hebrew language. Contrary to this delegitimization attempt, Jews are a distinct people who also share a religion.

**Attack #6: Some Jews oppose Israel, so that can't be anti-Semitic.**

Just as blacks, Muslims or any group can express unjust racial or ethnic bias against their own people, so can Jews. Jewish ultra-orthodox Neturei Karta sect members oppose a Jewish state before the Messiah arrives. Other Jews, such as members of Jewish Voice for Peace or Students for Justice in Palestine, object to Zionism based on the false and slanderous accusations listed above. The fact remains that specifically targeting Jews—and the world's only national refuge for Jews—is a form of racial bias, in this case anti-Semitism.

*Attempts to delegitimize Israel—whether in the United Nations, college classrooms or by the Boycott, Divestment and Sanctions movement—are markers of racist anti-Semitism. Good people will heed the 1967 exhortation of civil rights leader Martin Luther King, Jr.: "The whole world must see that Israel must exist and has the right to exist and is one of the great outposts of democracy."*

This message has been published and paid for by

**FLAME**

Facts and Logic About the Middle East

P.O. Box 3460, Berkeley, CA 94703

James Sinkinson, President

Gerardo Joffe (z"l), Founder

FLAME is a tax-exempt, nonprofit 501(c)(3) organization. Its purpose is the research and publication of facts regarding developments in the Middle East and exposing false propaganda that might harm the United States, Israel and other allies in the region. You tax-deductible contributions are welcome.

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## From the Desk of Rabbi Abe

June is always the month when we know that summer is here to stay. Until then—especially this year with a cold May—summer is kind of up in the air. But come June, and we know that the balmy air is permanent, when we can really shed our layers and put away our coats and jackets in storage until next winter.

With the warm weather comes more opportunity to be outdoors and get in touch with nature. This is very important these days, as the planet is reacting in all kinds of unusual ways with how we interact with it. And like human relationships, the planet wants us to be kind to it. And when we are kind to it, it will be kind to us.

Which brings us to the main Jewish holiday in the month of June—and in the Jewish month of Sivan—namely **Shavuot**.

What Shavuot is mostly known for now is that it's the day of the Revelation on Mount Sinai, that spiritual night in the desert when the Israelites all heard the Ten Commandments at the foot of the mountain in a splendorous display of thunder, lightning, and wafting fog. That event is the seminal moment in Jewish history when our ancestors accepted the responsibility of teaching the world goodness and kindness and morality.

But there is another element to the holiday, not mentioned much, but the one that is actually the one mentioned in the Torah. It's alluded to in the name—Shavuot, which means "Weeks"—because the holiday was essentially a Harvest Countdown in ancient Israel. After the first sheaf was cut, they would count seven weeks from the second day of Passover, which would culminate in Shavuot as the holiday celebrating the plenty that the new harvest had hopefully brought.

So, in essence, Shavuot is a combination of both the material and the spiritual—the new harvest and the giving of the Torah.

Which is what Judaism is all about: the blending of both worlds, of being able to navigate a very materialistic planet in a spiritual way, allowing us to enjoy the world around us in a responsible fashion, in a way that is not wasteful, and which helps others and those less fortunate than us. In other words: Bringing Heaven Down to Earth.

This Shavuot let's keep this all in mind as we celebrate at CBI on June 9 and 10, with the Yizkor service on the 10th.

This Shavuot we will be missing our dear congregant, Mark Bass, who was suddenly taken from us on May 9. We send his dear wife, Susan Bass, our deepest condolences, and wish her the necessary strength in the coming months and year of mourning.

May his memory be a blessing in our lives and in the life of CBI.

Warmly,  
Rabbi Abe

# TO YOUR GOOD HEALTH!

## Pineapple

Pineapple is no slouch in the nutrient department. One cup has roughly 90 percent of a day's vitamin C, 2 grams of fiber, and a smattering of potassium, magnesium, folate, and other B vitamins—all for only 80 calories.

But it's not just about the numbers. Have you ever gotten a *bad* pineapple? You can count on irresistible, juicy fruit hiding underneath the prickly skin because pineapples are typically picked ripe. Just look for one with fresh-looking dark green leaves and a sweet smell.

Google "how to cut a pineapple" before you dig in. (Blending in a smoothie? Use frozen.) Then get chopping...and snacking. Or mix with tomato, white onion, jalapeño, and wine vinegar for a tropical salsa to top chicken, fish, or tofu.



## Lentils

Cheap. Quick. Nutritious. How could we resist?

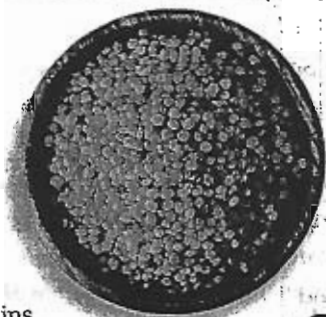
A half cup of cooked lentils has 9 grams of protein and a hefty 8 grams of fiber, plus a good dose of magnesium, iron, potassium, zinc, and folate and other B vitamins.

For just 120 calories, that's a deal.

Like all dried beans and peas, lentils help lower LDL ("bad") cholesterol. And, like other plant proteins, they carry a smaller environmental footprint than meat. But *unlike* most other dried beans, you don't need to soak 'em before cooking. Yes!!!

Toss black or French lentils—they hold their shape when cooked—into a salad, or use them to replace that starchy side on your plate.

Save (less-firm) brown lentils for soup or stew. And red lentils (the softest) have their skins removed, so they cook in just 10 to 15 minutes. Use them in a thick soup or curry. Or add them to packaged or takeout Indian lentil dishes to cut the salt.



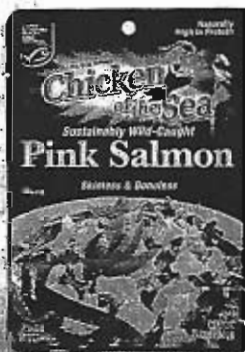
## Salmon Pouches

Fillets get all the attention, but salmon pouches are also superstars.

First, inside is almost always wild salmon—pink or sockeye—that has often been sustainably caught (see [seafoodwatch.org](http://seafoodwatch.org)).

Second, fatty fish—like salmon—can help protect your heart. They're rich in the omega-3 fats that may matter. You get 300 to 600 milligrams of EPA + DHA omega-3 fats in a 2½ oz. pouch. Bonus: you also get around 15 grams of protein and 50 to 75 percent of a day's vitamin D (which is rare to find in foods).

Third, pouches are easy (no draining!). Simply mix with vegetables (celery, scallions, cherry tomatoes), fresh herbs (parsley or dill), and a light dressing (olive oil and fresh lemon juice). Serve on a salad or with whole-wheat toast or crackers.



## Cabbage

A head of green cabbage can stay fresh in the fridge for weeks and gives you plenty of

bang for your buck. Feeding a small army of friends? Green cabbage goes far.

Plus, you've got options. There's also the vibrant purple-red cabbage or the more delicate Napa or savoy.

A cup of shredded raw cabbage is packed with vitamins C and K, and also delivers a decent dose of folate and fiber. For around 20 calories...and a whole lot of crunch...that's hard to beat.

Slice some into thin ribbons—or grab a pre-shredded bag—and start bulking up your meal. Use it raw for a salad or slaw that won't wilt. Prefer cooked? Add it to stir-fries, soups, or fried rice. Mmm...



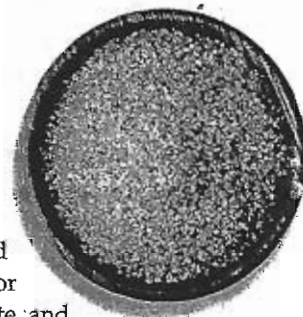
## Bulgur

Short on time? You can't beat bulgur. Simply add boiling water, cover for 10 to 15 minutes, and drain. Ta-dah! (Coarser bulgur needs a longer soak, or a 10-minute simmer on the stovetop.)

Bulgur—dried wheat that's steamed and cracked—isn't just for tabbouleh. Sub it for the side of brown rice on your dinner plate, and you've doubled the fiber. Or cook it with raisins or other dried fruit and top with nuts for a new spin on hot cereal.

The whole-grain goods: a ¾-cup (cooked) serving has 6 grams of fiber, 10 percent of a day's magnesium, and a decent dose of iron, zinc, and many B vitamins.

What's more, stores like Whole Foods sell bulgur in bulk. Whether you're trying to sidestep excess packaging waste or want to buy only what you need, it's a find.



# *Letter from the President*

This is my final letter as President of Congregation Beth Israel. After six years as President, I am stepping down. I owe CBI a debt of gratitude for the wonderful Hebrew education I received as a child, and for how warmly I was welcomed back as an adult.

As President, I have taken my responsibilities very seriously and made sincere efforts to respect our traditions, create a welcoming environment, and keep the peace — even in the most trying times such as the fire, and change in clergy. I know I have not pleased everyone but I always tried to do what I felt was in the best interest for the future of CBI.

My experience as President has given me the opportunity to learn more about Judaism. While I've always maintained Jewish traditions in my life, as a scientist I struggled with the existence of G-d. Attending services weekly, reading the Haftorah and getting involved with all aspects of synagogue life, I found meaning and connection between the Torah and my life today. This will remain with me forever. It was a privilege and honor to serve as your President.

Executive Vice President & former President Paul Skulsky has agreed to accept the nomination for President. He is highly experienced from his days as a past President to currently serving as Chairperson of the ritual committee. His dedication is endless and I am confident that Paul will be an outstanding President.

Although Robin and I are moving to Delaware, I plan to remain on the board as Executive Vice President. I will miss being on the Bimah and doing the Haftorah on a weekly basis, but do plan to be here as much as possible even though we're a four hour drive away.

Thinking back to the goals I had when I took over for Alan Mantis six years ago, I am proud of what was accomplished.

We no longer hide our existence in Hempstead. Our illuminated sign now stands prominently on the front lawn for everyone to see. Our building is no longer in disarray. I am proud of our "Rose" garden and grounds.

Most importantly our services are much more meaningful today. There is joy in our sanctuary. Rabbi Abe has proven himself to be a talented, compassionate, knowledgeable spiritual leader and I am convinced that he can attract new members and lead us to a promising future.

Unfortunately in today's world, one of the priorities for the new administration will be security. We want you to always feel safe at Congregation Beth Israel, and we want you to know that we are taking a number of precautionary steps to put you all at ease.

I want to thank all the board members, and congregants, past and present who have supported me during these last six years. Robin and I have made many friends here and we plan to keep in close contact. Sadly, we have lost many friends here too. Each time I am in the sanctuary and look around the room, I see their smiling faces in their respective seats. They remain forever in our hearts.

I urge you all continue to be active or become more active. Come to services. Tell your friends about CBI. I'm optimistic that our future is bright.



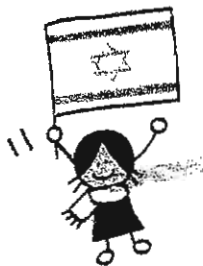
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THE JUNE 2<sup>ND</sup> WESTERN WALL EVENT HAS BEEN POSTPONED

=====

## THANK YOU FOR YOUR CONTRIBUTIONS

MARK ZALKIN, for chometz  
ELI SOBLICK, yahrzeit of Lena Soblick  
MARIANNE BAKER, in memory of Mark Bass  
STAN ROTHMAN, yahrzeit of mother, Ann Rothman  
ROBIN CINNAMON, in memory of Mark Bass  
GAYLE AND MURRAY WEITZ, to the Rabbi's Discretionary Fund  
MARK AND SUSAN BASS, for the Nass Kiddush  
ALAN MANTIS, memorial plaque  
MARION AND ALAN STEINGER, memorial plaques  
PAUL SKULSKY, memorial plaques  
HENRIETTA LEVIT, yahrzeit of Jacob Schutzman  
ALAN MANTIS, to the Cantor Fund in esteemed memory of Adrienne Mantis and Susan Zalkin  
BARBARA JAFFE, in memory of my beloved mother, Lucille Jaffe, and my grandfather ,  
Sam Moskowitz  
TRISH AND PAUL SKULSKY, in memory of Mark Bass  
MATILDA LOVINGER, in loving memory of David Lovinger  
LINDA ND STEVEN KRULL, yahrzeits of parents Joseph Dolgow and Edith Dolgow  
ENID CARRUTH, to the Cantor Fund in memory of my father, Joe Levin.  
YAEL AND JOE COPPOLINO, a big thanks to all for the Purim Gift, received while I was in  
Israel.  
ELI SOBLICK, yahrzeit of Ida Goldwaser  
MARSHA MANDELL, in memory of Fannie Mandell.  
AMY ZAUM in memory of my parents, Blanche Zaum and Nathan Zaum  
AMY ZAUM, in memory of my brother-in-law, Steve Sorin.  
ESTELLE LASHEN, yahrzeit of my late husband, Paul Aniess.  
DR HERMAN KLEINE, in memory of my brother-in-law, Joe Levin.  
DANA AND KVIN BRANDES in memory of Mark Bass  
ROBIN CINNAMON in memory of Mark Bass  
ALAN MANTIS in memory iof Mark Bass  
LYNN SEVAN AND ISAAC BARUCH in memory of Mark Bass  
SUSAN AND BERNIE DREXLER in memory of Mark Bass  
AMY ZAUM AND BOB WEINSTEIN in memory of Mark Bass  
ROBIN AND RICHARD KRAUSS in memory of Mark Bass  
ELLEN AND STANLEY ROTHMAN in memory of Mark Bass  
CLAIRE SCHOENFELD in memory of Mark Bass



**SUNDAY, JUNE 2, 2019**

11am - 4pm • 57th-74th St. on Fifth Ave.

Join us at the world's largest celebration of Israel

LIVE on FOX's My9 or [CelebrateIsraelNY.org](http://CelebrateIsraelNY.org)  
starting at Noon.

**A Message From Paul Skulsky, Executive Vice President**

**On Thursday morning May 2, 2019 I attended a Nassau County Security Conference in the Roosevelt Auditorium of the Nassau County Executive Office Building. The conference was sponsored by the Jewish Community Relations Council of Nassau and Suffolk Counties.**

**The Keynote speakers Nassau County Executive Laura Curran, Nassau County District Attorney Madeline Sengas, and Police Commissioner Patrick Ryder. The auditorium was filled with representatives of Synagogues of Nassau County. The speakers were to address security concerns of the Synagogues in attendance.**

**Each of the three speakers were very forthright about security due to the ANTI-SEMITISM going on throughout America and especially in Long Island. Commissioner Ryder was very clear that his office would give additional protection to all the Synagogues in the county and this time it included villages that had their own police departments. NCPD has created an emergency ALERT SYSTEM referred to as the NCPD ALERT.**

**I addressed the Commissioner from the floor and asked specific questions about Congregation Beth Israel and he addressed them directly. He has set up a separate response team that will respond within three minutes after being notified. He upon our request will have a team do a SECURITY EVALUATION of our Synagogue. He will also provide us full access to the NCPD ALERT System.**

**District Attorney Singas has invited our President Richard Krauss, Rabbi Abe and me to meet with her to discuss how her office can provide additional security for CBI. I will arrange a meeting time for the three of us.**

**The Board of Trustees and the Officers of CBI take the Security of our Sanctuary very seriously, we will do whatever is needed to protect our right to PRAY WITH DIGNITY AND SAFETY. By the time you read this we will have changed access to both front and Sanctuary doors by installing RING DOORBELLS on each which will be monitored during services and recording all sides of the driveway and parking lot.**

**Please come to services, we must not give into the HATERS AND BIGOTS, the best way is for us to come to CBI and be STRONG TOGETHER.**

**It is important that every member of CBI attend the ANNUAL MEETING OF THE CONGREGATION on JUNE 5, 2019 AT 7:30 PM TO VOTE FOR THE OFFICERS AND TRUSTEES.**

**FROM THE NOMINATING COMMITTEE FOR THE YEARS 2019-2022**

Chairman Paul Skulsky, Herb Karen, Laura Levy, Robin Cinnamon

**OUT GOING OFFICERS AND BOARD OF TRUSTEES FOR YEAR 2019-2020**

**OUTGOING OFFICERS-JUNE 30,2019:**

**PRESIDENT:** Dr. Richard Krauss  
**EXECUTIVE VICE-PRESIDENT:** Paul Skulsky  
**VICE PRESIDENT (PROGRAM):** Lynn Sevan  
**COMPTROLLER:** Marianne Baker  
**SECRETARY:** Robin Krauss

**OUTGOING BOARD OF TRUSTEES MEMBERS JUNE 30,2019:**

Laura Levy Judy Slatsky Morris Rothstein Lisa Goldman

**PROPOSED INCOMING OFFICERS FOR YEAR 2019-2020**

**PRESIDENT:** Paul Skulsky  
**EXECUTIVE VICE-PRESIDENT:** Dr. Richard Krauss  
**VICE PRESIDENT (PROGRAM):** Lynn Sevan  
**VICE PRESIDENT (BUILDING):** Morris Rothstein  
**COMPTROLLER:** Marianne Baker  
**SECRETARY:** Judy Slatsky

**PROPOSED INCOMING BOARD OF TRUSTEES MEMBERS 2019-2022**

**RECOMMENDED AS A MEMBER OF THE BOARD OF TRUSTEES FOR A TERM OF ONE YEAR  
ENDING JUNE 30, 2020**

Susan Drexler Leonard Goldberg Marion Salomon Honorable Zelda Jonas

**RECOMMENDED AS A MEMBER OF THE BOARD OF TRUSTEES FOR A TERM OF THREE YEARS  
ENDING JUNE 30, 2022**

Robin Cinnamon Richard Levine Luis Robayo Susan Bass

**NOMINATIONS MAY BE MADE BY THE CONGREGATION FOR THE BOARD OR FOR AN OFFICER POSITION PRIOR TO THE VOTE. EACH MEMBER OF THE CONGREGATION WHO IS A PAID UP MEMBER IS ENTITLED TO CAST ONE VOTE.**

**It is important that every member of CBI attend the ANNUAL MEETING OF THE CONGREGATION on JUNE 5, 2019 AT 7:30 PM TO VOTE FOR THE OFFICERS AND TRUSTEES.**



## Yahrzeits, June, 2019

ENID SAGER	06 01	JOSEPH DOLGOW	06 19
SOL KATZMAN	06 04	LILA LUBOWITZ	06 19
PAUL GORMAN	06 05	FANNIE MANDELL	06 19
BENJAMIN BRODSKY	06 05	JOSEPH BERNSTEIN	06 21
JULIUS WEINSTEIN	06 08	ROSE SCHOENFELD	06 22
ARTHUR VOLKMAN	06 11	NATHAN ZAUM	06 22
AUGUSTA LEVANT	06 12	SARA ZIMMERMAN	06 22
LENNY LEVIT	06 13	EDITH DOLGOW	06 23
REBECCA LEVIT	06 13	ETHEL REASENBERG	06 23
JOSEPH GOLDMAN	06 14	RUDOLPH WEINER	06 26
ISAAC JANVEY	06 15	DOMENICK CASATI	06 27
ABRAHAM ROSENTHAL	06 15	SIDNEY HOLLANDER	06 27
JOSEPH HACKEL	06 16	JOE LEVIN	06 30
BETTY KUSHNER	06 17	EUGENE BINDLER	06 30
RUTH SHERMAN	06 17	BETTY JAFFE	06 30

### JUNE BIRTHDAYS AND ANNIVERSARIES

#### JUNE BIRTHDAYS

ROBIN CINNAMON  
 SUSAN DREXLER  
 CHERYL FRANK  
 MURIEL LEVINE  
 RONNIE LIEBMAN  
 MAURICE SIIDMARC

#### JUNE ANNIVERSARIES

HELEN AND STEPHEN DRESNER  
 CHERYL AND ROBERT FRANK  
 AILEEN AND LEONARD GOLDBERG  
 LOIS AND ARTHUR KORNBERG  
 MARTHA AND SAUL WEISSMAN



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*\* Of Blessed Memory*

**MONUMENTS BY GUTTERMAN'S**

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

## Foods That Lower LDL Cholesterol

*Your dietary choices can have a major impact on your cholesterol levels.*

When it comes to your risk for cardiovascular disease, there are few numbers more important than your cholesterol levels.

### Understanding Cholesterol

Your bloodstream contains two kinds of cholesterol. LDL cholesterol is considered the “bad” type because it can form waxy deposits (plaque) in your arteries. Too much plaque raises your risk of heart attack and stroke. HDL cholesterol is called the “good” type because HDL particles help remove LDL from your bloodstream. When you get your annual blood work done, you want your LDL level to be low and your HDL level to be high.

Having elevated LDL is partially a result of your genes and gender. High cholesterol tends to run in families. And, after menopause, a woman’s LDL levels tend to rise. But your diet is also a key factor; what you eat can lower or raise your LDL.

### Fiber to the Rescue

Dietary fiber is the component of plant foods that isn’t broken down in your digestive system. There are two forms of fiber: insoluble and soluble. Insoluble fiber doesn’t change much as it passes through your digestive tract. It’s especially helpful for healthy bowel movements. Soluble fiber absorbs water and forms a gel-like substance as you digest it, and it keeps you feeling fuller longer. Diets that are rich in soluble fiber are associated with lowering the amount of LDL circulating in your bloodstream.

Good sources of soluble fiber include oatmeal, oat bran, legumes (beans, peas, and lentils), apples, oranges, carrots, and pears. Try to eat about 25 to 30 grams of dietary fiber from a variety of food sources daily, including vegetables, fruits, and whole grains; animal-sourced foods do not contain fiber.

### Choose Healthy Fats

Like cholesterol, fats come in “good” and “bad” varieties. Unsaturated fats—mono- and polyunsaturated fats—are key nutrients in plant foods that lower LDL cholesterol. Good sources of polyunsaturated fats are sesame and sunflower seeds and their oils, as well as corn, soybean, and safflower oils. Walnuts, almonds, and other tree nuts are also packed with polyunsaturated fats. Monounsaturated fats can be found in canola, olive, and peanut oils, nuts, and avocados. Don’t concern yourself with which type of unsaturated fat you’re getting; in fact, all of the foods mentioned here contain both mono- and polyunsaturated fats. The main message is that the majority of your dietary fat should come from plant foods.

Trans fats and saturated fats are associated with higher LDL levels and higher risks of cardiovascular disease. Industrially produced trans fats are found in processed foods that contain partially hydrogenated oil. Trans fats have been linked with such detrimental health effects that the U.S. Food and Drug Administration has instructed food manufacturers to remove partially hydrogenated oils from

### Eat More:

- Apples
- Avocados
- Lentils
- Oranges
- Salmon
- Oatmeal
- Sunflower seeds
- Sweet potatoes
- Vegetable oil
- Walnuts
- Whole-grain bread

### Eat Less:

- Bacon
- Butter
- Donuts
- French fries
- Hot dogs
- Poultry with the skin
- Pork sausage
- Pre-packaged cookies
- Red meat
- Salami; sausage
- White bread
- Whole-fat milk and cheese

### WHAT YOU CAN DO

*To reduce your LDL level:*

Exercise for 30 to 40 minutes most days of the week. Regular physical activity is associated with improvements in HDL levels.

Eat salmon, mackerel, or other fatty fish twice a week. These foods are high in omega-3 fatty acids, which are associated with better HDL, lower LDL, and improved vascular health.

Maintain a healthy weight; losing weight if you are obese or overweight can often help improve your cholesterol profile and overall cardiovascular health.

processed foods. In the meantime, check the ingredients lists on processed foods and pass on those that contain partially hydrogenated oil.

Diets high in saturated fat are linked with higher LDL levels and a higher incidence of heart disease. Foods highest in saturated fat include red and processed meats, butter, whole milk, cheese, and dairy-based desserts such as ice cream and cheesecake. A few plant foods, such as palm, palm kernel, and coconut oils, are also high in saturated fat.

Aim to keep saturated fat intake at or below 10 percent of your daily calories; that’s about 16 grams if you consume 1,600 calories a day or 20 grams if you consume 2,000 calories a day.

### Take High Cholesterol Seriously

If your LDL level is in the unhealthy range—anything over 160 mg/dL is considered high, but many doctors advise aiming for an LDL of less than 100 mg/dL, especially if you have other risk factors for cardiovascular disease, such as high blood pressure, obesity, or diabetes—work with your doctor on a treatment plan to bring down your LDL. You may need a cholesterol-lowering medication (such as a statin), along with a healthy diet and regular exercise, to get your cholesterol under control. 🍷

## A Genuine Gem: Late Bloomers

by Rich Karlgaard (Currency, \$28)

What Yogi Berra observed about a baseball game—it ain't over till it's over—is true about life, and Rich Karlgaard's new book is the ultimate proof of this. Read it, and you'll be both relieved and inspired. It's a keeper.

There are three big takeaways.

- **We're destructively overdoing the "You must be on the road to big success when you're young, or you'll never really amount to much" mentality.** Today's culture obsessively glorifies youthful prodigies and is hostile or oblivious to the basic truth that many of us don't reach a productive career rhythm until years after we leave school.

It often takes a lot of trial and error to discover our path and then develop our real talents. Rich, a Stanford graduate, even did a stint as a nighttime security guard before he bloomed!

But such is the zeitgeist that people are made to feel inadequate if they're not quickly in an ostensible success groove, which, perversely, then stands in the way of their breaking away from conventional expectations and trying to find the right path for themselves.

Or, just as harmful, individuals pursue careers for which they're not really suited, trying in workaholic fashion to achieve success and then finding themselves deeply dissatisfied when they reach their goals. Rich cites the case of a brilliant woman who vaulted to partnership in a prestigious, high-pressure law firm. Shocked at how profoundly unhappy she was, she made the courageous decision to quit and start over on another career.

A manifestation of this do-it-young-or-bust mania is the extraordinary pressure parents feel to shepherd their kids

into the "right" schools. A vast industry of consultants has arisen. Woe to the adolescent who hasn't been tutored in how to do better on the SATs; 50 to 100 extra points await those who have been! Summer activities must be carefully calibrated

to impress admissions officers as to the social consciousness of your offspring. Play a sport just because you like it? Heaven forbid! It must be one that will help you gain that coveted acceptance—and to do that, you must relentlessly practice 10,000 hours a year!

The scandals erupting over "fixing" college admission test scores and bribing coaches are an ugly symptom of this frenzy. Rich cites a Stanford

professor lamenting the brittleness of incoming undergraduates.

This book will help create a collective cry of "Time out!" The happy truth is that what really counts for a satisfying life is what you do after you leave school.

- **We must, as individuals and as a culture, "celebrate the full range of human ability and diverse timetables for individual success and achievement."** We should embrace the need for "a kinder clock for human development."

This brings us to the heart of Rich's masterpiece. Skillfully mining a treasure trove of informative studies, as well as a number of interesting and instructive individual stories, he walks us through the ways we can actually become "late bloomers" despite cultural prejudices and obstacles ("when it comes to cultural norms, breaking up is hard to do"), not to mention "a near-universal human trait, our tendency toward conformity."

Reassuringly he cites a mountain of evidence that proves we develop many critical attributes as we age, such as wisdom, insight, curiosity, compassion, creativity, dealing with ambiguity and "mental calmness, composure and evenness of temper, especially in a difficult situation." Even self-doubt can be a positive catalyst.

It's no coincidence, myth to the

contrary, that most entrepreneurs are middle-aged or older.

The book is no Panglossian guide that guarantees all will be well, which gives its positive insights such credibility. In fact, in one sobering chapter we are warned there may be times when an activity we're passionately engaged in isn't going to work out, and despite the "never be a quitter" motif of our culture, we must drop it and move on. We'll ultimately be better off. After all, we're not endowed with unlimited energy: "We can't simply apply determination like a jelly spread to everything we do in our lives—we'll burn out."

The theme of Rich's book is optimistic, very much reflecting the American trait of never giving up the "pursuit of happiness." As Rich concludes, "Blooming has no deadline. Our future story is written in pencil, not carved in stone . . . As we lose some capabilities, we gain others that far outweigh what is lost." As wise employers recognize that productive careers don't follow a rigid trajectory, they will develop ways to nurture and tap a mother lode of unrecognized and underused talent.

- **We are wasting immense talent by the way we treat older people.** Understandably, companies always want to have open pathways for younger, dynamic people and, concurrently, want older managers and executives who are slowing down and are "past their prime" to make way for those who can better do their jobs. So employers try to find ways to put "oldies-but-goodies" out to pasture. Yet while these individuals may not be willing to travel a zillion miles a year anymore or work umpteen extra hours a week, they still possess immense experience and wisdom that can be enormously helpful to younger people. Shouldn't we work to develop a legal and cultural environment in which, if a person chooses, he or she will take a cut in pay but remain available as a mentor and consultant? Their credibility advantage is that they're not competing for promotions or expanding their turfs—those parts of their career are over—but they can still play highly useful roles.

Something to think about. **F**



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# Strong Thighs are Key for Mobility and Independence

The quadriceps muscles, located in the front of your thighs, make up the largest muscle group in your body. The quadriceps, often referred to as “quads,” are a group of four muscles that run from your hips to your knees. It’s important to keep these muscles strong, since they are essential for ambulation and for maintaining independence.

**Multi-purpose quads.** “The quadriceps extend the knee and also can act to flex the hip. Quads play an essential role in walking, since they are responsible for swinging the leg forward as you take a step. The quads also play a primary role in actions such as getting up from a chair, getting out of the tub, and climbing stairs,” explains Polly deMille, RN, RCEP, an exercise physiologist at the Women’s Sports Medicine Center at the Weill Cornell-affiliated Hospital for Special Surgery.

Strong quads also help with balance and stability. “You are less likely to stumble if your quadriceps muscles are strong,” says deMille. If you do stum-

ble, or you experience a sudden change in momentum, such as when riding on a bus or a plane, your quads can help you maintain equilibrium and prevent falls and injuries.

The condition of your quads also may play a major role in your knee health. “The quads stabilize the knee joint, so they can help support and reduce stress to arthritic knees,” says deMille.

Strong quads also protect your back when you bend down to pick up an object. If your quads are weak, you’ll tend to use the muscles in your back, rather than in your legs, to help you lift, and you’re more likely to bend at the spine instead of the knees, which increases the chance of straining your back.

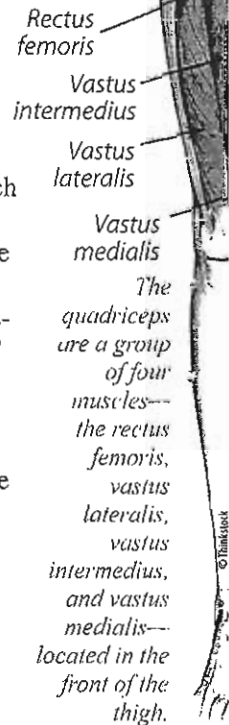
**Exercise wisely.** There are a number of exercises that strengthen the quads, but it’s important to do them correctly and use proper form to achieve the desired results.

“For anyone, but especially those with arthritic joints, it is essential to maintain good alignment of the joints; that means

watching yourself in the mirror and making sure that your hip, knee and ankle stay all lined up as you move. Watch your kneecaps as you move—they should be like headlights pointing forward, not cross-eyed or pointing out,” advises deMille.

If you have osteoporosis or poor balance, be sure you have something to hold onto whenever attempting these exercises. “Handrails, banisters, countertops or other sturdy and secure fixtures should be well within reach.

The goal is to be able to do these exercises without holding on, but you should always have support available if you need it,” says deMille.



## MOVES OF THE MONTH

These exercises for strengthening the quadriceps can be done at home without any special equipment:



**Chair sit-to-stands:** Sit in a sturdy chair and cross your arms over your chest. Stand up, pause, then return to a seated position. Repeat 10 times (build up to 10 if you’re not able to do that many when you begin), and do two or three sets each day. For a more challenging version, begin in a standing position, lower your hips halfway to the chair, and then stand back up.



**Step-ups:** Stand in front of the first step at the bottom of a staircase. Place your right foot on the step, and press through your whole foot to lift yourself up onto the step. Keep your ankle, knee and hip all in line as you lift. Lower yourself back onto your left foot as you step down. Repeat 10 times with your right foot, then switch to your left foot and repeat 10 times. If you need support at first, hold the banister, but as you get stronger, try to do this without holding on.

Illustrations by Alayna Paquette