



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



FEBRUARY
2020

SHEVAT - ADAR 5780

שבט - אדר התש"פ



TU B'SHEVAT
JEWISH ARBOR DAY

2020 FEB 17 11:17 AM
HEMPSTEAD NY 11550



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Beth Israel

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I will meet at CBI @12:30PM to carpool _____
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From the Desk of Rabbi Abe

As we continue forging our way through the cold of winter of bare trees and grass that is brown and glistening with frost, let's take a moment to remind ourselves that we have a beautiful synagogue and community from which to draw warmth and spiritual and communal sustenance.

And I'd like to point out three things that are doing well at CBI these days:

- 1) The website and its new design is coming along and will soon be ready to launch. Roberta Bouer and I are designing it from the ground-up, thinking about all the features we need for a comprehensive website. If you have any ideas, please pass them along. This will include a drive toward advertising on social media and will keep us in touch with people other than our members.
- 2) My Wednesday Torah class is coming along swimmingly, and the crowd keeps growing. Last month we had six attendants in one class, which was beautiful to behold. People were engaged, inquisitive, and enjoying the experience of learning and sharing spiritual knowledge together. I look forward to seeing more of your faces at future classes, and please bring a friend.
- 3) As many of you know, I was away in Colorado last month at the Renewal Movement's Rabbinical Conference. There I became energized, invigorated, and more in touch with the musical prayer service that I'm trying to incorporate at CBI. There will be more of that going forward, as I continue to hone my guitar skills and carefully choose the right melodies for our prayer service.

I look forward to seeing you all in shul, and, remember, CBI is only as strong as each and every one of you make sure it is.

Warmly,
Rabbi Abe

WE THANK YOU FOR YOUR CONTRIBUTIONS

ELEANOR AND BERNIE NIERENBERG, in memory of Phyllis Bronstein.

ALAN AND FRIEDA BRODSKY, donation in honor of Marianne Baker

MARIANNE BAKER, in memory of my most beloved sister, Barbara Friedman.

MATILDA LOVINGER, at the yahrzeit of my mother, Hanna Herscovicci

ELI SOBlick, at the following yahrzeits:

My brother, Samuel Soblick

My wife, Doris

My mother in law, Helen Alexander.

RALPH JANVEY, to the Rabbi's Discretionary Fund

JAY STEINGER at the yahrzeit of my mother, Ann Steinger

ROBIN AND RICHARD KRAUSS, Maurice Siidmarc will always be loved and remembered.

May his special last name be for a blessing.

ROBIN CINNAMON in memory of Maurice Siidmarc.

MARIANNE BAKER, in memory of holocaust survivor, Maurice Siidmarc, and of his large family that did not survive the shoah.

STAN AND ELLEN ROTHMAN, in memory of Larry Goldstein

KAREN MEISTER, in appreciation of Rabbi Abe.

KAREN MEISTER, in memory of Judge Larry Goldstein

MARILYN KUSHNER, in memory of Burton Kushner.

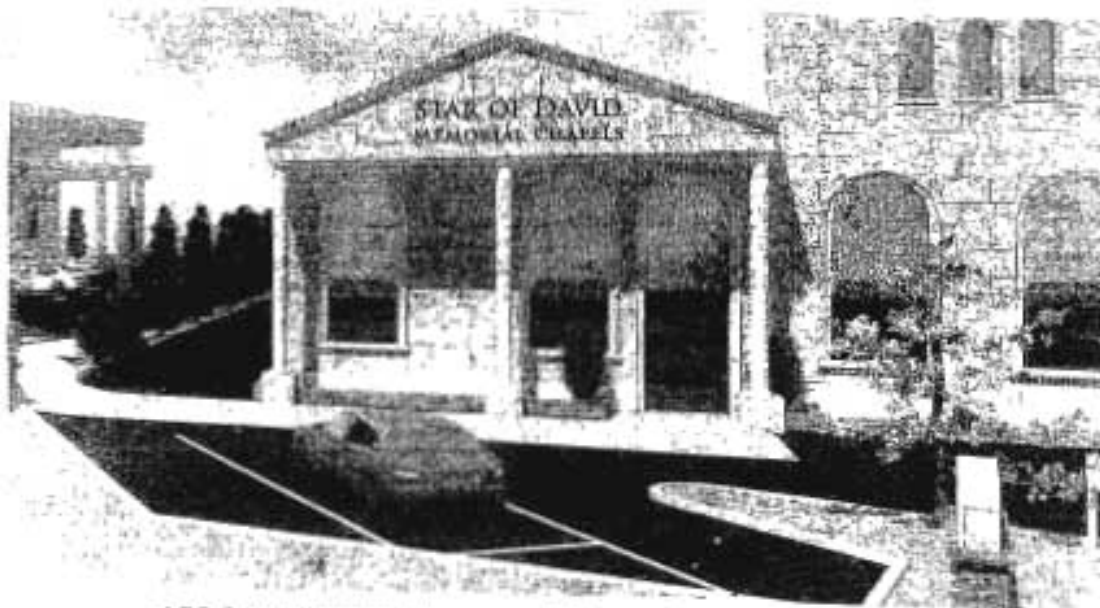
VERA KATZ, in memory of Larry Goldstein.

DR ROGER PACKER, in memory of Larry Goldstein

MIRANDA K. SOLOMON, in honor of my grandmother, Jean Kerner, who had her 100th birthday in 2019.

MARIANNE BAKER. To congratulate Susan Bass and Susan Drexler on their chairing a major event at CBI, a first time for both, and a job well done under difficult circumstances.

MARIANNE BAKER, to thank Bernie Drexler for cutting ceremonial cakes and storing the leftovers.



1236 Wellwood Avenue, West Babylon, NY 11704

MESSAGE FROM PRESIDENT PAUL SKULSKY

As President of CBI I take my responsibilities very seriously. The most important part of being president is making sure that CBI has a future and sometimes you have to make difficult decisions. December 2019 and January 2020 has been challenging for me. Our Congregation has suffered the passing of several of our members and I personally mourned their loss. Over the years I have led the Ritual Committee and as its leader has made sure along with the Rabbi that we have had a minyan for the Shiva. I have always also tried to go to the Cemetery, where I visit with many of my old friends, it is difficult but important.

This is my second time as President of CBI, I was also President from 2007 to 2009. During that period in 2007 I worked closely with Rabbi Weil, whom I admired and was devastated upon his passing in December of 2007.

I took on the job of hiring a new Rabbi supported by the Executive Committee and the Board of Trustees. It was difficult to find a new Rabbi because of the financial restraints, after several months we were able to find Michael Eisenstein who was not yet ordained as a Rabbi but would be in the summer of 2008. He was young and ambitious, but I knew he would become a very good Rabbi especially for our Synagogue. He was the first to admit that he was not a singer and that he would like us to hire a Cantor for the High Holidays.

As President of CBI, it was put upon me to put together a committee to find a Cantor. I relied on our Ritual Chairman, Stanley Small, and our Executive Committee to find and approve of a Cantor. Lynn Sevan, Vice President led the committee on finding a Cantor. We interviewed several candidates and eventually decided on Cantor Mark Zalkin. Please see letter to CBI Members in this Bulletin.

As I am sure you are all aware that Jews throughout America are being attacked because of their Religion and in fact last year 60% of all **HATE CRIMES** in our county were against Jews. On Sunday January 12, 2020, our synagogue participated in a march against **ANTI-SEMITISM**, over 3,000 people participated in the march. Every religion and ethnicity also participated.

Members of our synagogue also participated in the Village of Hempstead march in celebration of Martin Luther King Day on Monday, January 20, 2018.

I would like to ask you all to consider joining the Board of Trustees especially if you feel you would like to be part of the decision-making group. If you don't want to join the Board, I invite you to join a committee or even become Chairperson of a committee. Please call me directly on my cell phone 516-808-3834 to discuss how you can join and help.

I would like to Congratulate all the members who helped make the Holly Jolly event on December 25, 2019 a super success. About one hundred people attended, if you were not there you missed a great time.

We have another event planned for February 16, 2020 at 1:00 PM for Bingo at Bens Deli in Greenvale. Please go up on our Website and check it out, you can pay for it with your credit card online. If you need a lift, please call me and I will arrange for someone to pick you up.

As President of CBI I take my responsibilities very seriously. The most important part of being president is making sure that CBI has a future and sometimes you have to make difficult decisions

I hope to see you on Shabbat for Services. You are missing a beautiful musical service as presented by our Rabbi Abe and his uplifting Sermon, **we miss you**.

Dear Members of Congregation Beth Israel,

There comes a time in every institution's trajectory where change is inevitable and must be made to ensure continuity and rejuvenation.

In that vein, we've introduced a new Rabbi into our midst in the past year with the aspiration of bringing new life and a recalibrated vision for Congregation Beth Israel to ensure that we do not fall by the wayside the way other neighboring Conservative congregations of Western Long Island have in unfortunate numbers.

As you all know, Rabbi Abe has brought a different spirit to CBI, with a combination of youthful energy, musical and vocal talent, and a "fire in his belly" to change the status quo of CBI that has been chugging along for way too long. As we see from computer science, in order for a system to thrive, it must be constantly tweaked and updated. Otherwise, too many complacent bugs arise and the longer it remains that way, the harder it is to fix.

We, thankfully, have a core group of members who care dearly about CBI and want it to continue along its 104-year-old path in good health and vitality.

As in many synagogues, the most highly attended days of CBI are the High Holidays of Rosh Hashanah and Yom Kippur. It's a Jewish American historical fact that those days are taken most seriously by its congregants, and most synagogues do everything in their power to make sure the services of those days are well planned and well-executed.

For the past 11 years, we've had the honor and privilege to hear the beautiful voice of Cantor Mark Zalkin. He would fly in from Colorado each year, the first nine with his beautiful wife, Susan (of blessed memory), and the past two on his own. He would serenade us with beautiful and haunting melodies, and he essentially became a member of CBI, forging deep relationships with many of us.

In that spirit, he has flown in from Colorado for many a funeral of members of our community who he has become close to over the years. By anyone's standards, this is something he didn't have to do, and, yet, there he graciously was, not as an employee but a friend.

There are no words to describe the impact that Mark has had on our community, and we are, and will forever be, grateful for his voice, his personality, and the graciousness that he brought to us each year.

For a host of varied and carefully considered reasons, however, the board of CBI has decided not to renew Cantor Mark's contract for the 2020 High Holiday season. These reasons include finances, the future vision of CBI, and the direction in which we are trying to head.

As mentioned at the beginning of this note, all institutions need change to continue flourishing, and this decision was made entirely in this light. Mark will remain a "friend of CBI" for life, and we have discussed this all with him and he understands our position. And while he would rather continue being our High Holiday Cantor, he fully and graciously understands our position and decision.

We wish all the best to Cantor Mark in all of his endeavors, and we know that another congregation will have the privilege of hearing his voice and experiencing his gracious personality this coming High Holiday season.

We look forward to seeing you at CBI, and to your involvement in making our new, necessary vision of CBI a reality.

Yours truly,



Paul Skulsky, President
Board of Trustees
Congregation Beth Israel

MESSAGE TO CONGREGATION BETH FROM CANTOR ZALKIN

Dear Congregants and Friends:

I want to express my gratitude to you for the opportunity to serve as your High Holiday Cantor for the past eleven years.

My wife, Susan, and I greatly enjoyed our yearly trips to the east coast to daven for and observe the holidays with our CBI family! We treasured making new friends who quickly became our NY family!

After all, a shul is about building community. The foundation of a community consists of warm relationships and a welcoming environment.

I want to thank the presidents I worked with: Paul Skulsky, Alan Mantis, and Richie Krauss. Each of you brought special skills and talents during your tenures. I appreciate your confidence and support over the past 11 years.

A special Todah Rabah to the amazing Marianne Baker. She is the one person who excels at keeping CBI functioning in all areas.

Finally, I want to express my gratitude to my colleagues. I enjoyed sharing the bimah with Rabbi Michael Eisenstein for my first 9 years at CBI, and Rabbi Abe Lebovic during my last two years. You both made me feel welcome and were always open to discussing new ideas and new melodies.

I wish the entire CBI family hatzlacha and much mazel as you write the next chapters of CBI's 103+ year old history.

Next time I am in NYC for business, and am able to stay over Shabbos, I will try my best to come to CBI for services.

Should you ever venture out to Colorado, please contact me. If I am in town, I would love to have a cup of coffee and a nosh with you.

Shalom and L'hitraot,

Cantor Mark Zalkin
Denver, CO



Helpful or harmful? Weighing last resorts before knee surgery

You've tried nearly everything for your worn-out knee. But the remaining possibilities may include some risky options.

Knee osteoarthritis affects about half of us in older age. The cartilage that acts as a cushion between the bones wears away, and it hurts when the bones grind against each other. In many people, arthritis can become severe enough that they consider a knee replacement. Since surgery is an expensive and complicated option, you may wonder what else you can do to reduce knee pain. Beware: some treatments are bogus and even dangerous.

Stay away from these

The first sign that a knee pain treatment isn't the best choice: an ad promising that it's the surefire solution.

One such treatment is an implanted shock absorber. Several are on the market. "They don't work. There are a lot of different products that haven't been tested with good scientific research, especially new products. Avoid them," says Dr. Scott Martin, an associate professor of orthopedic surgery at Harvard Medical School.

Another treatment to skip: prolotherapy, an injection of an irritant such as glucose into the knee, which supposedly stimulates the body to start the healing process. "There is nothing in scientific literature to support it. It's just sugar water," Dr. Martin says.

Some clinics offer injections of ozone (the same gas that surrounds the earth) or add ozone to prolotherapy injections, claiming that it repairs cartilage and bone. But ozone is toxic and extremely dangerous to humans, banned by the FDA in medical treatments, and should be avoided.

Another questionable treatment: injections of stem cells into the knee. Stem cells have the ability to transform into other types of cells, and it's thought



Before you seek a treatment for your knee pain, make sure it has solid science behind it.

that stem cells might regenerate damaged joints.

Dr. Martin says we don't know yet if the approach helps, and there's not a lot of science to support it. Plus, treatment is not covered by insurance, and it can be extremely expensive, up to \$40,000. It also poses risks such as infection or fracture if someone is inexperienced in techniques of harvesting cells from the bone. If you're interested in this approach, Dr. Martin advises avoiding local stem cell clinics and going only to an academic research center doing an investigational study.

A mixed bag

Some treatments have mixed results. One is acupuncture, the Chinese technique that involves inserting hair-thin needles into nerve junctions. It's safe, as long as it's done by a certified acupuncturist. But studies disagree on how well it works for knee pain. "It won't hurt you, but you have to believe it'll work. The will to be healed is half the healing," Dr. Martin says.

Another treatment that may help: knee injections of platelet-rich plasma (PRP), a concentrated solution of platelets extracted from your own blood. Platelets contain proteins called growth factors that are thought to stimulate the body's healing response. But PRP

is expensive (hundreds or thousands of dollars per treatment), and insurance doesn't cover it. "Studies show PRP does seem to have an anti-inflammatory effect," Dr. Martin says, "but there's not a lot of hard evidence it provides sustained relief."

The over-the-counter supplements glucosamine and chondroitin may reduce pain. "They work for about 50% of patients," Dr. Martin says. "It doesn't restore cartilage, but studies show it seems to help relieve pain."

More reliable

The gold standard to treat osteoarthritic knees: lose weight and strengthen your muscles (especially the quadriceps in the thighs) with physical therapy. Both steps can take pressure off your knees, which reduces pain. But it can be hard to shed pounds, and sometimes knee pain is so severe it prevents someone from doing physical therapy.

To get to a point where they can exercise, many people turn to injections of steroids (to reduce inflammation) or hyaluronic acid (to supplement the fluid that naturally lubricates the joints). "Two large randomized studies show no difference in pain relief using hyaluronic acid versus steroids. The steroid seems to work better when you have inflammation," Dr. Martin says. "The effects are temporary but in some patients can give significant relief."

When to seek knee replacement

Dr. Martin suggests delaying surgery as long as possible, after you've exhausted the scientifically approved options. "But at some point, when it's physically, mentally, and emotionally wearing you down, it's time to get a knee replacement," he says. "You want to do it before your health precludes you from getting it done, especially if you're on a downward spiral, and before you lose your independence." For more information, check out the Harvard Special Health Report *Knees and Hips* (www.health.harvard.edu/KH). ▀

YAHREZITS, FEBRUARY, 2020

BARBARA FRIEDMAN	02 03	SAMUEL DREXLER	02 19
SARAH BRODSKY	02 03	LILLIAN MOSKOWITZ	02 20
LOUIS WEITZMAN	02 04	CLARA SCHUTZMAN	02 22
MAX ABO	02 05	OSCAR ROBBINS	02 24
PAUL FRANK	02 05	LAWRENCE ZIMMERMAN	2 26
RHODA GLEEK	02 05	IDA COON	02 27
JERROLD KANTOR	02 07	SHLOMO GUTMAN	02 27
ARNOLD PRESIZEN	02 10	GOLDY STEINBERG	02 27
HARRY HANFT	02 12	PAULA KLEINE	02 27
ADA BRODER	02 13	BLANCHE ZAUM	02 27
LILLIE WEITZ	02 17	JOSEPH SHULMAN	02 27
SYLVIA SCHWARTZ	02 14	HARRY GERBER	02 28
HARRIET NEIDER	02 15	LEON SABBAS	02 28
SADIE RUBIN	02 17	ANN SCHNUR	02 29
DOROTHY GOLDSMITH		02 29	

BEST WISHES TO OUR FEBRUARY BIRTHDAYS & ANNIVERSARIES

HAPPY BIRTHDAY TO:

MARIANNE BAKER	ARTHUR KORNBERG	STAN ROTHMAN
DEBORAH GOLDSTEIN	ALLAN LOUZIN	JAY STEINGER
ELLIOT GOLDSTEIN	MILDRED ROSEN	MARION WEINER
DEBRA KANTOR	AMY ROSSMAN	SAUL WEISSMAN
		MURRAY WEITZ

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Decrease Lung Cancer Risk with Yogurt, Dietary Fiber

A study of nearly 628,000 men (average age 58) and 818,000 women (average age 55) showed that those with the highest consumption of both fiber and yogurt (over an average follow-up period of 8.6 years) also had the lowest incidences of lung cancer. In the top 25 percent of people who fell into both categories (fiber and yogurt), the difference in lung cancer risk reduction was more than 30 percent, compared with people who didn't eat yogurt and were in the lowest 25 percent of fiber consumers. Both fiber and yogurt's probiotics positively affected the gut microbiome and metabolic pathways. The study was published in *JAMA Oncology*, Oct. 24, 2019.

Walk to Reduce Risk of Hip Fracture

While all physical exercise can help build and maintain strong bones, a recent study published in *JAMA Network Open*, Oct. 25, 2019, found that walking offers the best safety against hip fracture in postmenopausal women. The study included 77,206 women, average age 63.4, who were followed for an average of 14 years. Reduced hip fracture risk was also associated with yard work and any moderate to vigorous activity. However, even low exercise levels were linked with fewer fractures. Women who conducted moderate to vigorous activity appeared to suffer more wrist and arm fractures, likely from putting out their arm to stop a fall, the researchers surmised.

HEALTHY EATING

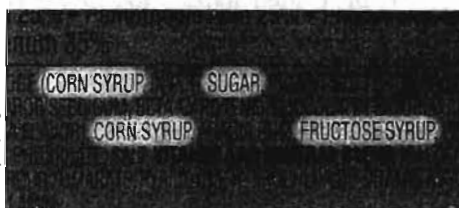
Avoid Hidden Sugars

From condiments to canned and boxed goods, most processed foods have some added sugar.

"Sweets to the sweet" may be good advice for Valentine's Day candy, but sweetness isn't a reliable gauge of the sugar content of other foods. Disguised under a variety of ingredient terms (see the box on page 3), added sugars can hide even in savory products, ranging from ketchup to salad dressing.

There's a reason the U.S. Food and Drug Administration now requires Nutrition Facts labels to disclose added sugars: Although all sugars affect the body similarly, those added in processing aren't accompanied by any healthful nutrients. "Foods with natural sugars, like fruit, contain fiber and a high water content, as well as a good variety of vitamins and minerals, whereas foods with added sugars tend to be highly processed, with low fiber and micronutrient content," explains Rachel Lustgarten, a registered dietitian nutritionist at Weill Cornell Medicine.

"A high intake of added sugars is associated with a less healthy diet," she adds. A 2017 study associated high added sugar consumption with low intake of fiber, fruits, and vegetables, along with high butter intake.



Sugars have at least 24 different names. For a list, see **WHAT YOU SHOULD KNOW** on page 3.



Check the ingredients list for added sugars before you buy. You may be surprised at what you find.

Added sugar also directly affects your health. In one study, the 10 percent of people who consumed the most added sugar (25 percent or more of daily calories) were at almost triple the risk of cardiovascular mortality as those consuming the least (less than 10 percent of daily calories). Another study reported that high sugar intake increased blood pressure and unhealthy cholesterol and triglyceride levels. Additional research has linked sugar-laden diets with greater risk of diabetes, obesity, and rheumatoid arthritis.

Stealthy Sugars

But simply skipping the candy aisle and swearing off regular soft drinks won't eliminate all the added sugar in your grocery cart. "Highly processed foods tend to have additional sugar added during the manufacturing process," Lustgarten says. "These foods include condiments and sauces like ketchup, marinara sauce, and salad dressing, and even not-so-sweet starchy foods like bread, crackers, and breakfast cereals. Low-fat or nonfat bakery items like muffins tend to have more sugar added than the full-fat versions."

Women's Nutrition Connection

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A survivor of the Nazi death camp marks the anniversary of his liberation

75 YEARS AFTER

BY MICHAEL BORNSTEIN, AS TOLD TO BARBARA LEAP

As many as 1.5 million children—1.2 million of them Jewish—died in the Holocaust. At Auschwitz, the largest of the Nazi killing camps, only 52 children under age 8 survived. I was one of them. My paternal grandmother, Dora, protected me fiercely. The average life span of a child at the complex was only two weeks, but I survived for seven months because I spent most of my time in hiding. In a famous photograph taken by one of the Russian soldiers who liberated the camp on Jan. 27, 1945, you can see me, at age 4, being carried toward the open front gate in my grandmother's arms.

Since I was so small, I don't have a lot of memories of life in the camp. I remember the smell of the air—it was the smell of burning flesh. I remember Nazis shouting at me in German. And when I go on crowded subways, it reminds me of the cattle car ride to the camp. But most of the things I remember are stories my relatives told me after the war. My mother told me she would come into the children's bunk to share her bread with me, and when she was caught, she would get beaten. She showed me the scars on her head. She eventually got sent to a different camp.

When my grandmother and I returned to our town in Poland after the war, people were living in our house and they wouldn't give it back. We ended up sleeping in a chicken coop. But we did find my mother there. Not so my father, brother and maternal grandparents. They were all killed by the Nazis. But my mother never gave up her optimism for the future. I still have a watch she gave me. On the back it says, in Hebrew, "This, too, shall pass."

After spending several years in a camp for displaced persons, I and a few family members made our way to the United States. I was 10 years old. I worked in a drugstore for 25 cents an hour. Later, I worked as a camp counselor, a busboy, a head waiter and also went to school. I got my U.S. citizenship when I was 17. It was one of the proudest moments of my life because up until then I didn't belong anywhere, and U.S. citizenship made me feel like I belonged to something great.

I love America. I cannot think of a better country to live in. Still, I wasn't always safe from anti-Semitism here. When I started my job after getting my Ph.D. in pharmaceuticals, I was in the locker room putting on my lab coat. A guy next to me said, "Can you believe they've been hiring so many damned Jews around here lately?" He obviously didn't know I was Jewish. Hate is hard to erase. That kind of



Dora Bornstein carries her grandson Michael Auschwitz in late January 1945.

open discrimination got quieter over time. I see it rising up again. I fear that a rise in Semitic language and jokes about minorities have led the next generation to feel apathetic about bigotry. If you look back at the lead-up to the Holocaust, it started with just bullying and scapegoating, with jokes and propaganda. People don't understand that what might look like a harmless or ignorant joke can eventually create a more dangerous world.

As I write these words, I plan to travel to Auschwitz-Birkenau on Jan. 27. I really don't want to go back there, but I will have a lot of support from other survivors. Those of us who were there need to testify to what happened when evil and bigotry go ignored. I definitely think something like the Holocaust can happen again. People are people, and they will follow dictators in this world. If they need a scapegoat, they can find a scapegoat. And I'm concerned about a 2018 study that found that two-thirds of Americans ages 18 to 34 don't know what Auschwitz is. The only way to stop the divisiveness in this world is to remember what happened and realize we're all in this together.

My life's dream was to create the kind of family I never got to have as a child. I never got to know my father. Every birthday that comes around, my father asks what I want, and I say I already have what I want. I think if I found myself facing a Nazi today, I would want to know that evil didn't win. Hate did not win. I truly believe the best revenge has been to live a life of happiness. ■

Michael Bornstein, 79, is a retired biotech scientist. With his third child, Debbie Bornstein Holins, he coauthored the memoir *Survivors Club: The True Story of a Very Young Prisoner of Auschwitz*.