



Schedule of Events

May 21st @ 7:30pm: Awards Night and end of the year celebration.

May 26th: Celebrating 60 years of Israel Independence on Memorial Day in Shelby Farms. This is a very important community event to support Israel. All students and Parents are invited to volunteer and help out.

Past Week Events

Last Friday for Kabalat Shabbat, we played 'Jewperdy', a Jewish version of Jeopardy with Tomer Meir of Temple Israel. This was all about Israel and it's history. We also enjoyed lots of Israeli treats.

Yom Ha'atzmaut was celebrated with a special service on Thursday Minyan and a fun day at Putt-Putt followed with a BBQ, an Israeli tradition for Yom-Ha'atzmaut.

A story for Ym Ha'atzmaut

It had been a long and overwhelming day. My husband and I had just spent about four hours at a Jerusalem hospital, waiting, waiting, waiting, and finally meeting with a doctor about a necessary surgical procedure for my husband. Although, thank God, the surgery was minor, the expense was large and the hassle, inconvenience, and utter "schleppiness" of the whole ordeal were very strenuous.

We entered the hospital parking lot, got into the first cab we saw, too tired to haggle over price, and settled in for a quiet ride home. The driver was not an outwardly religious man but his inside was a different story. You can't live in the holy city of Jerusalem and remain untouched by God's presence. Like all Israeli cab drivers, he had a story to tell and he wanted to tell it. We exchanged pleasantries and then he started asking about our respective families. My husband, always the friendly guy, reciprocated with his pleasant inquiries. "And how many kids do you have?" "One," said the cab driver. "He lives in Las Vegas because he had to get away."

"Escape? From what?"

"You don't understand," said the cab driver. "Remember the famous wedding tragedy a few years ago?" How could we forget? It was in the midst of the Intifada and here was something we couldn't blame on the Arabs. Due to faulty construction, a wedding hall had collapsed in Jerusalem during a celebration, killing 23 and injuring dozens of others.

"That was my son's wedding," the driver told us. "Many of our friends were killed, including my wife's father and brother. After that, my son had no peace. Reporters followed him everywhere and every friend and relative reminded him of the enormity of the tragedy that had taken place on the day that should have been the happiest of his life. He and his wife had to get away."

The cab driver continued with his tale. He explained that he used to be very comfortable financially. But while he waited for the lawsuit against the construction company to be settled, his personal medical bills had eaten away at his savings. Unable to return to his previous job, he had become a cab driver.

My husband and I were horrified to hear this personal tragedy -- a story told without a trace of bitterness. But as the driver continued speaking, our horror turned to amazement. The cab driver explained how his whole perspective on life had changed. During his rehabilitation, the treatment of his injuries, and the mourning over the death of his friends and family, he realized how little money actually meant in his life. Instead, his greatest value was the health and well-being of those he loved.

He went on to explain how this new perspective had changed his life. One day he was driving a very wealthy woman home from the hospital. After she heard his story and his words of inspiration, she begged him to come and speak to her daughter who had been suffering with a painful sickness in the hospital for weeks and had lost all will to live. The mother said she would pay him anything if he would cheer up her daughter. How could he turn her down?

This cab driver came into the hospital, spoke with the woman's ailing daughter and in fact succeeded in inspiring her. The grateful mother handed the driver a blank check and told him to fill it out for any amount, sure he would be thrilled with this once in a lifetime opportunity. Instead, to her utter astonishment, he ripped the check up in front of her eyes.

"By refusing to accept monetary pay," explained the driver as we pulled up to our destination, "...." **See if you could understand why.**

Shabbat Shalom.

Mazal Tov

- To MJHS, for receiving the official SACS accreditation certificate this week.
- To Hannah Chanin on her Birthday this Shabbat
- To Monte, Logan and Jake on their Confirmation this weekend.
- To the Rubin family an upcoming family wedding in the UK



Toda Raba

- To Mrs. Nahon, Mrs. Malkin, Mr. Rubin, Mrs. Lipson, & Mrs Bierman for driving to / from the Friday activity.
- To Mrs. Nahon for driving to the JCC on Wednesday

Educational Corner by Mr. Agnes –PE

Can Our Daily Activity Prevent Mental Disorders People either feel like they can control the outcomes of their lives or they believe that chance or others control their lives. But most of us would like to know if a person could change this perception of control? The answer is simply; yes we all can take an active and complete control of our lives. I can say that without a doubt regular activity will definitely provide a sense of control over one very important dimension of life. That dimension is coping with everyday stressors. It is not surprising that recent medical research has found a link between physical illness and mental stress. I have a girlfriend of mine that works in an office in a challenging position as a customer service representative. She is insecure by nature and takes her work home with her and her family suffers while she takes the frustrations of everyday stress out on her family. Recently she changed her routine and 3 days a week instead of going straight home she spends an hour at the gym. During a recent cookout her husband remarked that he never hears the horror stories of her day at work and he's finding it easier to digest his dinner and the kids aren't inclined to excuse themselves from the table. Everyday stressors affect mental health and push a lot of people into mental illnesses such as anxiety and depression. That means it is essential to have a positive coping strategy to ward off mental illness; a positive coping strategy is a diversion, a distraction or time-out from the problems of everyday life. If we don't have a positive coping strategy, we will turn to negative coping strategies such as drugs, alcohol, and even violent behavior towards others or oneself such as overeating and overdrinking. People have a strong need to acquire mastery in a particular area to influence coping behavior. This is defined as one's ability to recognize the actions required for a positive outcome and it will generalize to other areas of performance. On the flip side regular activity or improved fitness can have a beneficial effect on self-confidence, self-control and increased self-esteem. Couldn't that prevent anxiety or depression?

An extensive review of research on children and teenagers indicated that activity was associated with a positive self-

concept, participation in activity programs contributed to self-esteem and fitness activities were very effective in developing a positive self-concept. I have a friend who works in a high stress environment and during his lunch hour he goes to the local gym and does a 30-minute aerobic workout. When he was asked if the daily routine was necessary for his physical health, he replied no but it was necessary to manage his daily work stress. People who don't have a strong discipline in that area tend to be loud and vocal in their workplace or in stressful situations giving to the belief that they are losing control of the situation and experiencing instability in their life. Increasing research findings are pointing to direct links between the mind and body relationship. "It's not a magic bullet, but increasing physical activity is a positive and active strategy to help manage depression and anxiety," says Kristin Vickers-Douglas, Ph.D., a psychologist at Mayo Clinic, Rochester, Minn. More and more our daily routine is restricted to four walls inside a stress driven work place requiring an increased level of physical activity to counter balance our mental stress levels. Research suggests that it may take at least 30 minutes of exercise a day for at least three to five days a week to significantly improve depression symptoms. But smaller amounts of activity — as little as 10 to 15 minutes at a time — can improve mood in the short term. "Small bouts of exercise may be a great way to get started if it's initially too hard to do more," Dr. Vickers-Douglas with Mayo Clinic says.

Many medical research groups such as the Mayo Clinic post recent findings on their web site promoting the significance of stress management and the dependence upon exercise. "Just how exercise reduces symptoms of depression and anxiety isn't fully understood. Some evidence suggests that exercise raises the levels of certain mood-enhancing neurotransmitters in the brain. Exercise may also boost feel-good endorphins, release muscle tension, help you sleep better, and reduce levels of the stress hormone cortisol. It also increases body temperature, which may have calming effects. All of these changes in your mind and body can improve such symptoms as sadness, anxiety, irritability, stress, fatigue, anger, self-doubt and hopelessness."

If you exercise regularly but depression or anxiety symptoms still interfere with your daily living, seek professional help. Exercise isn't meant to replace medical treatment of depression or anxiety. Exercise when practicable can certainly better your over-all quality of life.