

One and Done?

Why the 'only child' has new company and popularity in contemporary society

ELYSE GLICKMAN
Jewish Exponent Feature

The adage "less is more" is taking on a more profound meaning when it comes to the way modern couples go about family planning.

Although a century ago, social stigma and stereotypes swirled around single-child families, today having only one child is becoming increasingly viewed as a common-sense decision rather than a sorrowful circumstance or an act of selfishness.

The perception of only-child families as "unfortunate" can be traced to Granville Stanley Hall, most notorious for his 1896 study "Of Peculiar and Exceptional Children."

This study depicted only children as oddballs and societal outcasts deprived of normalcy thanks to the lack of a sibling presence. "Being an only child is a disease in itself," he warned.

Much has been done to disprove Hall's disparaging theories, especially in the past few decades. For example, Hans-Peter Kohler, a population sociologist at the University of Pennsylvania, found in his survey of 35,000 Danish twins, that women with one child were more satisfied with their lives than women with none or more than one.

In her 1989 book, *Family Size and Achievement*, Judith Blake observed that "onlies" were often high-achievers academically who benefitted from the fact there was no "dilution of resources" — parents had more time, energy and money to invest in their child's success.

As psychologists Susan Newman and Alan Singer (both who live and practice in the Philadelphia area) see it, the increase in single-child families not only reflects societal evolution, but also the fact that prospective parents are weighing their options with a better understanding of what goes into successfully raising a child.

"The one-child household is the fastest growing family unit," explains Newman. "The United States has more single-child families than those with two children. Surprising? Not when you consider general cultural trends that have affected the shape of families in the last 20 years.

"Couples are marrying later and are older when they start families. Often, it's a matter of not having the reproductive time to have multiple children. The wait means women are having first babies at ages when previous generations were on their second, third or fourth."

In her books, *The Case for the Only Child*, just published, and *Parenting an Only Child: The Joys and Challenges of Raising Your One and Only*, Newman details how the prevalence of women with higher levels of education and a greater variety of career options have greatly altered child-bearing patterns.

There is also the reality that there are now a couple of generations of women who want more out of their lives beyond raising children, argues Newman.

Adding to that is the fact that many women are realistic in understanding they can't do it all, and don't want to spread themselves thin.

"A job can be the thing that dissolves doubt. The impact of a second maternity leave, for example, can be extensive, particularly in the current economic climate. There is a 'Motherhood Penalty' in real dollars and in job security."

The Case for the Only Child rationale for having one child has a strong statistical basis as well. The National Center for Health Statistics states that between 1980 and 2004, the number of women giving birth at age 30 has doubled; at age 35, tripled; and after age 40 has almost quadrupled.

Those who wait until they are older often face infertility or secondary infertility. Age limits for parents can be a significant impediment to adopting a second child, too.

Singer, who balances being a father with his work as family therapist, creator of **FamilyThinking.com**, and author of *Creating Your Perfect Family Size: How to Make An Informed Decision About Having a Baby*, cites recent U.S. census data that supports the slow-but-sure evolution of this trend and the argument that "one-and-done" is the right decision for many couples.

"What upset me most was that people's marriages were put into jeopardy because of external forces being exerted" to have kids, says Singer.

"Bad reasons include giving in to pressure to give their parents grandchildren, or having children because everybody else they know has children, or as the Pew Research Center found in a survey of 1,000 people conducted about a year ago, a third of those surveyed effectively had children 'just because,' and that scares me to death."

He has also found through his own work and through the research of colleagues that most of the "only" children are very well-adjusted, do well in school and have no issue with being an only child.

On the other hand, he notes, parents, regardless of the number of children they have, can be over-controlling, spoiling or neglectful.

"Though my husband Chris and I considered two children, we stuck with one," says Frances Janisch, a client of Singer. "While our decision was purely economic, we can assure our daughter the best education and quality of life possible."

Meanwhile, "the era of getting married and the requisite two children is long gone," affirms Newman.

"Family has new definitions that include single parents, gay and lesbian parents, and, of course, one child. The decline in marriage, the number of single women having babies, women in the workforce, the difficulties and expense of adoption and infertility technology — all point to more one-child families." ♦



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Winds of Change in Israeli Tech

Deep Breeze breathes new life into lung illness treatment

ELYSE GLICKMAN
Jewish Exponent Feature

When it comes to life-altering illnesses that necessitate an emergency room visit, many patients will want a second or third opinion in order to get the best and most efficient treatment available.

Enter Deep Breeze, a medical wonder from Israel with the potential to help both doctors and patients breathe easier about the way potentially serious lung conditions can be treated.

The company is one of a growing group of Israeli businesses geared to helping advance medicine through new technology, which is one of Israel's areas of expertise.

At the literal heart of Deep Breeze machinery is proprietary Vibration Response Imaging technology, which has en-

joyed significant support among prominent members of the U.S. medical community.

Among them is Dr. Charles Pollack, chair, department of emergency medicine at Pennsylvania Hospital in Philadelphia, who has championed U.S. hospital use of Deep Breeze for the past three years.

Pollack is serving as one of the principal investigators for multi-disciplinary studies involving Deep Breeze and its potentially life-saving technology.

"Establishing an accurate di-

agnosis early on has a significant clinical and financial impact," explains Pollack. "The sooner the patient receives the right treatment, the better the outcomes potentially get."

"Early diagnosis will also help alleviate E.R. overcrowding through more efficient patient disposition. The non-invasive and radiation-free lung imaging system records lung sounds from sensors applied to a patient's back."

It's a business that combines math and science: "The system then uses sophisticated algorithms to convert data into images and quantitative regional

lung information."

Dr. Igal Kushnir, the Israeli inventor and company founder, was a pediatrician serving patients in rural areas, and advised the Deep Breeze technology as a diagnostic tool for his young patients to reduce the amount of radiation they would be exposed to.

As time went on, he and his early adopters discovered that adults with various emergency respiratory health issues could benefit most from his invention's technology.

From that point forward, Deep Breeze has not only found its way into the United States, but also Canada, Spain, Italy, Greece, Turkey, Russia, China, Korea and India.

"VRI's functional imaging technology is very different from anatomical imaging, such as x-ray," explains David Barton, Deep Breeze USA's president and global vice president for marketing and business development.

The equipment "measures vibrations emanating from the lungs and processes data coming from those vibrations. This means that physicians can not only get a dynamic image of your lungs, but also quantification of what is happening inside of them."

Today, under the leadership of Michael Nagler at the company's Or Akiva, Israel headquarters, Deep Breeze continues to change the way patients with respiratory issues receive urgent care as well as address considerations such as cost-effectiveness and convenience for the patients and doctors alike.

"Beyond emergency room professionals, which Dr. Pollack is addressing through his research in Philadelphia, we are cultivating relationships with cardio-thoracic surgeons," says Nagler.

Though Barton acknowledges that some physicians are supporting Deep Breeze because of their desire to support an Israeli high-tech company, the overwhelming majority of doctors and their patients are most enthusiastic about how VRI technology can make treatment more efficient, cost-effective and safer, especially given the large variety of lung ailments it addresses. ♦

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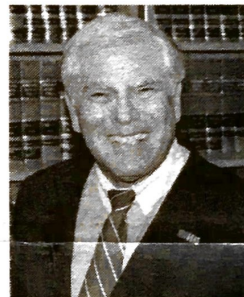
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Love the One You're With — and Maybe Hate 'em a Little, Too?

ELYSE GLICKMAN
Jewish Exponent Feature

Spring is here, love is in the air, and wedding planning is in the final stages.

Romance may be in full bloom, but there are signs of a sobering reality everywhere, from the 50 percent divorce rate in the United States to the caveats expressed in prenuptials.

Is there such a thing as love/hate relationships? Their existence presumes that the people involved are opposites; not the case, according to Stuart Cohen, author of *The Seventh System: Harnessing the Power of Your Emotional System*.

Love is a feeling, over time, of oneness, harmony and a deep bond with another person. Hate is not the opposite of love, but a kind of entrenched anger, he says.

It is easy to understand how you can be angry at someone with whom you feel a strong love connection. When someone you love has violated you, anger arises. If that violation is ongoing or never resolved, it sometimes can develop into ongoing feelings of hate irrespective of coexisting love, according to Cohen.

Love/hate relationships exist because of unresolved arguments, feelings and childhood triggers that build up, leading a man or woman to start seeing his or her partner as the enemy, cautions therapist Sharon Rivkin, author of *Breaking the Argument Cycle: How to Stop Fighting Without Therapy* and a specialist in conflict resolution.

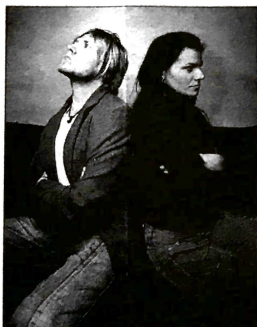
To get to the heart of the matter, Rivkin argues that couples need to know what they are fighting about, which means asking the right questions of each other.

Terri Orbuch, known as "The Love Doctor" (www.drterriithelovedoctor.com), is the project director of the Early Years of Marriage Project, funded by the National Institutes of Health, and reportedly the longest-running study of married couples ever conducted.

The project has followed the evolution of 373 different marriages since 1986, results of which are offered in her book, *5 Simple Steps to Take Your Marriage from Good to Great*.

Orbuch, who currently serves as a research professor at the Institute for Social Research at the University of Michigan and a professor at Oakland University, says one of the most significant findings from her landmark marriage study is that couples who report that they "never" fight are more likely to divorce than those who argue.

What actually makes or breaks a marriage, she claims, centers on how spouses choose to deal



Turns out Cupid has an ugly side as well

with their irritation, anger, unmet expectations and desire to criticize.

Love and hate are both extreme emotions, and people need to realize that it is actually a good sign when feelings run that strong since it shows partners care about each other and are emotionally invested in the relationship, says Orbuch.

When feelings run neutral or indifferent, that actually spells trouble; it reveals that

the people in the relationship no longer care and are unable to communicate, she adds.

Orbuch sees the myths, witty sitcom banter between couples and fairy tale-relationships we hear about as the culprits in making people equate passion, joy and a conflict-free household with the sure-fire components to a successful marriage.

"My research," she says, "has pointed out that conflict is healthy, and it is absolutely necessary. If people in a relationship internalize things for too long, this will lead to the kind of emotional explosion that will leave the partner in the dark about what he or she did wrong."

"People need to address their issues and arguments at the moment they come up so resolution and discussion can take place in the immediate, and the problems that can lead to divorce will not accumulate."

However, Lesli M. W. Doares, author of the book *A Blueprint for a Lasting Marriage: How to Create Your Happily Ever After With More Intention, Less Work*, meanwhile, expresses some doubt that the healthy conflict theory is a one-size-fits-all-couples solution.

It's only when infatuation fades that we can see our partner for who he or she really is, both positive and challenging, says Doares.

Being able to love that entire individual is a function of growing up and engaging our mature selves.

This requires the ability and motivation to look at ourselves first, she adds. It is this process that allows people to work through feelings of anger and uncertainty and be able to create a successful relationship.

Tina B. Tessina, also known as "Dr. Romance" and a columnist at Yahoo! Personals and **Match.com**, says the more we care, the higher the stakes are in the gamble we call love.

Anger management and abatement, she concludes, require learning about your anger — what it means, what triggers it and how to use it in a healthy way. ♦

Cutting the Chaff From the WHEAT

**Philadelphia Award
winner on lifelong
battle to defeat
Celiac Disease**

ELYSE GLICKMAN
Jewish Exponent Feature

Thanks to Alice Salomon Bast's dedication, people with sensitivities to wheat- and gluten-based products cannot only be liberated from the painful effects of Celiac Disease, but also be freed up to enjoy the flavors and textures that normally make eating a pleasure.

Her extensive accomplishments, including founding the National Foundation for Celiac Awareness in 2003, were spotlighted recently when she received the Philadelphia Award.

The award, arguably the most prominent local honor handed out to a Philadelphian of accomplishment, was set up in 1921 by late writer and philanthropist Edward W. Bok, recognizing that "service to others tends to make lives happy and communities prosperous."

A staggering one in 133 Americans is affected by Celiac Disease, a lifelong, inherited autoimmune condition. When these individuals eat foods containing gluten (proteins are found in all forms of wheat, including durum, semolina, spelt, kamut, einkorn and faro), it creates an immune-mediated toxic reaction that causes damage to the small intestine and does not allow food to be properly absorbed.

Symptoms include abdominal cramping, gas, bloating and extreme fluctuations in weight. Perhaps not surprisingly, there are diseases linked to CD, such as anemia, depression, infertility, fatigue, joint and bone pain, vitamin deficiencies and certain forms of cancer.

Bast's calling came to light with her own diagnosis over a decade ago, in the wake of six years worth of digestive health and fertility problems, and the



ALICE SALOMON BAST

death of her mother from cancer, which she later suspected may have been derived from CD.

"I had a full-term stillbirth, a two-pound baby and three miscarriages," Bast recalls. "Finally, a veterinarian friend told me that sometimes animals had sensitivity to grains they were eating."

"At the time, I was on a high carbohydrate diet that I realized was poisoning me. As it takes most people at least 10 years to be diagnosed properly, what committed me to go beyond my own diagnosis was the fact that there were national support groups that allowed diagnosed patients to help each other," including one she led in Philadelphia.

But, she allows, there was "nothing on a national level focused on funding research and raising awareness of Celiac Disease that encouraged people to get a correct diagnosis."

Bast adds that because she's had a lifelong interest in public health and preventive care, and that community service has always been an integral part of her Jewish identity, taking steps to build the foundation from the ground up was a natural passion for her to follow.

"I would say being Jewish is one of my most defining personality traits," Bast affirms.

She thinks "about how having a diagnosis helped me restore my health and reclaim my life, and how what I have learned can be shared to help others in need."

"Since then, the stories I have heard of people and their personal struggles with CD leads me to think about the importance of giving those less fortunate more access to dietary and lifestyle solutions, as well as medical care."

She notes, "Just as a diagnosis of CD can lead people to a better way of life, my helping others get there has become a way of life for me."

Once Bast made the commitment to build the foundation, she enrolled at Penn State University's certificate program in nonprofit executive management. On the way, she met people who became just as committed to the cause.

These individuals include Nancy Ginter, a veteran AT&T executive who now serves as the foundation's CEO, and Ed Snider, who made the initial donation to the NFCA, funding the foundation's first outreach programs.

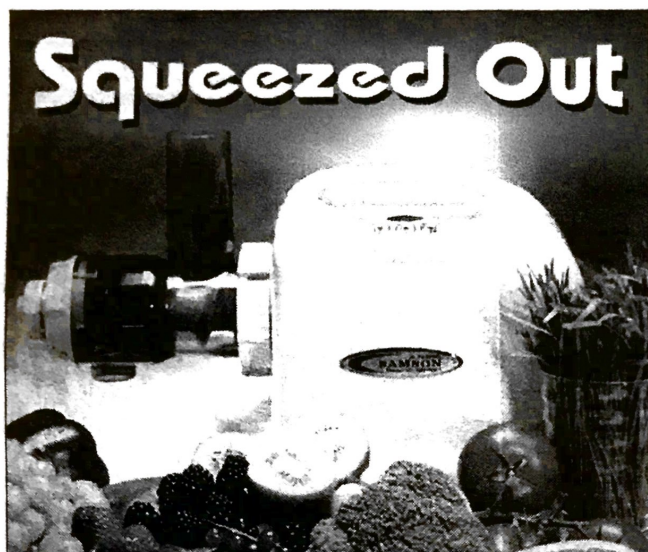
She also learned during this transformative time that Philadelphia was the perfect place to set up the foundation on many levels: "I realized there was no better place than Philadelphia because of our internationally recognized universities and medical institutions, as well as some of the top chefs in the United States," she explains.

"Through these organizations, as well as the involvement of prominent families like the Banners" — Joe Banner is president of the Philadelphia Eagles, instrumental in bringing together the first Eagles-affiliated campaign, "Let's Sack Celiac" — "we could create something locally that could generate a cascading effect as we rolled out our initiatives nationwide."

"This July, we are embarking on a three-year plan, which has the principal goal of getting 1 million people diagnosed by 2015," Bast explains.

One thing Bast is especially proud of is the **Celiac.org** website, which not only provides a variety of resources for the general public and physicians, but also a checklist that allows an individual to inventory any symptoms connected to CD.

"Now I can see how, through my passion and the others I have enlisted, our dollars are being channeled directly to chronic disease prevention and food safety." ♦



ELYSE GLICKMAN
Jewish Exponent Feature

Are liquefied fruits and vegetables easy, refreshing and natural ways to get nourished ... or are some juicers and producers all wet?

Much has happened in the years since the Florida Orange Growers Association declared that orange juice was "not just for breakfast anymore."

We have been treated to all kinds of would-be liquid miracles, from "super fruit" blends (acai, mangosteen and other exotic wonders from various far-flung lands) to fruit-veggie hybrids to smoothies that promise saintly nutrition in a sinfully dessert-y format.

Juice bars have suddenly become as popular a hangout as the neighborhood coffeehouse. There are even vitamin supplements that promise the miracles of fruits and vegetables in an easy-to-swallow condensed form.

Though there is no shortage of products intended to quench consumers' thirst for easy nutrition and tasty refreshment, some schools of thought suggest that people need to think before they sip.

"For the money, you cannot beat juicing at home," says Dr. Marvin Kunikiyo, author of *Revolutionizing Your Health*. "In fact, the first thing you should look at is the ingredients list on the bottle, because it often tells the whole story. Many products have some kind of sweetener and water additives, and those things will be listed before the

Do homemade juices offer benefits the bottled kind cannot?

desirable ingredients that got your attention, such as acai or mangosteen, noted for their phytochemicals and immune-boosting substances."

He adds: "While these fruits (in their natural form) have a lot of good nutrients, the products are often made out to be a miracle food that will turn your health around."

Even with vitamin enrichment, says the doc, "many packaged juices can't really deliver what they promise."

Kunikiyo goes on to offer his home-juicing "prescriptions" for vegetables and fruits that offer a myriad of benefits: Carrots and celery, for example, are high in organic sodium, which moderates blood pressure and aids digestion; kale is rich in calcium; while parsley is rich in iron and manganese, and is especially good for the kidneys, the genitourinary tract, the thyroid and adrenal glands.

Vegan pro-triathlete and fellow author Brendan Brazier (*Thrive Fitness*) brings up another common-sense argument in favor of home-juicing: Packaged juices, even those sold at higher-end supermarkets, will be pasteurized, which removes or deactivates digestive enzymes via the heat involved.

In other words, while packaged juice adds things the body really doesn't need, it also takes away some of the benefits.

Though Kunikiyo and Brazier are very persuasive regarding the benefits of home-juicing, there is another catch ... seeking a juicer out with a slow motor.

In fast-motor juicers, the heat generated during the juicing process, like pasteurization, can burn off the benefits and add a few other undesirable effects, such as a bitter, "burnt" aftertaste. The slow motor, in contrast, does not burn the fruits or their nutritional benefits, and preserves the true flavor.

For busy people on the go, however, owning a juicer can be much like owning a pet, with the added responsibilities of food prep and clean up.

"I am finding that I often prefer blending over juicing because [this] does not remove fiber from the mix," explains Brazier. "If you buy from a juice bar, it is best to go to one where you can watch the juices being made in front of you. Some Whole Foods stores have a program where you buy the vegetables yourself and pay the juice bar a small fee to juice them to your specifications."

'FEEL LESS FULL'

Fitness expert Ben Greenfield (www.bengreenfieldfitness.com) of Spokane, Wash., can also offer a few more juice caveats, particularly for those watching their caloric and sugar intake. He emphasizes that all juices have a high glycemic index, which means that they will raise one's blood sugar very quickly as the natural sugars from fruits and vegetables are extracted and digested.

Homemade and high-quality — fresh — juices will have higher amounts of fiber, which, in turn, will slow the release of some of the sugars and decrease the absorption of fats you may take in your food during the day.

"Though good juices made from scratch have the same antioxidant, fiber and nutrients that you would get from the fruits themselves, a big problem is you take in more calories, but feel less full," cautions Greenfield. "Even if the label says you may be consuming the equivalent of several fruits or vegetables in an eight-ounce glass, you will not feel full because you are not masticating the fruits and there is less water content at work." ♦

ELYSE GLICKMAN
Jewish Exponent Feature

Whether you call them sneakers, "tennies" or gym shoes, athletic shoes have come a long way from whatever you (or your parents) wore to the high school or middle-school P.E. class.

In the last century, the basic rubber-soled utility shoe has proliferated into sub-breeds for every conceivable team sport, as well as more current fitness phenomena, such as speed-walking, aerobics and Pilates.

Athletic footwear has also served as a fashion statement — from Vans in the 1970s skateboard heyday to preppie Tretorns from the 1980s to space-age designs popularized by hip-hop in the 1990s to swanky Hogan, Coach and Prada variations for power walks along West River Drive.

As people are becoming more health-conscious — and walking is now recognized as one of the most legitimate and effective ways to stay healthy for all age groups — function is once again taking precedence over fashion.

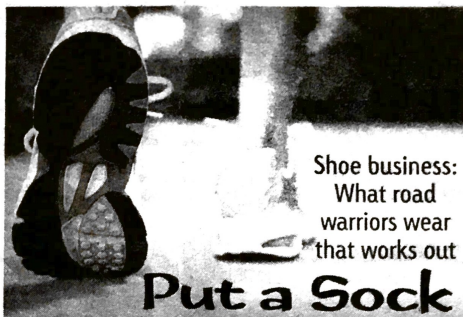
While fit, foot and ankle support are significant in what shoes you choose, some manufacturers are upping the stakes with designs that promise to do more than just look cool or sporty.

For some makes, the sell is in the sole — be it curved, springy or round. For others, the new high-tech materials are intended to move people to amp up their work out.

One of the first futuristic lines to hit the streets, figuratively and literally, was Switzerland-based brand MBT (Masai Barefoot Technology), launched in 1996 and carried to U.S. shores in 2003. Prior to entering the athletic-shoe game, owners Jami and Klaus Heidegger (a World Champion alpine skier) steered boutique beauty brand Kiehl's Since 1851 to global prominence until the firm was sold in 2001 to L'Oreal.

From there, the couple turned their life-long interest in fitness toward developing athletic and casual shoes that boasted muscle/joint-conscious "functional" footwear technology.

According to MBT's mission statement, the human body is not built to walk or stand on hard, flat surfaces, and many



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conventional shoes stabilize the body in such a way that the supporting muscle system is neglected, resulting in joint and back pain.

South Korea-based RYN is another brand associated with pioneering the trend, introducing its complete "rocker sole" line to the United States through a variety of events.

ON THE HEELS

Others have followed on the literal heels of MBT, RYN and other front-runners.

Thanks to breezy media campaigns, many of us are now familiar with Reebok's EasyTone, Sketchers' Shape Ups and New Balance's Truebalance, which, by the way, have color, design and options selections that would make the average car-dealer green with envy.

This summer, New Jersey-based Aetrex rolled its Xspress collection of women's runners off the assembly line as a collaborative effort between women fashion designers and fitness trainers.

Susan Ryder, the Aetrex Women's product director, notes the appeal of these shoes lie in the fact that they are specifically designed for a woman's foot by "removing the many layers often seen on running shoes, while keeping a clean and sleek silhouette."

Though the bells, whistles and frankly cool designs of this genre of shoes suggest the promise of an easier workout — or effortless weight loss and toning without a formal workout — an independent study conducted by the American Council of Exercise (www.acefitness.org) suggested the shoes were not an instant cure-all.

Twelve physically active female volunteers ages 19 to 24 completed a dozen five-minute exercise trials in which they walked on a treadmill wearing each type of shoe.

The outcome suggested that there was no additional muscle activity or metabolic effect wearing a toning shoe.

Trainer Ben Greenfield (www.bengreenfieldfitness.com) concurs, but does note that toning shoes have their merits when used in the right manner, spirit, and in conjunction with regular workouts with exercises geared to individual weight-loss goals or other health needs.

"My advice is to use yourself as a case study when it comes to selecting athletic shoes," says Greenfield. "If you have heel pain and find wearing a toning shoe remedies it, as wearing these do stretch some of these muscles, you may do well with those shoes.

"Also," he notes, "if you find wearing a certain pair of shoes motivates you to go out and walk more, as a special T-shirt or jacket may motivate somebody else to work out, go ahead and wear them. However there are faster, better ways to attain a more toned look for your calves, thighs and butt than just depending on the fitness shoes — specific exercises that target those areas and work those muscles to a far greater extent than shoes."

Dr. Robin Ross, president of the New York State Podiatric Medical Association, agrees that the greatest benefit offered by

See SHOES next page

ELYSE GLICKMAN
Jewish Exponent Feature

The Phillies' near-perfect 2010 season provided Philadelphia a potent adrenaline shot of pride, hope and glory. Although they did not go all the way — no Giant killers, after all — can their fans carry the boost into post-season reality?

Or will they be plagued by what is known as sports depression?

The general consensus of experts interviewed for this story is that the spectacle of the Phillies' athletic prowess provided the city with an emotional boost while providing an emotional release for individual fans.

As Paul Jay Fink, a professor at Temple University's department of psychiatry and behavioral science, sees it, die-hard fans can be paralyzed on game day. However, this magic spell is transitory.

"I don't think feelings — positive or negative — based on a season's outcome carries over to the post season," says Fink, as a new football and basketball season are under way. "People may be intense about it while it's happening. However, when baseball season is over, it's over. They move on to the next team and sport. When you have an exceptional team or a heroic player, it inspires the fans and captures their imaginations."

When the Phillies lost their bid for the World Series, as they did in 2009 — and for the pennant this past weekend — Fink observed that the city gets depressed for a couple of days and then gets over it. Life and other sports go on.

"Everything then returns to normal after fans get their under-their-breath cursing of their team out of their system," he continues. "Fans in this city take their teams seriously, but not to the point where it is disruptive."

While Beverly Hills-based clinical psychologist Shirley Impellizzeri points out the collective emotional boost of a winning season is important from a social-psychology standpoint, the impact of that season affects everybody's sense of well-being differently.

In an aura of winning, "studies have shown emotions are contagious," says Impellizzeri. "This explains why even non-baseball fans" got excited by the team, "moved by the Phillies' success for different reasons."

Though other cultures react to championship losses in their favorite sport differently, such as soccer fans in Europe and Latin America (a reality that promoted World Cup planners to install extra security to keep the peace), American sports fans are culturally inclined to mourn and then go about their business.

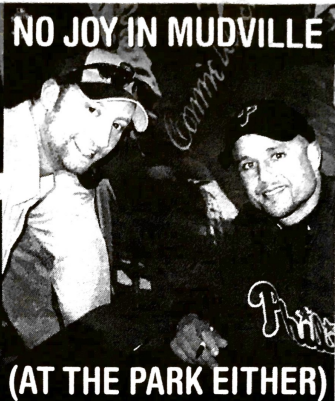
Sharon Chirban, staff sport psychologist at Children's Hospital Boston, notes, "The ride is more important than the outcome. Celebrations and parades last only a moment, but what people remember is the process and the actions team members took to get as far as they did."



STEPHANIE FINE



BRAD COREN



NO JOY IN MUDVILLE

(AT THE PARK EITHER)

Fan Kenneth Rigberg with star player Placido Polanco at team event

Phillies left their hits in San Francisco: Can fans now leave behind their sorrow?

Though attorney Brad Coren has lived in Florida since 1997, the Phillies have enabled him to remain in Philadelphia emotionally. "It takes me back to growing up and watching the games in my parents' living room with my dad. Keeping in touch is important to us, and my dad keeps his cell phone next to him during big games so we can talk about things as they're happening," he says.

"No matter how tough a case I am working on is, the game-day mindset is something I take into trial, stepping up my strengths and doing my homework," he says of the game's impact. "Baseball players and lawyers work through any kind of anticipated scenario in order to win."

Like Coren, Kenneth Rigberg, business developer for a staffing agency, found following the Phillies during his years in Los Angeles an ideal way to keep his emotional and familial ties with Philadelphia strong, especially when the Phillies claimed their World Series title in 2008. However, he admits coming home to Philadelphia in the midst of the current season's fervor added an extra dimension of ease and warmth to the process of reacclimating to his hometown.

"While I have always been close with my family," he discovered that he was getting together a "lot more often at bars or people's houses to watch playoff games. Work was also a pleasant place to be when everybody was in a good mood when the team" was winning.

But now? Rigberg says that he feels the cumulative effects of several good seasons have benefited the city even without the pennant this year.

Stephanie Fine, program and marketing coordinator at the Klein JCC in the Northeast, says that although she is a relevant late-comer to the Phillies fan club, she notes that her emotional connection to the team has enriched her life on many different levels.

Says Fine, "It's great living in a city that has a team like this to call its own — championship or not." ♦

ELYSE GLICKMAN
Jewish Exponent Feature

The concept of sportswear is a funny thing, especially as everybody seems to have a different concept of what it is supposed to be used for.

Most people have at least one hoodie (hooded sweatshirt) floating in their weekend wardrobe. Some women may admit to having owned a sweat suit that was never meant to see a drop of sweat (hello, Juicy Couture).

Though the vintage 1976 motivational montage with Rocky Balboa scaling the Philadelphia Museum of Art's steps remains a classic, if the film were made today, he would probably be attired in something far more colorful and superhero-looking than that drab gray sweat suit.

Those who take their workouts seriously, nevertheless, will be inclined to buy the best garments for their sport of choice. These are often referred to as performance garments, and go far beyond shoes, socks and fleece items.

Athletic clothing for specific athletic activities is now as specialized and personal as the individual. And if one keeps in shape with more than one activity, he or she may be best served having different outfits for different outings.

As yoga and Pilates involve fluid movements and warm rooms, clothes should breathe and be flowy, rather than cling to the body, the primary appeal of GAIAM clothing (www.gaiam.com).

The company credits the popularity of its men's and women's yoga pieces to organic fabrics (such as hemp, bamboo and soy-based fibers), as well as 100 percent pure organic cotton that caresses the skin and feel weightless.

However, GAIAM isn't the only line appealing to people looking to get back to nature with their fitness clothes. Though celebrity favorite Green Apple Active (www.greenappleactive.com) made a red-carpet appearance at the 2010 Oscar "Suite of 100 Stars," this brand is not constituted of sweat suits for celebrities who do not sweat.

In fact, Green Apple has enjoyed a steady following since its launch in 2004 by veteran athletic designer Cristofer Smith.



**WORKING
OUT?**
**Get It
in Gear
for Winter**

Smith recalls: "Back in 2004, petroleum-based synthetics dominated the athletic apparel industry because of their so-called technical properties. It wasn't until I had already developed and sold many successful brands that I discovered the multiple health and environmental dangers of these synthetic fibers.

"It was then that I embarked on a quest to find an alternative fabrication" — bamboo with cotton — "that would give the customer all of the technical benefits without" the health risks.

Though designer jean powerhouse True Religion once featured sexy, tush-hugging sweatpants in its boutiques, it made a greater contribution to serious athletic wear when it provided fitness clothing designer Alanna Zabel some valuable advice — just as good investment jeans should flatter and conform naturally to a woman's figure, so should athletic wear.

Zabel created AZIAM (www.aziam.com), dominated by pieces with good drape that are not as boxy as those from comparable organics-based lines.

Zabel also notes that AZIAM garments are fashioned from a unique Supplex fabric (a Dupont-certified nylon fabric) that's milled in Brazil, which results in their feeling lighter on the body during the workout while maintaining great support and shape.

"The Athena offers as much support running on the beach, as it does flexibility in a yoga or Pilates class without breaking an arm to get it on," says Zabel.

The Portland, Ore.-based boutique chain Lucy athletic clothing (www.lucy.com) stocks several brands, and its own line of yoga and Pilates gear in natural and blended fabrics.

However, as Lucy was conceived to be a kind of one-stop-shop for women who don't limit

themselves to one activity, it also sells high-tech clothing for weight-training, outdoor running, hiking, power-walking and other activities in a variety of weights and fabrics for different climates and environments.

Last year, Lucy made a splash with its Perfect Core Collection, made with the company's xBAR (extreme body alignment and reforming) technology, meaning that in addition to getting support in all the right places, the wearer is aware of targeted areas during the workout, and will maintain good posture, helping ensure an effective, safe workout.

Under Armour (www.underarmour.com) has evolved into a popular line thanks to its lightweight moisture-wicking fabrics that keep perspiration off the skin, rather than absorb it. The brand has also made coordinating outfits for different climates and sports simple with its specialized seasonal lines, including HeatGear, ColdGear and All-SeasonGear.

Elsewhere in the realm of science-driven performance sportswear, CW-X (www.cw-x.com), produced by Kyoto, Japan-based Wacoal Corp., remained one of Asia's best-kept secrets for years. That changed when Wacoal opened up the Wacoal Sports Science Corporation in New York City, followed with a U.S. launch.

In one study conducted in Kyoto, electrical pulse activity of the muscles was measured among athletes wearing different kinds of shorts. Legs supported by CW-X showed a negligible decrease in fatigue factor.

Though UA and CW-X are built for year-round fitness regimens, socks by Darn Tough Vermont could prove to be a must for the winter, especially given Philadelphia's "occasionally" snowy conditions, and the need to keep feet dry and warm. ♦

Viniculture's New Strides, Markets

ELYSE GLICKMAN
Jewish Exponent Feature

It's been years now since the iconic bottles of Manischewitz and Mogen David solely graced the Passover seder table for the requisite four cups of wine.

So much activity has taken place in viniculture in recent decades that it's somewhat ironic that many people have forgotten or may not be aware that Jewish winemakers have been spinning their magic for quite literally

thousands of years.

In fact, back in times when the Gauls (ancestry of France) were known to wash their food down only with water, the Jews were toasting and blessing their meals with wine, enjoying the oldest known codified relationship to the spirit on earth.

An increasingly informed and educated wine-drinking public understands that wines from all over the world are now seeking a *hechsher* so that they can be savored in Jewish households over the eight-day holiday.

Harrisburg, Pa.-bred, Washington, D.C.-based wine expert and author Charlie Adler (*I Drink on the Job: A Refreshing Perspective on Wine*) has his own take on Israeli kosher wines and kosher wine in general.

"When somebody says the name 'Manischewitz,' I not only know he is Jewish, but is a person of a certain age, or may not be as experienced as other wine drinkers," says Adler.

"While Manischewitz is sweet, 99 percent of what modern wine drinkers prefer are dry wines,"

he continues. "People I consider the 'New Jewish Wine Drinker' are savvy enough to steer clear of kosher wines they may have grown up with in favor of kosher and/or Israeli wines that represent the complexity and high quality they demand as experienced wine drinkers."

Thanks to the commitment of people like Ramy and Monica Djerassi, Philadelphia wine aficionados will get back to their true roots with bottles from Israel — and just in time for this year's observance of Passover.

Instead of settling for the sweet and syrupy wines of our childhood and our parents' observances of the seder, the East Falls couple has given local Jews the freedom to choose high-quality wines that are drier, more complex and more food-friendly.

Though Ramy, 52, is a judge and Monica, 46, is a corporate paralegal, the genesis of their move into the wine business stems from personal experience and frequent travel to Israel.

On one trip, a stop at a high-end wine boutique in Tel Aviv convinced them that many Israeli producers had what it takes to make it in the increasingly savvy and sophisticated U.S. wine market — including Pennsylvania, with its state-run liquor board notwithstanding.

The event that catalyzed their exploration into Israeli wine was their goal of serving good-quality bottles at their daughter's Bat Mitzvah reception.

They were able to work with a state liquor store to make that possible. While they didn't get the exact wines they wanted, they knew opening the market was doable with research, commitment, time and conversion via a well-planned wine-tasting.

Partnering up with fellow Philadelphian Caroline Igra (an art-history professor), her husband Rami Igra (a former Mosad agent), and distributor Majestic Wines and Spirits, they patiently took the measures needed to bring Tabor (www.taborwinery.co.il) wines into Pennsylvania.

"I think people recognize that buying Israeli wine is a pleasant way to support the country and its economy," says Ramy Djerassi. "After partnering with people who were as enthusiastic about Israeli wines as we were,

we started a dialogue with wineries in Israel and decided to go forward. We had a most interesting meeting with the liquor-control board folks, and we were able to convince them that Israeli wines were worth bringing into the Pennsylvania marketplace."

At press time, their company, Kingdom Importers, was awaiting a large order of Tabor wines special for this Passover holiday.

Do Your Homework!

Monica Djerassi is especially excited about Tabor's Adama Galilee series, where each wine is distinguished by soil variations. For example, there are 2007 Merlots that include one sourced from grapes grown in chalk soil, the other from volcanic. Also available are Cabernet Sauvignons made with Galilee varieties — one grown in terra rosa soil, the other from volcanic soil.

If you're new to the kosher-wine industry, Djerassi recommends doing your homework, such as turning to books like Rogov's *Guide to Israeli Wines* as a starting point.

However, this research should not just be for Passover alone.

"Kosher Israeli wine is natural, and fulfills the religious obligation to drink four cups of quality wine during the seder and sanctifying the kiddush wine," she continues. "That said, I can't think of a Jewish holiday, including, of course, Shabbat, that doesn't involve wine."

If you are interested in ordering wine online, remember that Pennsylvania has some of the toughest sales regulations in the country through its Liquor Control Board.

Online, you can check out GoodShop.com, which puts a literal world of wine at your fingertips by accessing more than 1,400 retailers, like MyWinesDirect.com, WineEnthusiast.com and Wine.com.

A percentage of what you spend automatically goes back to your favorite cause, such as your child's school, your synagogue or temple, the American Red Cross and other charities, at no extra cost to you.

To do this in Pennsylvania, you first must contact your local state store and see what forms must be filled out so the wines can be sent directly to them for your purchase. ♦

ENERGY NEEDED!

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Photo by Elyse Glickman



FATHER'S DAY TIES Not Just About Neckwear

ELYSE GLICKMAN
Jewish Exponent Feature

With Father's Day approaching, it seems an especially opportune time to analyze the dad-son/daughter relationship.

After all, a good father can be instrumental to his children's success through his guidance and support, no matter what professional field they choose.

Dr. Dimitri Markov, an assistant professor of psychiatry at Thomas Jefferson University and Hospitals, advises that a father should never force his child into his career or business, as making career decisions are a part of the process of maturing into adulthood.

"If it turns out the child is a

good fit, a father should think about a family business not so much as a brick-and-mortar entity, but as an extension of the family unit," says Markov.

This is certainly the case with drummer/producer Ryan Rabin, whose band Grouplove has scored big on the pop charts this year with singles ("Tongue Tied") and a tour that stopped this week at Philadelphia's Theatre of Living Arts.

Thirty years ago, his father, Trevor Rabin, hit similar heights as the guitarist from Yes, with hits like "Owner of a Lonely Heart," which may very well be on the schedule when he and Yes come to Philly for a major concert next month.

Trevor traces Ryan's level-headedness and business savvy to the Jewish home environment his own musician/lawyer father, Godfrey, established in Johannesburg, South Africa. This, in turn, shaped his own approach to fatherhood, adds Trevor.

"My dad did not force me to do anything musical, so I don't feel his musical past is anything I have to separate myself from," Ryan Rabin insists. "Unlike musicians such as Jakob Dylan, who won't discuss his dad [Bob Dylan] in interviews, my father's musical path is something I embrace."

Trevor recently decided to return to the studio to record; the instrumental album "Jacaranda" references locations from his youth in South Africa.

One of the most fulfilling aspects of "Jacaranda" for both father and son is the track "Me and My Boy," which literally

Trevor Rabin and cover art for his new CD: "Jacaranda" has a father/son musical connection.

puts a fresh spin on what they have learned from and about each other over 25 years.

Marc Brownstein, president and CEO of the Center City-based Brownstein Group, and chairman/father Berny enjoy a similar dynamic.

"Marc and I like each other," states Berny. "We have a similar sense of humor, and go about the advertising business from a similar creative viewpoint. I've watched Marc build the business and take hold of its direction, not being afraid to talk to the biggest clients."

"When I finished my studies at Penn State, he informed me I couldn't just graduate and come into the business," Marc says of his dad. "I had to go learn with the 'big boys' at Ogilvy and Mather on Madison Avenue," he says of the iconic firm. "I dealt with the biggest clients in the world and brought that experience back to Philadelphia."

Rabbi Benjamin David recently was named senior religious leader at Adath Emanu-El in Mount Laurel, N.J., where he begins officially on July 1. His father, Rabbi Jerome P. David, served in a similar post at Temple Emanuel in Cherry Hill, N.J., for many years.

Benjamin David points out that what makes Jerome David a good dad also makes him a great rabbi: "I was able to see firsthand my father excel at his job of helping people, lifting them up, being there for them in their time of need."

Dr. Anthony Ferraioli, author of *LVAC Nation (Listen. Validate. Ask. Comment)*, stresses that daughters are now just as likely to keep a watch on what Dad is doing in the workplace.

"As sons and daughters today are independent thinkers, instead of following the status quo," dads should "take this advice into consideration: Get to know your daughters as you would your sons by listening to them, then love them unconditionally for who they are and convince them that they are perfect that way." ♦

For an expanded version of this story, go online at: www.jewishexponent.com.

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