

The War on PTSD

ELYSE GLICKMAN
Jewish Exponent Feature

With the recent return of the last American veterans from the Iraq War, the topic of post-traumatic stress disorder has been making headlines.

A recent Rand Corporation survey on PTSD showed an estimated 300,000 veterans of Iraq and Afghanistan suffered some form of the trauma or major depression.

The term PTSD was coined in the mid-1970s, thanks in part to the efforts of anti-Vietnam War activists, Vietnam Veterans Against the War and Chaim F. Shatan, who coined the term post-Vietnam Syndrome.

Reports of battle-associated stress reactions, however, date back to the 6th century BCE by Greek historian Herodotus.

Beyond the cases involving veterans, however, PTSD transcends age, gender, race and economic background and can be associated with any life-shattering traumas.

Philadelphia psychologist Tamar Chansky, founder and director of the Children's and Adult Center for OCD and Anxiety in Plymouth Meeting, has written four books that include discussion about its treatment.

She says that the first step to overcoming PTSD involves therapy that will help patients get a better grasp on why they feel the way they do. "Understanding that PTSD is a medical condition can help reduce the stigma and help offset the isolation many people feel, along with the reality that PTSD is a no-fault condition," asserts Chansky.

"The nature of PTSD is the interplay between the physiological, psychological and neurological. The behavior of a person with PTSD is an adaptation to what is happening to them in the brain, as it is" recalling what was "the best way to cope at the moment of trauma."

"It is about survival rather than viewing the event in a narrative context; at the time of the event, the brain was busy with getting through that moment."

When treating PTSD patients, Chansky sets out to help

them understand the mechanism triggering their behaviors and fears, and to translate what they are experiencing into accurate and comforting language. From there, patients realize that what can feel so wrong is actually an expected, normal process of recovering from what they experience as a trauma.

Once a patient reaches that point, suffering is reduced and his or her therapist can work more effectively to find a more permanent resolution to the problem, says Chansky.

"People have different ways of responding naturally to trauma, and for this reason," she says that trauma experts suggest "holding off on treatment for the first 30 days after a trauma so there is the potential for natural recovery from the memories."

However, Chansky adds, "there is a switch point that happens if memories don't fade within that time frame. This is what leads to 'familiar' PTSD behaviors like flashbacks. If things persist, the person needs to get treatment."

Texas-based psychologist Mary Ann Block, who was in Philadelphia recently teaming up with a colleague for an unrelated project, agrees with Chansky that all facets of what trigger and continue the effects of PTSD need to be examined before prescriptions are determined.

"When we look only at" treating what are the "psychological symptoms, there is nothing except for medications," Block laments. Since a number of these medications "have the risk of suicide as a side effect, the end result of taking the drug may be worse than the symptoms themselves.

"My philosophy when approaching any medical condition is to find the cause and fix the problem, not just cover symptoms with drugs."

How to do so? "This approach involves physical exams, lab work and even allergy testing. Giving a psychiatric diagnosis and a psychiatric drug is quick and easy, but to me, the practice of medicine is much more than that." ♦

Coffee and Kids

Half filled or half empty of benefits?

ELYSE GLICKMAN
Jewish Exponent Feature

Frappé, whipped, blended or heated, coffee has stirred up some popularity among an increasingly younger generation of fans, along with a touch of controversy on its benefits: What's good in theory for one generation could be bad for

another.

A recent coffee study reported in *The New England Journal of Medicine* certainly adds to its appeal among people 50 and older. In conjunction with the AARP, researchers from the National Institutes of Health followed more than 400,000 healthy men and women between the ages of 50 and 71.

Neal D. Freedman, lead author of the study and an investigator with the division of cancer epidemiology and genetics at the National Cancer Institute, in Rockville, Md., found the more coffee study participants drank, the lower their mortality risk tended to be.

However, the debate percolates on about whether or not teens and kids should be exposed to coffee and its caffeinated side effects. Before the charge of the Red Bull, and a herd of other energy drinks, teens and kids were starting to get a kick out of coffee in its many forms, thanks to both the baristas and the marketers behind Starbucks and other high-profile chains.

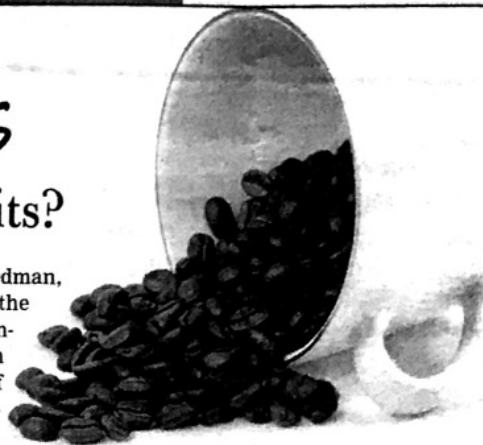
For nearly two decades, the plain "morning Joe" necessary to fuel many adult souls through a long day's work has evolved into a phenomenon that appeals to people of many ages and many palates.

Though mom-and-pop coffee shops prevalent in college towns and chic neighborhoods played a role early on in the trend (remember "Central Perk" from the definitively '90s television series *Friends*?), the buzz on what's new can be found as closely as the run-of-the-mill supermarket, where coffee shops are now operated inside either independently or by the markets themselves.

If it's OK for adults, what about their kids? The experts have varied opinions.

Dr. Tomas DePaulis, a Vanderbilt University research scientist who recently published his own study on coffee, says that parents who keep their kids as far away from coffee as possible could be doing them a disservice.

He says coffee in moderation isn't bad for kids and, as with adults, it can help improve concentration and may help children do a little better on tests for this reason, he claims. He also



points to another coffee study in Brazil that suggests that kids who drink coffee with milk are less likely to have depression than other children.

On the other hand, the National Institutes of Health, which ironically also was involved in Freedman's study of coffee's impact on people over 50, found that "a child's caffeine consumption should be closely monitored."

The NIH findings suggest coffee may negatively affect a child's nutrition, possibly replacing nutrient-dense foods such as milk.

A child may also eat less because caffeine acts as an appetite suppressant, according to the NIH study. Restriction or prohibition of coffee may also be a wise move when you look at children who are hyperactive or have other behavior-related disorders, it added.

Philadelphia native Dr. Charles Shubin says the coffee question recently came up on a visit to the area when his two young grandsons wanted to try a sip.

As the director of pediatrics at Mercy Family Care in Baltimore, Shubin offers some very strong arguments about why children should not drink coffee; the biggest is that caffeine is a drug, albeit a legal one.

"Though caffeine is OK in moderation for adults, you should not introduce kids to coffee until they can fully grasp the concept of moderation," insists Shubin. "This usually happens in the middle of adolescence. Based on emotional development, in girls it would be 11 to 12, and for boys it would be two years older; because they need to be in a place psychologically where they can take responsibility for themselves."

Some may counter that children are exposed to coffee early

in Latin American and European cultures the way they are exposed to beer and wine. If they are exposed to "adult" drinks early, they may develop the tools to handle them responsibly, goes the argument.

Shubin, however, counters that although it has been said that France and Germany may have fewer alcohol problems in their teen population compared to American teens (who, of course, can't legally touch it until they are 21), health studies in those countries tell a different story, with higher incidence of liver difficulties and other illnesses that may occur later in life due to prolonged exposure.

"One thing that's a common problem with telling kids 'no' is that when you prohibit something, it becomes more desirable," acknowledges Shubin. "We tell some kids not to drink coffee, only to discover they are going to find a way to do it, especially teens."

"It is more important to consider health factors. Caffeine is a drug, and it's a drug with significant potential toxicity that can affect the heart, the brain and other parts of the body. Kidneys, for example, can be affected as caffeine is a diuretic and it is something we should not have young or growing children exposed to."

Shubin adds that "going out for coffee" socially is an adult behavior, just like "going out for cocktails." While coffee is available legally, parents need to take responsibility, and he maintains the medical position that kids need to be raised healthy, which, in turn, means they should be raised without exposure to or the influence of drugs, even if they are legal like caffeine or liquor.

But caffeine is present in readily available things like soft drinks and chocolate. Yes, but even there, overdoing it may involve consequences. Concludes Shubin: "Prohibiting coffee is not just an opportunity for a teachable moment with kids, but also adults. We all really need to be aware about what we do to our bodies when we make a choice to eat or drink certain things, and be aware of what is not so good for us if we go overboard." ♦

Home Care for Older Adults

Capable Companions

Now you have somewhere to turn.

Over two decades, we've learned the importance of customizing care to each individual's needs. That's why so many families already trust us. Thoroughly screened. Experienced caregivers. Bonded. Insured. Part-time, full-time or live-in.



Judy Needleman
Director

610-667-2400

MEDICAL & HEALTH-CARE DIRECTORY

GERIATRICS

Area's Finest and Most Recommended Home Care Services

HOME CARE OPTIONS

Providing Care Since 1999
RN on Staff

Nurse's Aides, Home Health Aides, Companions, hourly - Live-Ins
Bonded and Insured - Pa Licensed

There's No Place Like Home!!

CALL LOIS KAMINSKY

215-947-0304

www.hccares.com

Improve the Health of Your Practice.

Call Vickie Farber at

215-832-0716

to advertise in our
Healthcare Directory.

HANDS & HANDS HOME CARE SERVICE

BEST IN THE REGION
609-526-5314

NEED A WEEKEND OR A WEEK AWAY FROM YOUR LOVE ONE?
LIVE-IN AND LIVE-OUT SERVICES?
LAST MINUTE VACATION?
LAST MINUTE WEEKEND?
OR JUST NEED A BREAK?

JUST CALL HANDS AND HANDS HOME CARE SERVICE. WE WILL PROVIDE YOU WITH PROFESSIONAL TRAINED STAFF IN YOUR HOME.

SERVICES PROVIDED:
DOCTORS APPOINTMENTS
BABYSITTING
HOUSE KEEPING
ASSISTING WITH PERSONAL CARE

CHECK OUT OUR WEEKLY SPECIALS FOR THE LOWEST PRICE!

NURSING/HEALTH AIDES

Tender Loving Care Inc

Home Health Care
The Right Choice
For Your Family

- Certified Aides and Companions
- Hourly or Live-In Care
- Criminal Checks
- References Checked
- Licensed, Bonded and Insured
- Reas. Rates - 25 Years in Business

215-677-2721

ELYSE GLICKMAN
Jewish Exponent Feature

Mirror, Mirror on the Wall — It's All About Me, After All!

If you are single, chances are this thought went through your head: Billions of people in the world and thousands of nice Jewish singles in your own city — so, why are you still single?

Or, if you are attached, but hitting road blocks in your dealings with your significant other, you may be wondering why the person sitting in front of you at the breakfast table as you read this seems like a different person from the one you fell in love with.

We go through great lengths to transform ourselves into a prettier, more successful, thinner version of who we are so we can bring love into our lives. Some people even go as far traveling the world in search of the kind of enlightenment that will attract a like-minded soul mate.

However, even with apparent improvements and a flashier package, you may find yourself no closer to that connectivity than you were before.

As somebody who has practiced for nearly four decades and done her share of world travel, Maryland-based psychologist Dr. Abby Rosen has seen it all — in her own life and in her patients.

In her new book, *Lasting Transformation: A Guide to Navigating Life's Journey*, she reveals the shocking truth — like Dorothy from "The Wizard of Oz," everything you need to attain your heart's desire has been with you all along.

"It doesn't have to take a lot of time for somebody to develop good habits that will help them become the person they want to be to attract the right person into their life," advises Rosen. "One simply has to commit him or herself to spending a few minutes a day quieting the mind, perhaps for 10 or 15 minutes every morning, connect to their inner self, which in turn will help them have a better, calmer and more productive day."

CLICKING WITH THE READER

While clicking one's heels together won't get somebody to that better place in the real world, Rosen's thoughtful approach to transpersonal psychology in the book — through an approachable mix of explanations, definitions,



DR. ABBY ROSEN

case studies and try-it-at-home exercises — is intended to make lots of things click within the reader.

Such as? How defense mechanisms picked up from childhood play a role in sabotaging the love and approval they are working toward. Going through the process can also help debunk a lot of the fears we have about "ending up alone" because we are past a certain age or we are so independent we do not know how to be vulnerable.

"Transpersonal psychology is a modality that goes beyond traditional psychology because it incorporates a spiritual element for personal growth," explains Rosen. "Traditional psychology works on the premise that we are our personality, ego or small 'self.' While this is important work, it is not enough just to develop a strong sense of self."

She adds: "Transpersonal psychology goes several steps further by connecting us to the divine in a profound way. From a Jewish perspective, it allows us to attain Hashem (God, or di-

Why 'Life's Journey' begins at home

vine connection), and transcend the ego to experience a higher plane of consciousness, also known as the 'inner self.' "

Though one can transform him or herself superficially, what Rosen recommends in practice and in her book requires commitment, but it is the kind of commitment that can be adapted for any lifestyle, faith and personality.

As she sees it, going on that spiritual path to get in touch with the inner self (and land better relationships as a result) involves meditation (anything from traditional sit-down meditation, chanting or even a walking meditation you can do on your lunch break) and tapping into the spiritual aspects you were raised with (in her case, Jewish).

"Accessing the spiritual realm during my year in India, for example, helped me create a foundation" for her spiritual self "that helped me return to Jewish spirituality and embrace those customs in a deeper way," she recalls.

"I knew what I was looking for, which allowed me to come home to Judaism, and study a variety of Jewish teachings and philosophies related to connecting with the higher self. However, learning about Indian and Eastern customs helped make the values I was raised with even more accessible." ♦

OUR FAMILY IS HERE TO GIVE COMFORT TO YOUR FAMILY



Comfort
Keepers

Comfort Keepers® provides in-home care such as: Companionship, Meal Preparation, Incidental Transportation, Medication Reminders, and Personal Care.

215-885-9140

705 West Ave. • Jenkintown, PA
Screened, Bonded & Insured Caregivers

'Good Girl' vs. 'Bad Girl' Debate?

ELYSE GLICKMAN
Jewish Exponent Feature

If you saw *The Big Chill* in 1983, you may remember one very chilling scene where Mary Kay Place's well-heeled yuppie lamented to her fellow boomers that all the good men were "married, gay or had just broken up with the best girl in the world."

Here was a smart woman who had it together and did everything right. Yet she was single,

unmarried and plotting to seduce one of her former male classmates — with the willing assistance of his wife — to conceive a baby so she would not grow old alone.

This is a reality that followed Generation X women into adulthood, along with good educations and strong work ethics. Creating a double whammy for those of us raised in Jewish homes is the fact that the good values we were brought up on may make us a little less sexy

Apparently so,
and women still
want some answers

and appealing to a continually shrinking talent pool.

Dr. Carole Lieberman, a psychiatrist who has brought her wisdom on relationships and human nature to such TV shows as *Oprah*, *Larry King*, *The Today Show*, *Good Morning America* and *Entertainment Tonight*, is not going to lie to you: The dating world is an increasingly treacherous jungle, especially when some of the rules we thought were foolproof are, in fact, a little outdated.

She says her new book, *Bad Girls: Why Men Love Them and How Good Girls Can Learn From Them*, is intended for both men and women.

Women can learn why those who seem least deserving "get the guy." Examples come from real life, classic literature and American pop culture (including all four BFF's from *Sex and the City*).

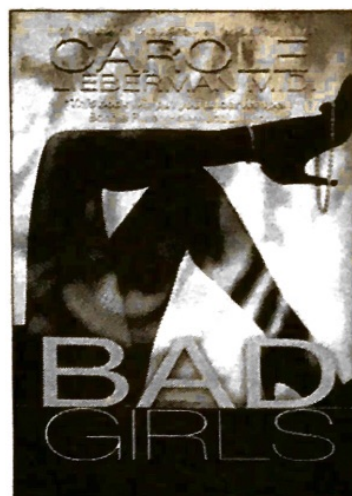
However, she also hopes men will pay close attention to her "Dozen Damsels in Distress" so they will ultimately end up with a smart, savvy good "girl" with self-respect rather than a broken heart.

From all the interviews, she selected the most compelling stories, organized them and presented them in 12 chapters, broken down by type, from the "Commitment-Phobe" (i.e., Carrie Bradshaw) to the "Ball-Buster" (i.e., Miranda Hobbes) to the "Sex Siren" (i.e., Samantha Jones) to the "Marriage Hunter-and-Trapper" (Charlotte York).

"Good girls get left on the shelf because they've bought into the myth that in order to find Mr. Right, you have to be the good girl, and that it's what's inside that counts," Lieberman observes.

"In each chapter, I start things out by explaining what each type of bad girls want, along with specific reasons why men may be drawn to them and those behaviors each type exhibits."

She continues: "For example,



it is often believed that when guys hear a woman described as a 'nice Jewish girl' it can be the kiss of death. That's not to say that there are no sexy Jewish girls, and there certainly are Jewish bad girls.

"I think Jewish women are particularly often told this little story or myth that you just need to be 'good and some man will find you and love you,' and sadly that often does not work."

Ouch! However, many unmarried Jewish professional women, especially those over 35 who have yet to make it down the aisle, will acknowledge they've experienced some form of this at some point.

We have also found out the hard way that the strong desire to connect and commit may have sent some men we've been with running for the proverbial hills.

While we can also admit that rejection was protection in some cases, in that we did not end up marrying the wrong guy (something covered in Lieberman's book, *Bad Boys: Why We Love Them, How to Live With Them and When to Leave Them*), there's often the aftermath of wondering what we could have done differently when we followed whatever set of rules we came of age with.

Through her exhaustive conversations and anecdotes, the author aptly explains one's time is better spent learning what the bad girl does right in making a man stand up and take notice, and why that "trophy" man may not stick around forever.

From there a conventional wisdom springs forth, that the mating game should be done

Your Solution for Peace of Mind

described as priceless. If I have any regret, it is in not having made the connection earlier." —W.D.R., CLIENT'S SON

Our highly qualified and trained professionals will help you navigate the medical maze when caring for loved ones.

GERIATRIC CARE MANAGEMENT • SPECIAL NEEDS
HOME CARE SERVICES • ADVOCACY

Complete Care Strategies A Division of Elder Connections
1.888.433.0040
Innovative Care Management. Patient Advocacy. Home Care. completecarestrategies.com

HEALTH-CARE DIRECTORY

HOMEBOUND SERVICES

HUMAN TOUCH HOMECARE, LTD.
HONEST, EXPERIENCED AND CAREFULLY
SCREENED CAREGIVERS TO ASSIST YOU
OR A LOVED ONE with bathing, dressing,
ambulation assistance and transfers, meal
preparation, laundry, errands
ONLY \$13.60 PER HOUR
(for a shift of 4 hours or longer)
LIVE-IN \$136./DAY
215-233-0676
LOCATED IN FLOURTOWN, PA
LICENSED IN PENNSYLVANIA
www.humantouchhomecareltd.com

JOVAN HOME CARE AGENCY

is addressing all of your home care needs.
All ages and genders,
medication reminder, meal preparation,
some housekeeping, laundry and will
accompany patients to appointments.
For more info.
Contact Nadine Pitter
484-368-3986

NURSING/HEALTH AIDES

GRANNY'S HELPING HANDS PA INC.
NON MEDICAL HOME CARE SERVICES
2-24 HRS. LIVE IN OR OUT
QUALITY AFFORDABLE DEPENDABLE SERVICE
Bonded and Insured Since 1992
Competitive pricing for private duty services.
Personal care, light housekeeping, laundry,
medication reminders, escorts to appointments,
recuperative care, companionship,
meal prep.
10% OFF IF YOU MENTION THIS AD
610-284-4244
www.grannyhelpinghands.com

The Classified Ad
with a Kick...

Put the spotlight on your
practice by placing
an ad in the

**MEDICAL &
HEALTHCARE
DIRECTORY.**

For more information, call
Vickie Farber at 215.832.0716
today.



See Next Page

Continued from Previous Page

with a light touch and playful heart rather than a heavy hand.

“In many cases, when the bad girl approaches a guy, she will succeed because she doesn’t have that whole heart-on-her-sleeve thing,” Lieberman says.

Another message Lieberman conveys is that although a man can make some wrong relationship choices in his life, in the greater scheme of things, he’s smarter than a woman may give him credit for. Specifically, a man can tell the difference between a good girl and a bad girl, even if they look, dress, act the same way and say the same things.

Even if your niceness can impress a guy, there is such a thing as too much nurturing, especially as it sends signals you may be desperate, needy or just too hard. What Lieberman sets out to achieve is a mid-

dle ground,

“I do not want good girls to become bad girls, but learn the tricks these male patients told me attracted them to the bad girl, such as how to dress,” stresses Lieberman.

“For example, Kate Middleton is a good girl who used ‘bad girl’ secrets to capture her prince. She was a good girl, but smartly wore a sexy dress at the college fashion show, which changed William’s perception of her, from just a nice friend to somebody that got and kept his attention.”

Summing it up, Lieberman says a bad girl may get a guy, but a good girl who is willing to take a few risks, make a few improvements, relax a few expectations and get out of her comfort zone will be the one to keep the guy in the long run. ♦

For more insight, visit:
www.drcarole.com and www.badgirlsbook.com.

ELYSE GLICKMAN
Jewish Exponent Feature

With Yom Kippur, the Day of Atonement, in the rear-view mirror, many Jewish women still find themselves atoning on a daily basis, especially about what they look like and what food sins they may have committed to get there.

Knowing in her heart there was a better road to inner peace, author Ellen Frankel proposes that if we see our physical selves through a more enlightened perspective, real internal bliss will be easier to come by.

The message comes via her spunky, middle-aged Jewish alter-ego character, Syd Arthur, in her just-published first novel, named after the character.

"One of the main things I learned about myself and other women struggling in their relationship with food was the question of whether or not they are entitled to pleasure," muses Frankel, who has worked in the field of eating-disorders treatment for 15 years.

"Women are good at taking care of other people's needs, but are ambivalent about meeting their own needs. They feel guilty about satisfying their hunger, and the culture reinforces this notion repeatedly."

Frankel will be the featured guest speaker, discussing "Noshing Toward Nirvana," at two local book events on Oct. 16, first at Beth Tikvah B'nai Jeshurun, in Erdenheim, at 4 p.m., followed by an appearance at 7:15 p.m., at the Rittenhouse Hotel in Center City.

The Rittenhouse event benefits A Chance to Heal, a non-profit dedicated to eating-disorders prevention, education and assistance to parents, young people, educators and health care professionals.

Her goal with her appear-

NIRVANA THROUGH FOOD?



ances, as with her novel, says the 50-year-old native of Wilmette, Ill., will be to provide like-minded women direction in enhancing their self-care and living more comfortably within their own skin.

"There are wonderful books about eating issues and guidance on moving from dieting to a non-dieting philosophy based on attuned/intuitive eating," explains Frankel.

"I found, however, that there weren't novels that explored this process through a fictitious character. I want to invite the reader to connect with Syd Arthur as she moves away from a neurotic focus on trying every diet to a place where she learns to nourish herself physically, emotionally and spiritually."

Discover life alongside her, urges the author. "As the reader follows Syd in her journey, she is able to witness the discovery that true happiness can't be found in the numbers on a bathroom scale but from deep with-

in one's own spirit."

Just like her fictional alter ego, Frankel puts some blame on pop culture and advertising that playfully refer to food as "a guilty pleasure" or "sinfully rich," which then suggest that taking pleasure in nourishment necessitates paying a price.

This creates the perfect storm, she maintains, for many a woman's complicated relationship with food, which often fuels a diet/binge cycle where women refrain from eating much, and then finally "give-in" by bingeing.

She tackles the myth — through Syd and her own experience — that dieting is a young person's issue. She found in her research that there is an increase in eating disorders during one's teens and 20s; there is also an increasing number of middle-aged women caught in the diet/binge cycle.

"Syd Arthur represents many women who are in a dramatic transitional period in their life and find themselves questioning who they are, where they've been and what it is they want for their future," says Frankel.

"Many women have been functioning for years with sub-clinical eating issues, and they become more pronounced at this point."

Like many American girls — and Jewish girls of a certain generation in particular — the petite Frankel fantasized about attaining the Barbie ideal.

In addition to all the feminine ideals foisted on young girls in that era, she says she also had pressure from within her own family. "As the shortest member of a short Jewish family, I felt pressure to be taller from within my family and through popular culture," Frankel recalls.

In her previous book, *Beyond Measure: A Memoir About Short Stature and Inner Growth*, she explored what she describes as "the ethical dilemma of using human growth hormone injections for healthy short children in an attempt to make them taller." It's a process she opposes.

Frankel adds that Jewish women who feel out of it physically should practice self-acceptance and self-care. "When we take good care of ourselves physically, emotionally and spiritually," she says, "we are helping to create a more peaceful world." ♦

Home Care for Older Adults

Capable Companions

Now you have somewhere to turn.



Judy Needleman
Director

Over two decades, we've learned the importance of customizing care to each individual's needs. That's why so many families already trust us. Thoroughly screened. Experienced caregivers. Bonded. Insured. Part-time, full-time or live-in.

610-667-2400

ELYSE GLICKMAN

Jewish Exponent Feature

Shortly after the birth of her second son, Matthew, Abbey Shuster was reassured by well-intentioned friends and family that any abnormality she observed in his behavior — such as erratic body movement — was a passing thing.

Abbey's maternal intuition got the better of her, however; those instincts, combined with determination, led Abbey and husband, Stephen, to get a definitive diagnosis of pachygyria when Matthew was 10 months old, via tests at Children's Hospital of Philadelphia.

This rare form of epilepsy — the disease itself is a disruption of the way the brain works — occurs when the right frontal part of a baby's brain does not develop fully during pregnancy, resulting in a rare migrational brain disorder that inhibits movement and muscle activity on one side of the child's body.

"Matthew's situation, 'electrical status epilepsy of sleep,' is a rare form with daytime seizures as well as a marked increase in seizure activity" as registered on an electroencephalogram at night while asleep, explains Dr. Brenda Porter, who currently oversees Matthew's medications.

"Matthew looks to be asleep, but his EEG has continuous abnormalities which disrupt sleep and result in issues as varied as complete loss of the ability to understand speech to behavioral and memory and learning issues."

No parents are prepared for a life-altering medical diagnosis for their child; however, what Abbey and Stephen were prepared for was jumping into action to build a team of the best doctors, therapists and experts who could put their son on a path to a healthier life, and the rest of their family — including first-born Benjamin, 13 — into a mode where they could at once support Matthew's healing and be supportive in those efforts.

Says Abbey: "I made a promise to Matthew that I was going to be his biggest advocate and work as hard as I could for him to have the best care and the top doctors on his case."

The Cheltenham couple ful-



Matthew Shuster, 7, at play with some help from his friends

Dealing With Epilepsy Head On

How a local family fights the stigma and statistics of the disease afflicting their child

filled that promise: "With our commitment, he was sitting up independently at 12 months and walking with orthotics at 20 months. I threw us into all kinds of activities, such as gym class, music class and play group to exercise his motor skills."

The Shusters did suffer their share of setbacks. Having good professionals lined up (including Dr. Joyce Sapin and Dr. Gihan Tennekoon of CHOP; occupational therapists Allan Glanzman and Deb Humpl; and, more recently, Porter), nevertheless, ensured Matthew could quickly get back on track.

Besides taking care of his nutritional needs, Abbey provides nourishment for her son's soul via positive encouragement. This, in turn, has provided Matthew with a willingness to work hard with his teachers and therapists, such as occupational therapist Lisa Baum.

Matthew's disposition, and Abbey's resolve, however, was tested earlier this year when she concluded that the public school

Matthew attended fell short. Through his career as a reading teacher, Stephen heard about Abington's The Center School, known for shifting the special-needs education paradigm from "learning disabilities" to "learning differences."

Especially helpful, says Abbey, was enrolling him at Ramah Day Camp this summer.

"Matthew just finished lunch and was dancing and singing to Jewish music when he suddenly fell to the ground and went into a seizure," says Abbey. "His counselor quickly got to another counselor, who then got one of the directors, Mark Levy, who, in turn, reached out to Anne, the camp nurse, who was keeping Matthew calm until medical help arrived."

But not all institutions may be as adept at handling children with epilepsy, says Porter. "Opening up to programs that discuss epilepsy such as those put on by the Epilepsy Foundation or organizing health classes with experts to discuss epilepsy" as Ramah Day Camp does, is beneficial.

Beaming with pride, Abbey points out that Matthew, now 7, has a genuine sensitivity toward others — as well as a marked sense of humor.

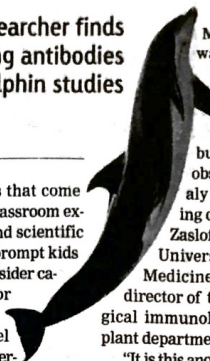
For example, when Matthew experienced the East Coast earthquake in August, he told her nonchalantly that it felt like a seizure. ♦

For more information, visit: The Children's Hospital of Philadelphia (www.chop.edu); and the National Institute of Health's epilepsy research source (www.ninds.nih.gov/research/epilepsyweb).

Flip Side of Flipper

Merion researcher finds life-saving antibodies through dolphin studies

ELYSE GLICKMAN
Jewish Exponent Feature



The surprises that come along with classroom experiments and scientific observations often prompt kids and teenagers to consider careers in medicine or biology.

For Dr. Michael Zasloff, a native of Merion whose work with injured dolphins' ability to heal themselves has attracted worldwide attention, that moment of inspiration came from one of the most defining moments of Jewish history: Moses' discovery of the burning bush.

That story "exemplifies that

Moses, in fact, was a scientist at heart," who, in the middle of tending sheep, "walks by this bush on fire, but observes the anomaly that it is not being consumed," says

Zasloff, a Georgetown University School of Medicine professor and director of the school's surgical immunology and transplant department.

"It is this anomaly that strikes him, and once he appreciates what he is observing, God starts talking to him, acknowledges his realization that he is on hallowed ground and prompts him to find out what this discovery represents on a higher plane."

Practical lessons? "It is a perfect metaphor for a scientific discovery — seeing something, and realizing it is special, and then understanding what to do next," explains Zasloff.

Though the native son asserts that he would have been involved in medicine and science no matter what his faith, "being Jewish has been a part of my life, even if the science I explore and the work I do originates from the 'gee whiz' reaction that comes from making a remarkable observation or discovery that is anomalous and surprising."

Here's a "gee whiz" all its own: Zasloff, founder of the biotechnology company Magainin Pharmaceuticals, with a host of medical posts pre-Georgetown that included faculty positions at the University of Pennsylvania School of Medicine and the directorship of the Division of Human Genetics of the Children's Hospital of Philadelphia, has discovered that the healing process of dolphins may have human applications.

"My interest in this began when I was at the National Institutes of Health 25 years ago, and discovered that frogs I had been using for my research healed from surgeries with little evidence of infection," he recalls.

This led to a series of studies

that revealed that there was a very powerful family of antibiotics in the skin of frogs that fended off infection. Zasloff named them "magainins," which derives from the Hebrew word for "shield."

Around 2002, the miraculous dolphin came into the picture.

He recounts that when he was giving a lecture at a marine biology institution in Scotland, he was told by a biologist that dolphins are often attacked by sharks and most of them survive, he recounts.

"This led to the question about how a mammal bitten by a shark can survive in an environment like the ocean, and why does it not bleed to death or get infected."

About seven months ago, Zasloff called upon Trevor Hassard, chief biologist at a dolphin discovery center in Australia, to help him piece together the clinical histories of two dolphins that he cared for. Using that information, along with published anecdotal reports, he proceeded with his research.

"When the dolphin sustains an injury, having a football-sized piece of tissue torn from its back, it is able to heal and return to its normal appearance and body contour in about a month," he details.

"A dolphin's diving reflex is instrumental in the healing because it stops the flow of blood to most of its body except its brain. This allows the dolphin to preserve the amount of oxygen that is in its bloodstream."

Upon further examination, Zasloff and his team found that the blubber that covers the dolphin plays a life-saving role; this fact, he says, offers a wealth of insight for humans if the intricate workings are properly examined.

Zasloff hypothesizes that many of the antibiotic substances (organohalogens) found in blubber are derived from the dolphin's food source of algae and plankton — an observation that could eventually lead to more innovations in healing and infection-fighting on the human front. ♦

Skyline HOME CARE

Skyline is a licensed home care agency providing exemplary services to the residents of Montgomery, Philadelphia, Bucks, Delaware and Chester Counties.

License # 18613601

We provide a full range of support to our clients and their families, including, but not limited to:

- *Personal Care
- *Meal Preparation
- *Light Housekeeping
- *Laundry
- *Companionship
- *Escort to and from Appts.
- *Assistance w/Light Exercise
- *Shopping/Errand Assistance



We employ only the best of the best.

We offer an affordable, caring, efficient and flexible approach to client care.

To schedule a FREE in-home assessment, please contact:

215.233.6231

or

administrator@skylinehomehealth.com

A Trusted Name In Home Care

Myth Debunked? 'Green' Foodies Need Not Shell Out More 'Green'

ELYSE GLICKMAN
Jewish Exponent Feature

When it comes to celebrities and trendsetters, it may genuinely seem that the grass is always greener on their side, especially when it comes to easy access to organic foods.

However, the more the rest of us educate ourselves on what's out there, the faster that

paradigm will change.

Prices remain slightly higher for organic foods at supermarkets and produce shops. But organics experts note that, as the trend and the demand for cleaner food becomes more widespread and mainstream, the prices will generally be coming down.

Green is big business these days, but it doesn't have to stretch a family's wallet anymore. Physicians, nutritionists and parent-

ing experts argue that investing a little more time and money in environmentally sound foods will help individuals and families save money in the long run — in the form of lower medical expenses and higher productivity at work and school.

Philadelphia-based author Paige Wolf has made it her professional mission to dispel myths about organics, especially the misconception that organic food is pricey. Through her blog (www.paigewolf.com) and book, *Spit That Out: The Overly Informed Parent's Guide to Raising Children in the Age of Environmental Guilt*, Wolf offers up-to-the-minute information about shopping organic on a budget.

Wolf recommends downloading Smartphone apps available to stay up on the latest trends and tips on how to stock up and freeze

organic produce when markets like Whole Foods stage a sale.

She also acknowledges that while shopping 100 percent organic may be a strain on a family's time and wallet, one way to go almost-organic inexpensively is to study up on the Environmental Working Group's (www.ewg.org/foodnews) "Dirty Dozen" fruits and vegetables (those likely to have pesticide residues, including apples, celery, strawberries and peaches) and "Clean 15" (those least likely to have pesticides if not certified organic — onions, corn, avocados, kiwis and others protected with a removable skin; these can be purchased in the regular produce section with confidence.)

"We have to be our own consumer advocates and vote with our wallets," says Wolf. "However, as demand increases, there will be some vendors who may take advantage of the situation by misinforming the consumers about what they are selling."

"For peace of mind, consumers can take advantage of the

dozens of CSAs," she says of community supported agriculture programs (www.localharvest.org), "that deliver to local drop-off points directly from the farms."

As a restaurateur with a health-conscious celebrity following (including Alicia Silverstone, Shaun White and Orlando Bloom), South African-born Andy Soboil says he hopes his message about going organic via O-Burger, an "organic hamburger house" concept in West Hollywood, Calif., will help make Americans realize how accessible organic food is. (O-Burger's veggie patty, lauded on Current-TV and actress Silverstone's website, has made such an impact that a restaurant with a similar name — since changed to BurgerOrg — and concept has opened in Philadelphia on South Street.)

"When I started this business three years ago, I found it challenging to procure the items I needed for my concept to work," admits Soboil, who has plans to open locations in Philadelphia and other East Coast cities.

"As green and organic have become more mainstream, finding quality organic foods has become easier and more affordable."

Skeptics who may want a second opinion on the organic food revolution may look to Shari Portnoy, a New Jersey-based registered dietitian (www.FoodLabelNutrition.com), whose writings have appeared in a number of Jewish publications. Her position on organic food is that while it is better for the environment, individuals should first take a good look at their diets and weight before opening their wallets.

"The term 'organic' is so ubiquitous that marketing and ad agencies have led us to believe the term is synonymous with 'healthy,' when, in fact, it is not often a reliable indicator of a healthy product."

So is it all worth it? Money Crashers (www.moneycrashers.com/how-to-eat-organic-on-a-budget) covers the basics on shopping organic without going broke. Indeed, writes the website's Myscha Theriault: "Believe it or not, eating organic food does not have to be expensive. Over the past few years, the growing interest in organic food and its many benefits has led to more competition and increased availability." ♦

BUSINESS DIRECTORY

LEGAL DIRECTORY

Make Sure Your Inheritance isn't Squandered

WILLS, TRUSTS AND PROBATE

The Law Offices of Jeremy A. Wechsler
Willow Grove, PA

Schedule a **FREE** 60 minute consultation to review your estate plan today

Call: 215.706.0200

Email: info@JawAtLaw.com
www.JawAtLaw.com

Are Bill Collectors....

...leaving you phone messages?
...calling you non-stop?
...calling your friends and family?
...calling your place of work?
...if so, call today

BW CONSUMER ATTORNEYS
215-364-4900

DELBONIFRO & ASSOCIATES

ATTORNEYS AT LAW
FOR ACCIDENT CASES
CALL: 610-4-INJURY (446-5879)



MICHAEL E. DELBONIFRO, ESQ.
2327 WEST CHESTER PIKE
SUITE 102
BROOMALL, PA 19008
610-355-7701
INJURYLAWYER@COMCAST.NET

LEGAL DIRECTORY

ELDER LAW AND ESTATE PLANNING

Wills Trusts
Powers of Attorney
Living Wills
Probate Estates

Protect assets from nursing home

LARRY SCOTT AUERBACH, ESQ.

CERTIFIED ELDER LAW ATTORNEY

CPA-PFS, J.D., LL.M., MBA

1000 Easton Road
Abington, PA 19001

For consultation call

215-517-5566 or

1-877-987-8788 Toll Free

Website: www.Lsauerbach.com

LOUIS B. HIMMELSTEIN

& ASSOCIATES, P.C.

ATTORNEYS AT LAW
PERSONAL INJURY ONLY

Free initial consultation.
Free home & hospital visits.
No fee till recovery

215-790-9996

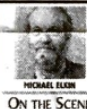
1420 Walnut Street, Suite 1000
Philadelphia, PA 19102

ACCOUNTING/TAX DIRECTORY

JEFFREY HORROW

Personalized Tax Preparation
and Accounting For Individuals
and Businesses.

610-828-7060



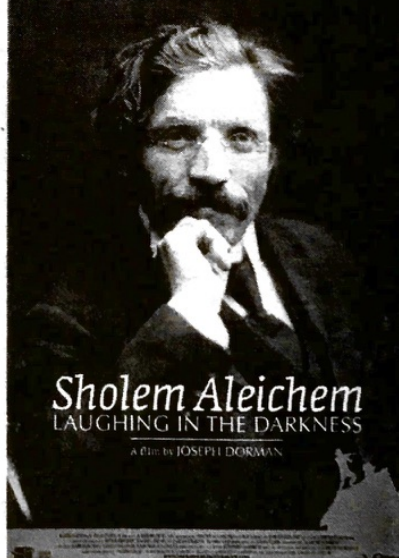
ON THE SCENE

and



Invite You and a Guest to See

BEFORE THERE WAS FIDDLER, THERE WAS TEVYE
AND THE MAN WHO CREATED HIM



Please send email requests for tickets to:

melkin@jewishexponent.com
No purchase necessary. While supplies last. No phone calls please.
Employees of promotional partners are not eligible.

Sholem Aleichem
Laughing in the Darkness

OPENS FRIDAY SEPTEMBER 23

RITZ AT THE BOURSE

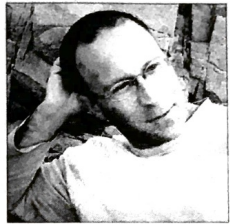
RAVE RITZ CENTER 16 VOORHEES & CLEARVIEW'S BALA THEATRE

To advertise in our BUSINESS DIRECTORIES
Call 215-832-0749

ELYSE GLICKMAN
Jewish Exponent Feature

On Deck Against ALS: The Tikvah Project

Philly and Israel go
to bat to battle Lou
Gehrig's disease



NIR TSORAN

As the 2011 baseball season speeds toward its conclusion, thoughts often turn to past seasons and baseball greats. Though the legendary Lou Gehrig was a New York Yankee, his ultimate legacy is a continued awareness of amyotrophic lateral sclerosis (ALS, the ultimately fatal nerve disease which affects and disrupts voluntary muscle control) that cut his life short — and a foundation built to combat it.

Just last month, the ALS Hope Foundation of Philadelphia and the Israel ALS Research Association, or IsrALS, its sister associate, announced the collaborative launch of the Tikvah Project, linking researchers and clinicians from Philadelphia and Israel to pinpoint the cause and cure of what has become known as Lou Gehrig's disease.

To celebrate this venture, a benefit is set Sept. 21, at 6 p.m., at the Ritz-Carlton Philadelphia, with speakers Shirley Kutner, senior executive consultant in life sciences and biotechnology at Drexel University and founder of BIOJERUSALEM; and Efrat Carmi, deputy CEO of IsrALS.

Dr. Terry Heiman-Patterson, co-founder of the ALS Hope Foundation, says that the benefit is a starting point for a more serious "competition" of sorts, aimed at the medical and science communities on both sides of the Atlantic active in the fight against ALS.

One planned highlight of the evening will be a 10-minute video of the late IsrALS CEO Nir Tsoran. Guidelines for applications for the Nir Tsoran International ALS Research Award will be announced during the benefit.

The winning team of researchers working in Israel and Philadelphia will be announced and awarded during the May Israel Life Sciences Industry's BIOMED conference in Tel Aviv.

Tsoran battled ALS for several years and succumbed to the disease in his 40s. The Israeli high school teacher, farmer and father spent his last years involved in community service and promoting volunteerism.

"Upon learning of his diagnosis in his early 40s, Nir began to realize that little was known

about ALS," recalls Dan Schwarz, Tsoran's locally based cousin.

When Tsoran founded and became CEO of IsrALS in 2006, no research laboratories focused on ALS existed in Israel. As a result of his tireless commitment, 20 labs began studying ALS by 2009, the year he died.

Tsoran's vision for increased international collaboration is reflected by his motto, "Hope is stronger than fear." That motto pairs harmoniously with the Philadelphia-based organization's maxim, "Hope is on the horizon."

Notes Jeffrey Deitch, the local foundation's managing director, the project's aim is to bring in \$200,000, half for funding the research award, the other half "to support clinical programs of the ALS Hope Foundation and overseas at IsrALS."

He notes: "The cause of ALS and path to a cure are still unknown, and there is no known way to prevent it. To tackle this complex disease anywhere in the world, we need to combine the expertise of outstanding scientific communities, like those in Philadelphia and Israel."

According to Carmi, it should be added that not long after Tsoran's passing, Israel's Hadassah Hospital responded to this need by establishing the second ALS clinic in Israel. ♦

To learn more about the Tikvah Project, visit: www.ALSHopeFoundation.org/Tikvah/.

Skyline HOME CARE

Skyline is a licensed home care agency providing exemplary services to the residents of Montgomery, Philadelphia, Bucks, Delaware and Chester Counties.

License # 18613601

We provide a full range of support to our clients and their families, including, but not limited to:

- *Personal Care
- *Meal Preparation
- *Light Housekeeping
- *Laundry
- *Companionship
- *Escort to and from Appts.
- *Assistance w/Light Exercise
- *Shopping/Errand Assistance



We employ only the best of the best.

We offer an affordable, caring, efficient and flexible approach to client care.

To schedule a FREE in-home assessment, please contact:

215.233.6231

or

administrator@skylinehomehealth.com

A Trusted Name In Home Care

Home Care for Older Adults

Capable Companions

Now you have somewhere to turn.

Over two decades, we've learned the importance of customizing care to each individual's needs. That's why so many families already trust us.

Thoroughly screened. Experienced caregivers. Bonded. Insured. Part-time, full-time or live-in.



Judy Needleman
Director

610-667-2400

ELYSE GLICKMAN
Jewish Exponent Feature

There are no guarantees in life, and this includes career and financial stability.

One way to face problems, say experts, is to embrace them as our friends. Author Jane Honeck (*The Problem With Money? It's Not About the Money!*) emphasizes that if you dwell on negatives of the economic downturn — even if commiserating with like-minded friends about similar problems — you become stuck and risk missing out on unexpected or unplanned opportunities.

Ailing from a Sick Economy?

Much of our anxiety on money comes from the mass of messages we hear on the news or read on the Internet, and we let that fatalism feed into our fears, says Honeck. "I advise people to shift their focus away from the sense of loss and toward using their newfound spare time to pull together a picture of where they want to head in the future."

This way, "you go into problem-solving mode and develop a mentality to work toward those goals. When you do this, you feel energized and will notice anxiety falls away, because you are generating forward movement rather than keeping yourself stuck."

Honeck suggests a simple list of steps people can use to get themselves out of financial paralysis and into building new money muscles:

- Share feelings with someone and get their perspective. Without shared perspective, she argues, we magnify negative speculation. With sharing, things become more balanced.

- Stay in the moment: Did you make it through yesterday, last week, last month? Staying in the moment and not getting too far ahead of yourself puts a stable foundation back in place.

- Be honest about what is at the base of your concern; today's financial fears keep us worrying about things we can't change. Become empowered by transforming those we can.

- Take the next step; keep your eye on your financial goals,



shifting from emotion to motion.

Michael Y. Brenner, a business coach and consultant based in Jeffersonville, Pa., looks to Abraham Maslow — the late founder of humanistic psychology and the "hierarchy of needs" — to pinpoint why it is often so hard for so many people to shake a victim mode.

When a source of income falls away, the famous psychological pyramid espoused by Maslow is primed to topple, he contends. One of the reasons why people are so upset about the current economy is that it threatens their ability to satisfy even their most basic physiological needs at the bottom of the pyramid, he explains.

The next level up involves security of self, family, property — all threatened by a lack of financial stability — followed by esteem needs, which include achievement, self-respect and respect of others.

The bottom line, he says, is that the erratic, confused state of the economy does compromise our ability to satisfy basic needs.

The solid common-sense economic message of *What I Learned About Life When My Husband Got Fired!* by sisters Tina Pennington and Mandy "has numerous time-management lessons," says Williams-Black, "but one that seems to make sense to everyone is that they may find the time of day influences their scheduling."

"Everyone seems to know when they are most productive, but rarely take that into consideration when they are planning their day," she concludes. ♦

CARE

HOMEBOUND SERVICES

HUMAN TOUCH HOMECARE, LTD.

HONEST, EXPERIENCED AND CAREFULLY SCREENED CAREGIVERS TO ASSIST YOU OR A LOVED ONE with bathing, dressing, ambulation assistance and transfers, meal preparation, laundry, errands

ONLY \$13.60 PER HOUR
(for a shift of 4 hours or longer)
LIVE-IN \$136./DAY
215-233-0676

LOCATED IN FLOUERTOWN, PA
LICENSED IN PENNSYLVANIA
www.humantouchhomecareltd.com

MARRIAGE/FAMILY COUNSELING

COUPLES COUNSELING

Elisabeth Mandel, MFT
Center City
267-226-9616

Improve the Health of Your Practice.

Call Vickie Farber at
215-832-0716
to advertise in our
Healthcare Directory.

HOME CARE

Health care and homemaker services in the comfort of your home

OUR SERVICES INCLUDE:

- Skilled nursing care
- Home health aides and live-in care
- Homemaker services
- Rehabilitative care ...and more!

Abramson Home Care
OF THE MADLYN AND LEONARD
ABRAMSON CENTER FOR JEWISH LIFE

(215) 782-2288

NOW SERVING N.E. PHILA and EASTERN MONTCO

Photo by Paul Kolnik/Pennsylvania Ballet Co.

WHAT'S THE POINTE?



Everything is beautiful at the ballet
— and may be useful as everyday exercise

ELYSE GLICKMAN
Jewish Exponent Feature

Even if Mother Nature and her cousin Gene (i.e., genetics) have made other plans for our bodies, it is no surprise that so many of us covet a dancer's form.

Besides the fact that it does look great in fashionable clothing, what else is not to love — ballet offers sharper balance, graceful movements, lean muscle, speed and endurance.

Though most of us are not built to be dancers, and many of us may not be into the social element of dancing, there is no denying you can see classical ballet's influence in existing exercise programs (such as Pilates) and in innovative new programs such as the Dailey Method, the Bar Method and Ballet Beautiful that take that art form even more literally — even if following them does not guarantee a future with the Pennsylvania Ballet.

However, like any other new exercise plan, you should approach it with caution, even if you are in good shape. Women's health expert Dr. Sara Gottfried notes one should "look before you leap" by not only realistically assessing your fitness needs but also your time constraints, classes, instructor competence and use of different types of equipment involved.

"I've been to over 100 ballet barre classes over the past five years, and I cringe when I hear a new instructor give uneven guidance," says the Harvard-

trained, board-certified Gottfried, whose book on *The Hormone Cure* comes out this fall.

"Go to the most experienced teachers when you are first starting out," implores Gottfried. "At my local Dailey Method studio, the co-owner is a nurse and truly understands the female body. Her cues and adjustments are spot on. When my knee feels tweeky, I call her over, and she corrects my alignment.

"Secondly, avoid crowded classes, as you will have less individualized attention, which puts you at greater risk for injury."

How to prevent injuries? By having "optimized alignment, which means it's best to have the instructor spot you. If a busy schedule prompts you to rely on a home DVD, try to go to at least 10 classes so you can be familiar with the proper alignment and get the most out of your DVD investment."

Mary Helen Bowers, a former dancer with the New York City Ballet and Natalie Portman's ballet trainer for the movie *Black Swan*, created Ballet Beautiful (www.balletbeautiful.com) around the notion that a world-class ballerina's body shape can be accessible to everyone.

While Ballet Beautiful's method is built around professional ballet training, it is modified to provide non-dancers with the techniques to quickly build and maintain a ballerina's stamina and lean muscle.

"Ballet Beautiful comes out of my recovery from an injury I suffered when dancing with

the New York City Ballet," Bowers recalls. "I was only 16 when I joined the company and did not know about the right ways to take care of my body or the benefits of something like cross-training."

She adds, "When I got this particular injury, I ended up joining a health club to rehabilitate. I realized when trying out new sports like kick boxing, that in ballet, you use a different set of muscles than in other kinds of fitness programs, which also explains why ballerinas have a different kind of body shape than other athletes."

This later led Bowers to develop stretches and exercises that, like cross training, work a variety of different muscle groups. However, they also strengthen and improve tendons and joints.

"What gives a dancer that slender shape and gracefulness is that they use muscles that are not targeted or used in other fitness programs or sports."

Bowers observes that those who follow the workout regularly feel empowered because they are attaining greater fine motor control over their bodies.

Balletone, another program introduced in the last decade, evolved from single dance-based workouts into a family of programs spanning several genres and accommodating a wide audience of people.

The workouts featured in the DVD series are designed to simultaneously improve strength, flexibility and cardio.

"We focus on the function of dancer's conditioning, and the by-product is the dancer's body," says Balletone instructor Shannon Fable.

Though many people are familiar with Pilates, they may not be aware that its own roots lie in classical ballet. "The connection is that Joe Pilates came to New York City in the 1930s and started visiting a variety of Ballet studios," details Kara Wiley, a Los Angeles-based Pilates instructor (www.karawilypilates.com).

Though Wiley has produced several DVDs that bring her expertise to people around the country, she takes a step further toward accessibility and portability through her Tesseract Beginner Mat Pilates card deck, offering the 15 most essential Pilates poses. ♦

ELYSE GLICKMAN
Jewish Exponent Feature

At age 75, Walter H.G. Lewin ranks as one of the scientific universe's hottest and coolest rock stars.

His notoriety comes from elevating solid lecturing at one of the nation's top universities to new heights of enjoyment and enlightenment through Internet outlets such as iTunes and YouTube.

The secret to his cybersuccess? Keeping it simple and real, as well as really accessible, he claims.

"My legacy will not be through the various discoveries I made over the last several decades," Lewin says matter of factly from his offices at Massachusetts Institute of Technology, where he has worked with such notables as astronomer George W. Clark, and helped advance the field of astrophysics, including work on X-rays.

(According to his MIT bio, "From 1970 to 1980, he directed the MIT balloon group and discovered in 1970-71 the first slowly rotating X-ray pulsar GX 1+4.")

"What I believe I won't be forgotten for is my 102 lectures on the Web, which are watched by 2 million people per year. All told, I still believe they have staying power because I discuss physics in the context of timeless discoveries made by Isaac Newton and others dating back to the 17th, 18th and 19th centuries."

It is perhaps for this reason that Lewin's just-released book, *For the Love of Physics*, is hardly your typical college science tome. Instead, the prose plays as an intimate conversation; a mix of "try-this-at-home" science and his own everyday reality — including his passions for art, music, family and personal role models — flow seamlessly together.

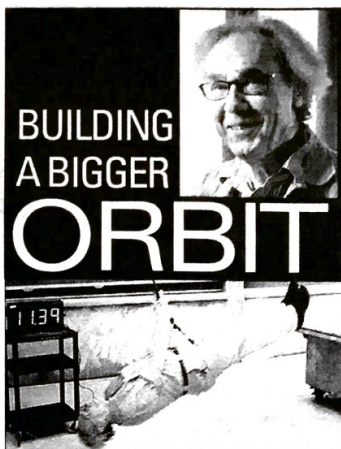
Born to a Jewish father and non-Jewish mother, and raised in Holland, the naturally curious Lewin briefly but poignantly refers to life during the Holocaust in his preface, but prefers not to dwell on it: "My Holocaust experiences did not have any impact on how I teach, but it did profoundly change my life," he says, "especially given my grandparents died at Auschwitz."

While Lewin adamantly prefers not to go further into conversation on the Holocaust, the emotional intensity in his voice strongly suggests that those life-changing and threatening experiences prompted him to pursue his scientific studies and career from a humanistic vantage point.

What he will say is that his experience during World War II "was so immense that there is not one single day that goes by that I do not think about what happened. I am very much in support of human rights in every country, while I am also opposed to every extremist religious organization of any faith.

"Anything that could lead to the atrocities committed by dictators like Hitler then or Ahmadinejad today," he says of Iran's leader, "scares the hell out of me."

Lewin swings back to his present-day vocation. Though he modestly states his book may not reach as many people as his now ubiquitous videos do, he felt *For the Love of Physics* — co-authored with Warren Goldstein — would advance his goal of bringing the everyday wonders of



physics to people of all ages and walks of life.

"I hope the book, like the videos, will have readers starting to look at the world in a different way.

"It was not written for physicists," he notes; indeed, "it is less about teaching the reader physics, and more about giving them a new perspective on how the world works, which can change and enrich their lives."

It's interesting, however, that the way he describes the evolution of the book as a "chain reaction" has a physics-like ring to it.

How did it all happen? Several years ago, a *New York Times* article about him headlined "At 71, Physics Professor Becomes a Web Star" triggered an immediate reaction among 25 top literary agents who felt a book echoing Lewin's teaching approach was the next logical step.

With Goldstein as co-author, there were plenty of lab "trial-and-error" sessions in creating the book, says Lewin.

It all paid off: "Warren did one hell of a job," says the astrophysicist, "given near the impossible task to collect all of those interviews and learn so much physics."

Lewin extends credit to other science stars of past and present, like Mr. Wizard and Bill Nye the Science Guy, whose presentations of science material were done "in an honest way" that led viewers and fans "to think," as opposed to certain cable and PBS shows that put so much time and expense into what he called high-tech "hocus pocus" that detracts from scientific principles — or even gets them wrong.

While Lewin's propensity for honesty, accuracy and simplicity keeps him front and center in the changing world of physics and relevant in the dot.com age, he does point out that there is some personal sacrifice involved in doing what is most beneficial for his fans around the world.

"There is a price to pay for fame, such as the two hours worth of email I get every day, as I answer every piece of fan mail personally," notes Lewin.

He adds: "This has opened up new horizons of knowledge for anybody with a computer and a little curiosity." ♦

ELYSE GLICKMAN
Jewish Exponent Feature

Even with summer almost gone, swimsuits aren't ready to be packed away.

There's still time in hot September to hit the beaches and, within a month of that, it's cruise season rarin' to go, with the Caribbean luring swimmers into the fall and winter months.

So, when it comes to looking your best, don't sweat the small stuff! Medical, fashion and fitness experts advise doing the best with what you've got.

But if your own body image isn't all it could be — and that

doesn't just depend on the season — what then?

"The most important thing is to be realistic about your body," advises Adrienne Ressler, national training director of Philadelphia's Renfrew Center Foundation, which focuses on eating disorders.

"Buffing, sculpting, dieting or over-exercising your body into a certain shape beyond how you are biologically designed can be dangerous on many levels."

Ressler cautions that "you can only be the best you can be, based on your body type, which is dictated by genetics."

Ressler encourages her clients to keep in mind that only 1 percent of the world's population is genetically predisposed to be tall, thin and busty — and that population is Scandinavian.

She says the secret to feeling attractive and having others reciprocate that confidence is to train your mind to be happy with what you've got. Stay in shape, but don't abuse yourself.

Her colleague, Dr. David Hahn, assistant medical director at the center, agrees that overcoming societal pressures to fit a very narrow definition of beauty is very much mind-over-matter.

"Women and men need to monitor what they say to themselves and others about other people's bodies and their own," he concurs.

"I am surprised this kind of talk is considered socially acceptable; as a society, we need to change that."

Jessica Setnick, author of *Making Food Your Friend Again!* and *The ADA Pocket Guide to Eating Disorders*, discusses body image problems among Jews.

She claims that "Jewish people have a specific type of body image issue related to attempts to blend in with the surrounding population."

"Historically, being identified

MIRROR, WIBBOW on the Wall ...

physically as Jewish" could pose problems and risks. "I believe that a desire or ability to fit in physically with the larger culture is in our heritage, which in turn causes major problems when the larger culture idealizes a body size, type, or coloring that is not the norm among Jewish genes."

Setnick sees a need in modern Jewish culture to address the topic so children, teens and adults can feel confident about their qualities as opposed to disliking their "Jewish nose" or "Jewish hips."

For those Jewish women who "find themselves faced with fuller busts," observes Eve Turner, senior buyer at a lingerie company, "numerous bra manufacturers are now making swimwear."

"We recommend bra-sizing swimsuits that offer a custom fit to the bust line. As we begin to age, bellies expand and ripple, even if some of us are fortunate enough to keep our beautiful shoulders and neckline."

CHANGE THE MESSAGE!

In the world of publishing, **TheBeautyBean.com** founder Alexis Wolfer finds that empowering people to feel good about themselves is a matter of changing the message.

"When I launched my site, I recognized self-confidence from within is the crux of the issue," says Wolfer.

Wellness coach/author Jennifer Gallagher (*Yen Path: Taking Steps Toward What You Want in Life*) says the "fountain of youth" and confidence can be found through the simplest adjustments.

She suggests shifting one's paradigm of physical activity so it feels more like "play" than "exercise." By tying movement into a hobby or personal interest (hiking, gardening), it becomes something somebody looks forward to that fulfills them from the inside out. ♦

Skyline HOME CARE

Skyline is a licensed home care agency providing exemplary services to the residents of Montgomery, Philadelphia, Bucks, Delaware and Chester Counties.

License # 18613601

We provide a full range of support to our clients and their families, including, but not limited to:

- *Personal Care
- *Meal Preparation
- *Light Housekeeping
- *Laundry
- *Companionship
- *Escort to and from Appts.
- *Assistance w/Light Exercise
- *Shopping/Errand Assistance



We employ only the best of the best.

We offer an affordable, caring, efficient and flexible approach to client care.

To schedule a FREE in-home assessment, please contact:

215.233.6231

or

administrator@skylinehomehealth.com

A Trusted Name In Home Care

Home Care for Older Adults

Capable Companions

Now you have somewhere to turn.



Judy Needleman
Director

Over two decades, we've learned the importance of customizing care to each individual's needs. That's why so many families already trust us. Thoroughly screened. Experienced caregivers. Bonded. Insured. Part-time, full-time or live-in.

610-667-2400