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Photo © Joridai



The Suzette Solomon & Patrick Murray Wedding * Aug. 12, 2007

On Aug. 12, 2007, Suzette Joanne Solomon and Patrick Michael Murray were married at Congregation Beth-El Zedeck, in Indianapolis. They held their reception at The Ritz Charles in Carmel. Rabbis Dennis and Sandy Sasso and Cantor Giora Sharon presided at the wedding.



Suzette is the daughter of Dr. Charles and Barbara Solomon of Indianapolis, and the granddaughter of Sadye Cohen, also of Indianapolis. Patrick is the son of Michael and Darlene Murray of Peoria, Ill.

The bride and groom met playing racquetball at Greenbriar Athletic Club in Indianapolis and will make their home here as well.

Suzette has a B.A. in economics from University of Pennsylvania and is a business consultant. Patrick has a BS in finance from University of Illinois and is currently a student at Indiana University School of Dentistry.

The entire wedding party was family – the bimah was filled with parents, siblings, nieces and nephews (the bride is the youngest of five children), including Renee Solomon, Jacob and Jared Levine, Lisa and Rob Mann, Lila, Ryan, and Henry Mann, Jeff and Micaela Solomon, Sofia, Carolina and Marina Solomon, Karen and Michael Rothbaum, Meyer and Simon Rothbaum.

Suzette's dress was a Jim Hjelm design that her sister Karen had worn. ■

Photo credit: Goldberg Photography.








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Eva Kor turns 75

By Ari J. Kaufman

The final week of January was rather eventful for Eva Kor. Months ago she was invited to show the film about her life, *Forgiving Dr. Mengele*, as part of the United Nations' Holocaust Remembrance. It was publicized, and she and a cadre of supporters made reservations to go to New York just days after the 64th anniversary of the liberation of Auschwitz. Two weeks prior, Kor was notified by the UN that the event was cancelled, allegedly due to complaints they received by those disagreeing with Kor's position of "forgiveness."

"Numerous Holocaust survivors, partner institutions and individuals have expressed their feelings of anguish and hurt regarding this particular film and its screening at the UN within the context of this year's UN Holocaust Observances," UN public affairs official Juan Carlos Brandt wrote Kor in a letter.

Refusing to accept this news, Kor and others, who had worked over 100 hours for this trip, still traveled east, where they showed the film in a Marriott Hotel meeting room. Prior to that, Kor, her son and the film's producer, stood in front of the UN visitors' entrance, and handed out leaflets to people Kor thought were coming to the UN to see the 83-minute film and were not notified. The UN received many letters urging reinstatement of the film, but they refused. Kor and her staff were copied on many of those letters.

"They were very inspiring," Kiel Majewski, Museum Coordinator at CANDLES Holocaust Center in Terre Haute, said of the letters. "The film screening in New York went as well as it could possibly go. We had no way of contacting the original 120 registrants, so about 26 turned out to see the screening at the Marriott in Manhattan. Eva spent a lot of time, money, and energy on this project, and of course, we are all sorry she had to go through this. However, through it all she showed her resolve to stand up for herself and the idea of forgiveness and to fulfill her commitments."

After a brief introduction, roughly 20% of the 120 original people who planned to attend, actually viewed Eva's documentary. An open discussion followed the screening.

As the idea of forgiveness is clearly controversial, Eva never attempts to impose her views on anyone else. She always states, "In my name alone..." as a personal way of healing, and she acknowledges that there may be other ways – but this is a way that works for her.

People complain and say, "What right does she have to forgive?" An even more valid question: "What right does anyone have to say a person does not have the right to heal himself or herself in a perfectly harmless way?" Majewski added. "Everyone has the right to forgive. This is why Eva and CANDLES are proposing an addendum to the UN's Universal Declaration of Human Rights."

Kor and her staff feel the UN is the exact place for a film on forgiveness. "If there is anywhere in the world where a message about forgiveness should and can be heard freely, it should be at the United Nations," Majewski noted. "Forgiving is not forgetting – it in no way intends to excuse, rationalize, or justify what the perpetrator has done. It is a way for us to repair the torn fabric of humanity and allow the victims to move on with their lives."

Fewer than 48 hours after the New York event, on Saturday afternoon Jan. 31 at the CANDLES Holocaust Museum and Education Center in Terre Haute, Eva Kor celebrated her



75th birthday in grand style. The birthday event lasted roughly two and a half hours, and there were about 55 friends and supporters in attendance. Folks journeyed from small towns in southern Indiana, Indianapolis, Chicago and Central Illinois.

"Everyone was pleased with how it turned out," Majewski reported. "It was a good atmosphere, because everyone who came was an admirer of Eva's life and work, so everyone was in a good mood and felt like dancing."

Kor is known throughout the world, along with her twin sister Miriam, as two of the few children that survived the genetic experiments of Dr. Josef Mengele in the Auschwitz Concentration Camp. Beginning the fall of 1943, twins were purposely selected from the arriving groups at Auschwitz and were used in experiments under the direction of Dr. Josef Mengele. Approximately 3,000 children were used as human guinea pigs in the experiments. When Auschwitz was liberated by the Soviet Army in Jan. 1945, only about 200 children were found alive, including Eva and Miriam.

"The Nazis thought Eva was 'a nothing' – they thought her life was worthless," Majewski said. "But she has used her experiences to show what we are all capable of through determination and courage, not just in surviving, but in her whole life's journey, including forgiveness."

In 1995, Eva Kor founded CANDLES Holocaust Museum and Education Center, which strives for the elimination of hatred and prejudice from our world. They pursue this goal through "education about the Holocaust and the power of forgiveness." CANDLES is an acronym for the words "Children of Auschwitz Nazi Deadly Lab Experiments Survivors."

When space becomes available, CANDLES wishes to build a "forgiveness pavilion," including a forgiveness garden. A long-term goal is to acquire adjacent property and make a reflection area where people can quietly explore paths to inner or interpersonal healing.

"Rather than being 'a nothing,' she has proven to be a most valuable light for humanity," Majewski believes. "Eva's 75th birthday is not just a celebration of her life, but also a celebration of the power of the human spirit."

A former California schoolteacher, Ari Kaufman is a military historian for the Indiana War Memorials Commission. He is also an Associate Fellow at the Sagamore Institute in Indianapolis, and the author of Reclamation: Saving Our Schools Starts from Within, available on Amazon.com.

(See page NAT 3 for a photo to go with this story.) ■

Teens: Join the BJE for Summer Trip to Israel

Travel to Israel for a life-changing experience this summer. The Bureau of Jewish Education will be sending a group of high school sophomores, juniors and seniors on a two-week journey to Israel from June 3 to June 17. Participants will hike, climb and explore all areas of Israel. Teens connect with Israeli teens their age by spending three days living with them and having fun in a special program that is planned for them. Total cost of the trip is \$3,000 all inclusive: an air-conditioned bus, a guide, a security guy, hotels and meals. Participants receive a subsidy of \$1,000 from the Federation or your SKIP funds. For more information call the BJE at 317 255-3124. ■

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Community Events

Yiddish Discussion Group

Keep your Yiddish kopf fresh. Just stop in on the first Tuesday of each month for an informal get together in Yiddish. A bissel kibbitz, a bissel schtick. Hosted by Michael Blain and friends. At Arthur M. Glick JCC, first Tuesday of each month (ongoing), 1–2 p.m. No registration; No fee. For more information, call 251-9467.

Leggo my Ego: Waking up to Spiritual Enlightenment

Oprah Winfrey has helped popularize the teachings of Eckhart Tolle, the enlightened spiritual master. This class is for those who are familiar with Tolle's *The Power of Now* or *A New Earth* (or similar teachings) and are ready for the next level. To provide context, we'll begin with a brief overview of the history of the Eastern wisdom traditions, but the bulk of this class will be highly experiential, involving guided meditations, inquiry, dialogues, and didactic exercises. You'll master the fundamentals of "enlightened meditation." Brief telephone interviews with the teacher prior to registration are available for those with questions. \$25 materials fee for two books and a CD (at a 30% discount) payable to the instructor at the first class. Feb. 7 – March 7 (5 sessions), Saturdays, 3:15–4:45 p.m. At Arthur M. Glick JCC. Call 251-9467, ext 233 or ACE@JCCindy.org.

Israeli Film Series in Bloomington

The Robert A. and Sandra S. Borns Jewish Studies Program, The Helene G. Simon Hillel Center, and the Jewish Studies Student Association are pleased to present a free Israeli film series. Films begin at 7:45 p.m. in Jordan Hall A100 and are free. Films are in Hebrew with English subtitles. Feb. 19 – *The Bubble* (HaBuah). March 26 – *Jellyfish* (Meduzot). For more information, contact Eyal Tamir at etamir@indiana.edu.

Meyer Bronicki speaks at Beth-El

On Sat., Feb. 21, Beth-El member Meyer Bronicki, who was part of the "Forest Jews" of the Bielski Brothers Brigade, will be interviewed at Shabbat morning services (10:00 a.m. until noon) about his experiences. The Bielski Brothers managed to save 1,200 Jews by leading and hiding them in the forest of Belorussia for over two years, working together with the Partisans to fight the Nazis and protect the lives of Jews. For more information, call the congregation office at 253-3441.

Radical Shlomo: A Jazz Tribute

The Robert A. and Sandra S. Borns Jewish Studies Program, the Jewish Studies Student Association, The IU Union Board, and the Simone G. Hillel Center presents *Radical Shlomo: A Jazz Tribute to the Music of Rabbi Shlomo Carlebach*, at the John Waldron Arts Center Auditorium; Sun., Feb. 22, at 8:00 p.m.. Free admission.

New time and location for Israeli Dancing

Beginning in February, new time is Sunday afternoons 3:30–6:30 p.m.; Join in on Feb. 22 (no dancing on Feb. 8); 3:30–4:30 beginners instruction and review (children ages 10 and older are welcome to attend with parent); 4:30–5:00 intermediate/advanced instruction; and 5:00–6:30 open dancing and requests. At the JCC Aerobics Room, 6701 Hoover Rd. \$5 / person or \$3/ person for beginner session. For more information, call 317-251-9467.

JFGI Young Leadership Lunch

Casual lunch together, downtown at Bistro 111, 111 Monument Circle, Thurs., Feb. 26, 11:45. Catch up with old friends and meet new ones. Each person pays his/her own lunch. RSVP at 715-9257.

Dr. Michael Zimmerman speaks at Beth-El

Dr. Michael Zimmerman will speak on "The Evolution vs. Creation Controversy: Why It Matters" during Shabbat morning services on Sat., Feb. 28, at Congregation Beth-El Zedeck, 600 W. 70th St. Info: call the congregation office at 253-3441.

Casino Night at Shaarey Tefilla

Join Shaarey Tefilla for their 9th annual Casino Night and Silent Auction, Feb. 28, 7:30 p.m. Bring a Friend, Hear the Chips, Have some Wine, See the Bling. Early bird special: \$25 until February 7, so get your order in early! For more information, call the congregation office at 733-2169.

How to Play Blues Harmonica

Adult education at Arthur M. Glick JCC. Tuesdays, March 3 – April 7 (6 sessions), 6:30–7:30 p.m. Fee \$51 JCC member/ \$76 nonmember. For more information, call 251-9467.

Avi Jorisch speaks at Shaarey Tefilla

Avi Jorisch, executive director, Illicit Finance Group, and senior fellow at the Foundation for Defense of Democracies will speak Thurs., March 5, at 7 p.m. at Congregation Shaarey Tefilla's Community Program & Dessert Reception, 3085 West 116th St., Carmel. To register or for more information, contact Jeremy Wynes in the AIPAC Midwest Office at 312-253-8985 or via email at jwynes@aipac.org.

Young Leadership Division Purim Carnivale

Join JFGI's Young Leadership Division as they celebrate Purim! Come celebrate the triumph over Haman with a party! Open bar, dancing and desserts – including Hamantashens! All for only \$10!! March 7, 7:30 p.m. Laikin Auditorium, Arthur M. Glick JCC. For more information, contact lgeller@jfgi.org or call 726-5450.

Lubavitch of Indiana 21st Annual Purim Feast

The Jim Atlas Annual Purim Festival will be held on Tuesday, March 10 at the Arthur M. Glick JCC beginning with Megillah reading at 5:00 p.m. followed by a delicious Israeli Purim dinner at 6:00 p.m. Guest star Master Hypnotist Jon Saint Germain, music, hamantaschen, prizes for everyone in costume. Admission: \$12 for adults, \$6 for children under 10 (prepaid \$10 adults, \$5 children). Make checks payable to Lubavitch of Indiana, 1037 Golf Lane, Indianapolis, IN 46260. For more information go to: www.lubavitchindiana.com.

Indianapolis Hadassah Lunch and Learn

The Indianapolis Chapter of Hadassah sponsors its next Lunch and Learn study program of Great American Jewish Women who have been inducted into the American National Women's Hall of Fame on March 11. Join them at Shapiro's in Carmel for a discussion of the life of Lillian Wald, founder of the Henry Street Settlement and the National Organization of Public Health Nurses; and on April 29 to discuss the life of Rosalyn Sussman Yalow, physicist, medical researcher and Nobel Prize recipient. All sessions begin at 11:00 a.m. For further information call 257-7142 or 844-4309.

Cinema Israel! Israeli movie night at JCC

For all you movie buffs, the Jewish Federation of Greater Indianapolis has launched an Israeli movie night program at the JCC. Each month they will screen a different Israeli film (with subtitles). Discussion, led by our Shaliach Etay Furman, will follow each. Coffee and dessert. Movies show the Israeli culture, Israeli dilemmas, and the best that Israel has to offer. All movies are in Hebrew with English subtitles. Showtime: 7:00 – 10:00 p.m. For more information, visit www.JFGI.org. Last Cinema Israel show this spring — Thurs., March 12 – Beaufort

Careers Over 50

Adult education at Arthur M. Glick JCC. Thursdays, March 12 – March 26 (3 sessions), 6–8 p.m. Fee \$30 JCC member/ \$45 nonmember. For more information, call 251-9467.

HHAI alum performs in Chicago on March 16

Hasten Hebrew Academy alumnus, Rachelli Rosenfeld, is starring in the lead role as Pinocchio in the Hanna Sacks Bais Yaakov production of *The Lie That Grew*. Fellow alumnus, Chaya Tabas is also appearing in this show. Women and girls (grade 4 and up) are invited to travel to Chicago to see this
(Continued on page IN 9)

Yoga: Answer to the stress epidemic

By JENNY PETERS

Your boss wants the report you've been working on by tomorrow. Your mom is headed back to the hospital for more tests. As soon as you get home, everyone wants to know "what's for dinner?" You're stressed out – and basically everyone else you know is, too.

How does all this stress actually impact our bodies and our bottom line? Over 70 million Americans suffer from cardiovascular disease at an annual cost of nearly \$400 billion. High blood pressure costs Americans approximately \$70 billion annually. Back pain costs Americans approximately \$15 billion per year in medical care and disability payments. According to the U.S. Department of Labor, repetitive strain injuries are also on the rise, costing companies more than \$20 billion in workers compensation claims annually.

What can you do to manage stress?

The numbers are staggering and the trends are headed in the wrong direction. Clearly stress is eating some of us alive. So, how do you manage the stress in your life so you don't become a stress-out statistic? How do you find peace in a peace-starved world? One option that many people are turning to is yoga.

The word "yoga" means to join or yoke together. Simply put, the goal in yoga is to bring the body and mind together creating peacefulness in both, so that a person can relax, focus, manage anxiety and reduce stress. With roots dating back 5,000 years, yoga is built on three main principles – physical exercise, breathing and meditation.

Yoga helps gain stress relief and offers other benefits. Nearly 16 million Americans are finding that a regular yoga practice has multiple rewards. Studies suggest that yoga can help with:

Increased flexibility and range of motion – As you learn and refine poses, everyday tasks that you have long abandoned (remember when you could touch your toes?) begin to find their way
(Continued on page IN 9)

The Mary Kate Koester & Zachary Gordon Wedding * July 5, 2008



Pictured: The groom's sister, Shayna Gordon (left) with Zach, Zach's grandmother, Jeanette Dock, and the bride, Mary Kate.

On July 5, 2008, Zachary Gordon, of Indianapolis, son of Natalie and Bryan Cahen and the late Bruce S. Gordon, and grandson of Jeanette Dock, married Mary Kate Koester, of Indianapolis, daughter of Molly and Dennis Koester, and granddaughter of Joe Koester. The entire weekend was filled with so much love as friends and family traveled from all over the world to share in Zach and Mary Kate's weekend-long wedding celebration at the Omni Hotel in downtown Indianapolis. The beautiful ceremony under the chuppah was performed by Rabbi Lou Weiss.

Zachary, a graduate of Brown University, is currently attending his second year at Brown University Medical School. Mary Kate, a graduate of Indiana University Bloomington, is employed by Blue Cross/Blue Shield of Rhode Island. The newlyweds reside in the Providence, R.I., area with their two cute maltipoo puppies, Calvin and Carlton. ■




Photo credit: Stacy & Mary, LLC.



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The Rebecca Walter & Mark Stempel Wedding * Aug. 2, 2008

Rebecca Ann Walter and Mark Alan Stempel were married on Aug. 2, 2008 at Indianapolis Hebrew Congregation.

Becca is the daughter of Bess Walter, of Carmel, and the granddaughter of Joseph and Marian Schoeneman, of Chicago. Mark is the son of Larry and Bette Jo Stempel, of Columbus, Ohio, and the grandson of Faye Stempel, of Northbrook, Ill.

During their wedding ceremony, they used a family heirloom chuppah that has all of the brides' and grooms' names and dates of their weddings embroidered on it. At the reception, Becca surprised Mark with a drum set wedding cake. She didn't want the wedding to be all about the bride, so she made sure this was something special for Mark, too.

Becca also wanted to find a way to honor one of her aunts who is very special to her, so instead of having a flower girl, Becca had her aunt as her flower lady. Becca reports that her aunt took her job very seriously and did an excellent job.

Becca and Mark had a blast all evening, but one of the highlights was when the band invited them on stage. Mark rocked out on the drum set and Becca belted out "Ride Sally Ride" into the microphone. It was unforgettable!

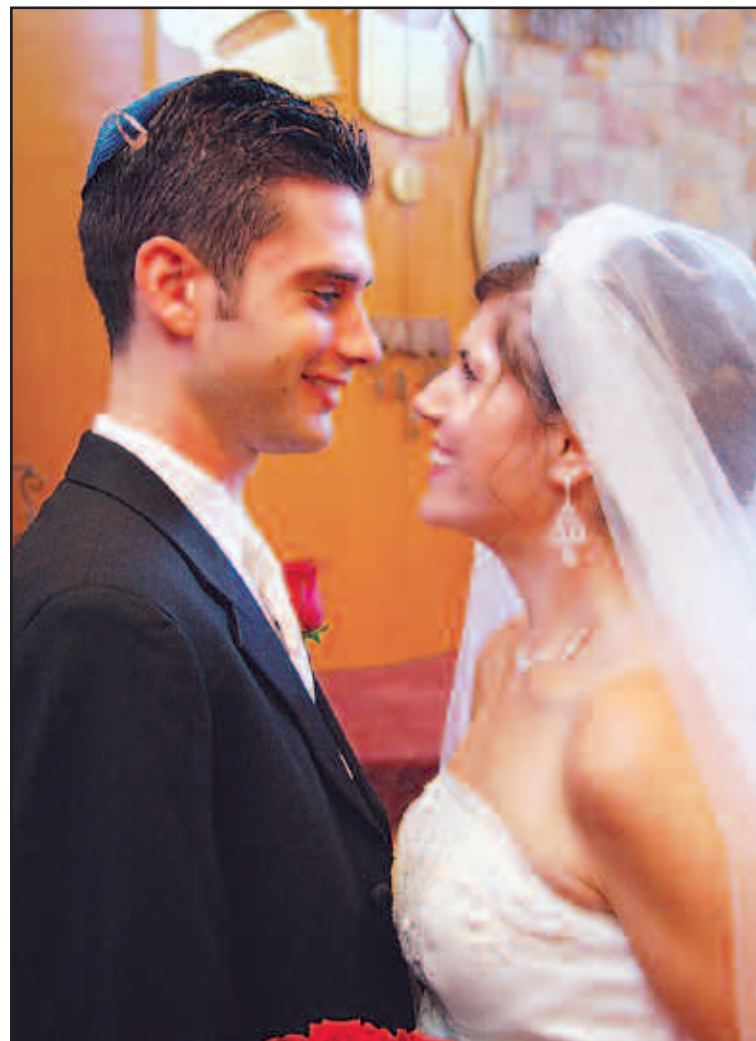
The couple met on J-date, a Jewish online dating service. Their first date was at Starbucks, and they stayed until it closed; the rest is history.

Becca has a B.S. in occupational therapy from Indiana University and a master's in clinical psychology from University of Indianapolis. Currently she is a full-time graduate student at University of Indianapolis, pursuing a doctoral degree in clinical psychology.

Mark has a bachelor's of music in percussion performance and a BS in music and an outside field degree (a BSOF) in computer science from Indiana University; currently pursuing an MBA in finance and an MS in accounting at Indiana University. He is currently employed by Eli Lilly and Company.

Becca and Mark enjoy camping, taking walks/hiking, playing with their cats, The Ohio State University Buckeyes, and running the mini-marathon. ■

Photo credit: Goldberg Photography.



Pictured with Becca: Top row from left: Lisa Vinney (maid of honor), Heather Goad (bridesmaid), Fern Hartnig (flower lady); middle row from left: Kathy Stempel (bridesmaid and sister-in-law), Jenny Stempel (bridesmaid and sister-in-law).

On this date in Jewish history

On Feb. 18, 1980, The Israeli embassy in Cairo was opened.

~ From *The Jewish Book of Days* published by Hugh Lauter Levin Associates, Inc., New York.

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Photo by Jessica Strickland

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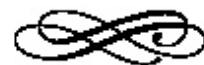
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YOGA

(Continued from page NAT 4)

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Management of chronic conditions – While yoga is not a substitute for medical care, breathing techniques combined with meditation, can help in managing depression, asthma, multiple sclerosis, heart disease and high blood pressure.

Weight loss – A regular yoga practice can help you shed those unwanted pounds. The physical poses, combined with a healthier outlook can move you towards a healthier weight and away from the trappings of poor food choices.

Balance – Most yoga classes spend a portion of the class on balance poses. Increasing

COMMUNITY

(Continued from page NAT 4)

wonderful production. A bus will be leaving from the school at 2:30 on March 16. The bus will take everyone directly to the theater and will return later that night. The only charge for this event will be for dinner — approximately \$10 per person. Please contact Monica Rosenfeld at 255-3604 or mrose3604@sbcglobal.net for more information/reservation.

Learn calligraphy

The art of beautiful writing with Ellen Simon. Separate courses. Let's Make Art: Mondays, March 23 – April 27 (6 sessions), 12:30–2:30 p.m.

Continuing Italic: Tuesdays, March 24 – April 28 (6 sessions), 9:30–11:30 p.m.

All classes at the Arthur M. Glick JCC. For fees and more information, call 251-9467. ■

your balance can help you avoid fractures and falls as you get older.

Jenny Peters is the co-owner of BreatheIN Yoga Studio. To find out more about the benefits of yoga, go to www.BreatheInYoga.com. ■

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Obituaries

Edward N. Wolf, 71

Edward N. Wolf, of Indianapolis, died on Feb. 3, 2009. Edward was born on April 4, 1937 in Indianapolis to the late Samuel and Ruth Wolf. He was the owner and president of Sam Wolf, Inc., a company that spanned three generations of the Wolf family. In 1953, Edward earned his pilot's license. He participated in the Mt. Comfort Air Show and in various other air shows as well as many competitions.

Edward was a U.S. veteran, having served in the Air Force Reserves. He was a member of the Congregation Beth-El Zedeck, Beth-El Zedeck Men's Club, International Aerobatic Club, Zeta Beta Tau Fraternity, Aircraft Owners and Pilots Association, Quiet Birdmen, and Monument Masonic Lodge. Survivors include his beloved wife, Bernice "Bonnie" Anderson Wolf; son, John (Anne) Wolf of California; and brother, Dr. Harry (Jackie) Wolf. Services were held at Aaron-Ruben-Nelson Mortuary on Fri., Feb. 6, 2009. Burial followed at Beth-El North Cemetery. Memorial contributions may be made to Congregation Beth-El Zedeck, the American Cancer Society, or to the donor's favorite charity. Online condolences may be sent to www.arnmortuary.com. ■

Irving Becker, 81

Irving Becker, formerly of Indianapolis, died in Delray Beach, Fla., on Feb. 6, 2009. Irving was born Aug. 20, 1927 in Chicago. He was a franchisee for "Look Magazine" and other periodicals in Indianapolis, Dayton and Columbus, Ohio, from 1965 until 1972. Irving was a member of Congregation Beth-el Zedeck, Jewish War Veterans and Northside Sertoma.

He was the widower of Eleanor (Yudie) Becker and is survived by his loving family: wife, Edna (Miriam) Edelberg Becker; two sons, Dr. Gary (Patricia) Becker and Ronald Becker of Tucson, Ariz.; daughter, Elyse Davis of Indianapolis; two step-children, Ilana and Jay Gluck; seven grandchildren and seven great-grandchildren. Funeral services were held Tues., Feb. 10, 2009, at Aaron-Ruben-Nelson Mortuary, Indianapolis. Online Condolences for the family may be sent to arnmortuary.com. ■

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*The Jessica Russell & Adam Fogel Wedding * Feb. 16, 2008*



Jessica Russell Fogle and Adam Seth Fogle were married at Congregation Beth-El Zedeck on Feb. 16, 2008. Jessie is the daughter of Tim Russell, and Joel and Debbie Epstein. Adam is the son of Norm and Ado Fogle and the granddaughter of Betty Fogle of Indianapolis.

Jessie and Adam used items in their ceremony in memory of their grandparents, z"l, who couldn't be there. Their rings had belonged to Jessie's grandparents, and the talit was Jessie's grandfather's.

The couple met at Lulu's Bar and Restaurant exactly three years to the day prior to their wedding.

Jessie has a bachelor's degree from Miami University in psychology and sociology and a master's in social work from Indiana University. She is a mental health therapist. Adam has a bachelor's degree from IU Kelly School of Business and works in medical device sales.

The couple has made their

home in Indianapolis and loves to exercise, travel, and entertain in their home. ■



Pictured: Jessie with Tyler Walker, the son of a good friend and the ring bearer.

Photo credit: Goldberg Photography.



Adam's attendants pictured: (front row) Adam Fogle, Jared Fogle; (back row) Jeff Springer, Brenton Scott, Sam Epstein, Alex Yates, Trevor Atherton.

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