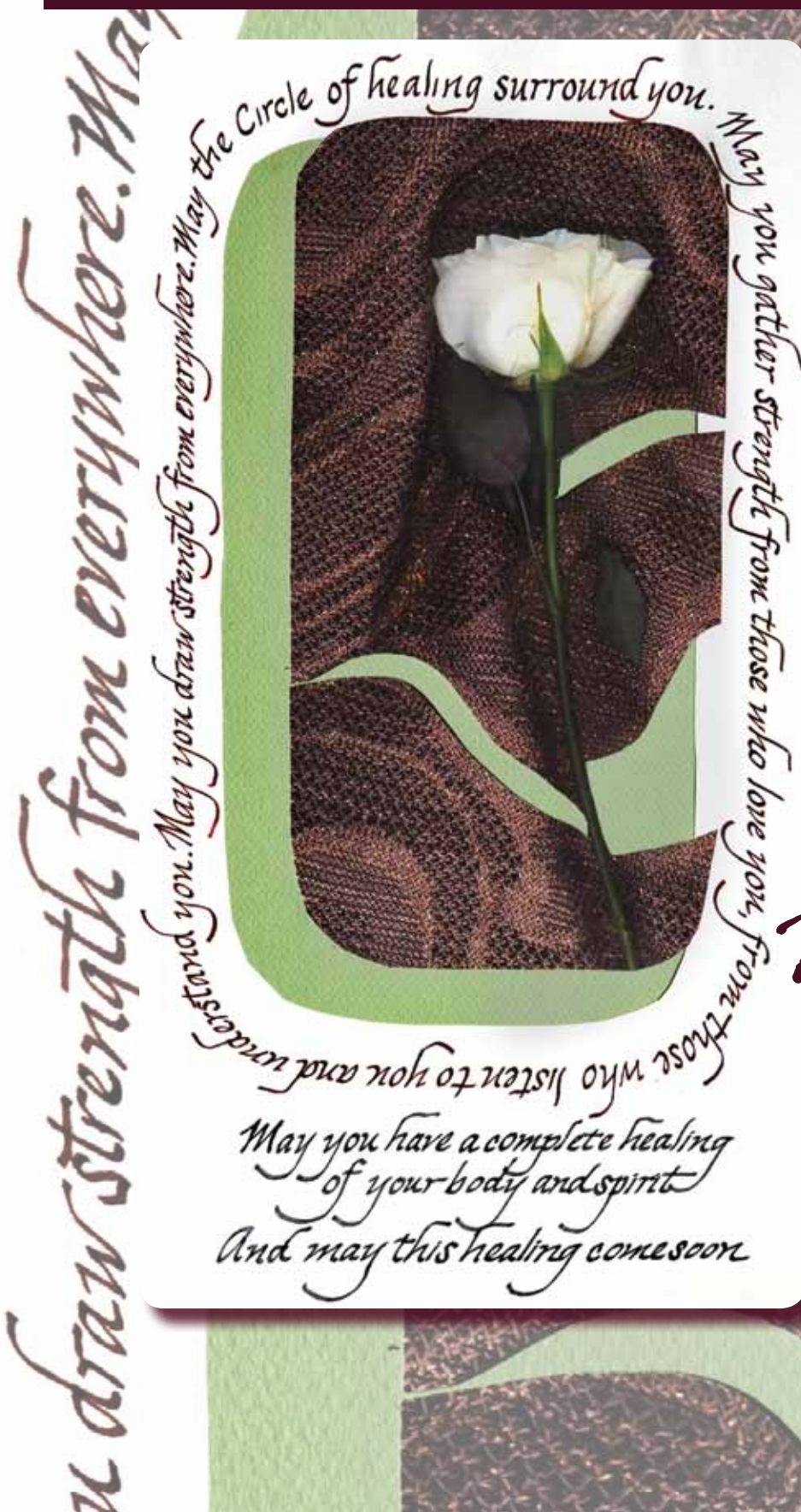


The Indiana Jewish
Post & Opinion

Volume 76, Number 10 • January 27, 2010 • 12 Shevat 5770 Two Dollars
www.jewishpostopinion.com



Mi Sheberach
a focus
on healing

Healing at the JCC

Hope and Healing Bereavement Support

Connect with others in the community who have experienced a loss. Please contact community social worker Julie Sondhelm at jsondhelm@jfgi.org or at 259-6822. Free.

Caregiver Support Group

If you are a caregiver for a family member or friend, you will benefit from participating in this informal group. Facilitated by Judy Sosin, MSW, JCC associate executive director, this is a safe place to share emotions and experiences, seek and give advice, and exchange practical information with others. There is comfort in knowing you are not alone in your feelings and experiences and that others have struggled with the same problems and may have found answers. Third

Thursday of each month, 3:30–4:30 p.m. Free; no registration necessary.

Living With Cancer

If you are dealing with cancer and would like to speak with someone in our community who has shared a similar experience, please contact community social worker Julie Sondhelm at jsondhelm@jfgi.org or at 259-6822. Free.

Yoqua (JCC members only)

Yoga + Aqua is a great way to restore health and balance to both body and mind. This class combines the relaxing elements of yoga for stress management and the fitness benefits of aerobic exercise. *JCC Therapy Pool.* Thursdays, 9–10 a.m., 2nd/4th Tuesday of each month: 8–9 a.m. Call 251-9467.

Meditation and Living Fully with Doug Hanvey: 2 Classes at the JCC

In partnership with IUPUI. Doug Hanvey, popular meditation instructor, has studied with many of the most enlightened teachers in America today. He teaches classes on meditation and Eastern philosophy at IU Bloomington and IUPUI. For more information, call 251-9467.

Mindfulness Meditation

Meditation calms the mind and teaches us to live more deeply in the moment, helping us rediscover a balance between “being” and “doing.” This course includes instruction, guided meditations and Q&A. The fifth day of this course (Sat., Feb. 27) is an optional meditation retreat at a different location, for which

you may attend a morning or afternoon session or both. Participants may bring cushions. \$12 materials fee payable to the instructor at the first class. Jan. 30 – March 6, 6 sessions. Saturdays, 2–3 p.m. \$83 / \$55 JCC Members. Call 251-9467.

Awakening to Your True Nature

This class is for those who are familiar with Eckhart Tolle’s *The Power of Now* or *A New Earth* and are ready for the next level. This class is designed for newcomers but will also include new material for those who have taken the instructor’s previous classes. The fifth day of this course (Sat., Feb. 27) is an optional mindfulness retreat at a different location, for which you may attend a morning or afternoon session or both. \$20 materials fee payable to the instructor at the first class. Jan. 30 – March 6, 6 sessions. Saturdays, 3:15–4:45 p.m. \$83 / \$55 JCC Members. Call 251-9467.

Partner Yoga

Experienced chiropractor Eve Early and movement therapist Mike Fischer will show you and a partner how to give and receive the sensations of light massage, therapeutic

stretch and joyful partnership in 10-minute segments for nearly two hours. Come alone or bring a partner; romance not required! Wed., March 24, 7–8:30 p.m. Couples \$45 / \$30 JCC Members. Individuals \$30 / \$20 JCC Members. Call 251-9467.

A Look at Torah and Koran Narratives with Rabbi Bienstock

The holy books of Judaism and Islam contain similar narratives with meaningful differences. Join Rabbi Bienstock of Congregation Shaarey Tefilla and explore points of comparison and divergence in such stories as Adam and Eve, Abraham and Joseph. Feb. 4–25, 4 sessions. Thursdays, 7–8:30 p.m. \$45 / \$30 JCC Members. Call 251-9467.

JCC Massage

Massage therapists are located in the adult locker rooms. Schedule appointments by calling Colleen at 251-9467, ext. 2226. Swedish massage for men and women or specialty massages (hot stone massages, deep tissue massages, or aromatherapy massages) for ladies only. Call 251-9467 for rates and scheduling.

Meet Cupid's Wingman

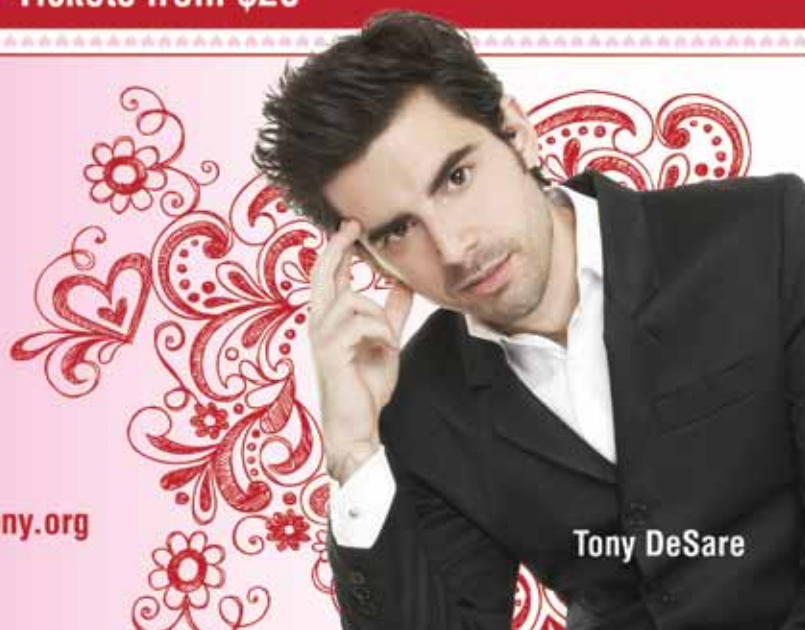
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John J Domont, my work and ideas...

I began my career as a fine art photographer focused on the decisive moment and the magic of light. I continue to look for images that indicate a sense of universal wonderment and unity.

Experience of unity in nature, brings with it a sense of awe. This supports and guides my work. My heartland landscapes are an attempt to honor the beauty and magic of living in our time and place. I am interested in expressing the harmony of the seen and unseen.

The “Begging Bowl” series is an artistic metaphor for receptivity and acceptance. It is an allegory for the body and the soul, the physical and the non-physical. I paint the begging bowls that come to me in dreams, meditation and reverie. I believe that gratitude and humility are doorways that open to our common humanity.

I paint large-scale works and produce limited edition fine art prints and giclées on canvas. To see my work or to commission a piece, please contact me.



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COMMUNITY EVENTS

New Spring Course – The Rohr Jewish Learning Institute

Experience a breathtaking saga of six leaders who paved the road to Jewish destiny. Six Tuesdays beginning Feb. 2 – March 9, 7:00 p.m. – 8:30 p.m. at the BJE, 6711 Hoover Rd. For more information call 317-698-6423, email jli@lubavitchindiana.com, or go to www.myjli.com.

Hoosiers for Higher Education Day at the Statehouse

2010 marks the 19th Annual HHE Statehouse Visit at the Capitol in Indianapolis. Each year, hundreds of our IU students, alumni, faculty, staff, and friends from throughout the state of Indiana gather in grassroots support of IU and higher education. Be part of this exciting day Feb. 2 – reg-

ister at <http://gov.indiana.edu/hhe/statehouse/registration.shtml>.

Parenting – IHC presents Your Teen and Sex

Talking to teens (especially your own!) about sex is often an uncomfortable and difficult event. This workshop, facilitated by Marcia Goldstein and Leslie Montgomery of Planned Parenthood, will provide tools to enhance these discussions, help parents acknowledge their child's sexuality and answer questions. Wed., Feb. 3, 6:30–8:30 p.m. No fee, but registration requested.

Parenting – Say Yes to No

Nationally known psychologist Dr. David Walsh speaks on the importance of setting limits with your children. Self-discipline is twice as strong a

predictor of school success as intelligence. Powerful cultural messages that

scream “more, fast, easy and fun” are making it difficult for children to learn the skills of self-discipline. The result is a growing epidemic of Discipline Deficit Disorder, or DDD with symptoms including a culture of disrespect, inability to delay gratification, sense of entitlement, self-centeredness and rampant

consumerism. Walsh explains that regaining the ability to “Say Yes to No” is not only important for our kids' well-being, but essential for improving classroom performance and ensuring our country's economic future. Wed., Feb. 3, Park Tudor School, 7200 N. College Ave., Ayres Auditorium, 7:00–8:30. Free. Seating is limited. Please call to reserve your seat: 415-2700.

Trivia Night at HHAI

Join others for a night of fun and trivia, Sat., Feb. 6, 8:00

p.m. at the Hasten Hebrew Academy Cultural Arts Center, sponsored by the HHAI PTO. Dessert, coffee and wine. Cost: \$15 per person. To facilitate team formation, please fill out a reservation form (available at HHAI) and return to the front desk with your check by Mon., Feb. 1. Questions? Contact Judith Friedman, 566-1606, or Judith.friedman@yahoo.com.

Save on Summer Camp!

Register for JCC summer camps on Feb. 7, 12:30–2:30 p.m. and save 15%. 251-9467.

IHC hosts AIPAC

IHC and the American Israel Public Affairs Committee cordially invite you to a community briefing and dessert reception at IHC on Mon., Feb. 8 at 7:00 pm. This community program titled *Facing the Storm: Understanding the Shifting Threats to Israel* features Dr. Jonathan Adelman, professor at the University of Denver. To register or for more infor-

mation, contact Tali Jubelirer in the AIPAC Midwest Office at 312-253-8984 or via email at tjubelirer@aipac.org. Please respond by Jan. 27. Dietary Laws Observed. There is no cost to attend this event.

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Art from the Heartland



More than 70 works by 50 artists will be on display from Jan. 29 – April 18 at the Indianapolis Art Center in Broad Ripple. Paul Klein, Chicago-based curator, art critic, writer and creator of *ArtLetter* (www.artletter.com) selected more than 70 works by artists from Indiana, Ohio, Kentucky, Illinois, Wisconsin and Michigan for the Indianapolis Art Center's Art from the Heartland exhibition.

The opening reception is Fri., Jan. 29 from 6–8 p.m. and is free and open to the public. Participating artists are from all over the Midwest, including Amy Brier.

Amy Brier's work combines traditional carving techniques with contemporary art ideas such as public interaction

and appropriation. She says: "I knowingly engage with the concept of nonobjective and realistic art in a semiotic manner. For instance, I have carved handwritten words and phrases on spheres and cylinders (which I call Roliquery), abstracting them by reversing the image. When the viewer rolls the object in a bed of sand, the language is revealed. I also have employed designs based on ancient sculptures and old photographs in a similar manner, as well as imagery taken directly from nature."

Viewers complete the creative process as they roll the Roliquery and create images in the sand. The carved stone is a tool in the creation of an image, rather than being simply a

(See Art, page IN 5)

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Special Israel Birthright Trip

Through the Jewish Federation of Greater Indianapolis – A Western Galilee Partnership is offering a special Birthright trip for people age 22–26 to consortium cities. Specific criteria guarantee a position on a trip. For this criteria, see www.birtherightisrael.

This Partnership Birthright trip is special because it travels to Eilat (most other Birthright trips don't), hopefully staying overnight in the Old City of Jerusalem so participants have easy access to the Kotel, and a special trip in the Western Galilee to meet peers from the Partnership. Participants will also

have an opportunity to bond with peers from our other consortium cities here in the U.S.

The trip will take place during the summer of 2010; exact dates will be announced in March. But sign up now, to get a place. Then if you are unable to travel during the dates, you'll receive a full refund for any down payment made.

The official Birthright sign up date is Feb. 17, but JFGI needs to know your name well before that date, to secure a space. Contact Regan Wagh at the Dallas Jewish Federation at 214-615-5259 or rwagh@jfgd.org BEFORE Feb. 17.

HAI science department receives grant from Eli Lilly



The Hasten Hebrew Academy science department has recently been awarded a \$445 grant from Eli Lilly. They were nominated for this grant by Mrs. Debbie Luffer-Atlas. With the grant, the school will be able to purchase equipment for grades K-8 to assist in science exploration. HAI will be purchasing a portable indoor/

outdoor weather station and anemometer. They will also purchase a set of acrylic prisms that are many shapes, flashlights and laser pointers, which will be used for optic and light experiments and safety goggles for the elementary school students. The Middle School has already purchased beakers and drying racks. The school staff and students are very excited about getting the new equipment and the new science experiences they will be able to have. Thank you Eli Lilly!

Art

Continued from page IN 4
singular art object; it impresses the fluid and fugitive sand with an image from the fixed and permanent stone. Thus is achieved the intermingling of the traditional idea that art needs to be made timeless by the use of permanent materials such as stone with the contemporary notion of the ephemeral presence."

Photo caption for photo on page 4: Amy Brier's work, along with the work of 50 other artists from the Midwest, can be seen at the Indianapolis Art Center, Jan. 29 – April 18.

A Treasure on the Canal

Good Earth has a large selection of kosher foods throughout the store and somehow they manage to keep the prices down. In addition to those products with a hechsher (kosher certification), there are those listed as vegan and vegetarian. At Good Earth, one can find many organic foods and foods geared for people with different allergies. There are spelt pastas and breads, millet, rice, corn and vegetable pastas, buckwheat soba noodles, and a variety of gluten free products.

There's a large selection of macrobiotic ingredients including many types of seaweed, as well as ethnic favorites including Mexican, Thai, Indian, and Chinese foods. Staples of a vegetarian diet are available from bulk food bins and packaged like beans, whole grains, textured vegetable protein, nuts, carob or chocolate chips, and of course granola.

Some of the kosher brands include Kettle Chips, Wasa crackers, Ryvita crackers, Erewhon kosher and wheat free cereals, Health Valley, Field

Day Organics, Ancient Harvest, White Wave, Garden of Eatin', Westbrae, Casbah, Lundberg, Hain, Lorann Gourmet, and Martinellis (juices). There is a large selection of Worthington frozen and canned vegetarian textured vegetable protein products, and Tofutti non-dairy products including cookies, crackers, cream cheese, and ice cream.

Some kosher pasta brands available are DeBoles (pastas), Vita Spelt, Eden, Orgran, Eddies Pasta, Barbara's, and Food Merchants which makes Organic Polenta. They carry kosher fish such as Wild Catch (canned salmon), Crown Prince and Natural Value (tunas). Kosher cookie brands include, Heaven Scent, Josephs, Barbara's Country Choice, Newman's Own, Kashi, Health Valley, Tree of Life and more. There's Bubbie's Saurkraut and pickles, several varieties of Oasis Hummus, Knudson's juices including an unsweetened Kosher Concord Grape Juice.

Frozen treats including ice creams, sorbets, soy and other non-dairy desserts include of-

ferings from companies such as Rice Dream, Soy Delicious, Celestial Seasonings, Natural Choice, and Julie's. There's a great variety of alternative sweeteners including brown rice sweetener, barley malt, xylitol, stevia and agave nectar. There are the old standards like carob, honey, aloe vera juice, pollen, tofu, and wheatgrass, and new favorites like blueberry and pomegranate concentrate, phytofoods, green powders, protein and low carb shakes, Enzymatic Gensoy, and Golden Flax.

They carry these kosher and gluten-free products: Sesmark rice thins and Mary's Gone Crackers. There are also a variety of syrups, breads, crackers, and bulk items that are kosher. There are several vitamin, mineral and nutritional supplements such as Solgar and Blue Bonnet that are kosher and parve.

Sambucol, a cough and cold syrup made from elderberry extract with Echinacea and Propolis is made in Israel. Other items made in Israel are Bible Bread and Had-don House Olives. To top off this abundant list, they also carry kosher parve chocolates sweetened with honey.

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OBITUARIES

Oscar Bernard Segal, 89

Oscar Bernard Segal, of Indianapolis, died Jan. 14, 2010. Oscar was born in Indianapolis on Dec. 11, 1920, to the late William and Helen Klain Segal.

After graduating from Manuel High School, he went on to earn degrees from Indiana University and the I.U. School of Dentistry. He opened his first dental practice in 1947. Over the years, Oscar was a mentor to many young dentists.

Oscar served as captain in the U.S. Army during WWII. He proudly served in both the European and Pacific theaters as a dentist and a German interpreter.

He was a member of Congregation Beth-El Zedeck, Beth-El Men's Club, Jewish War Veterans, Meridian-Hills Kiwanis, the Masonic Monument-Lodge, Alpha Omega Dental Fraternity, Indiana Dental Society, the American Dental Association, and the ROMEOS.

He is survived by his beloved wife, Barbara Robins Segal; loving children, Dr. Steve Segal, Karen (Larry) Mitzman, Lori (Joel) Haberman; and grandchildren, Michael and Alex Mitzman, and Katie, Amy and Suzanne Haberman. He was preceded in death by brother, Harold Segal, and sister, Selma Litka.

A funeral service was held

Sun., Jan. 17 at Aaron-Ruben-Nelson Mortuary, 11411 N. Michigan Rd. Burial followed at Beth-El Zedeck North Cemetery. Memorial contributions may be made to Beth-El Zedeck, St. Vincent Hospice or the I.U. School of Dentistry. Online condolences: www.arnmortuary.com

Donald Coleman, 84

Donald Coleman, of Indianapolis, died on Jan. 16, 2010. Donald proudly served in the U.S. Army during WWII and was a Bronze Star recipient. He worked for Naval Avionics facility in data processing. He was a former member of Indianapolis Hebrew Congregation, and he was active for many years with the Epilogue Players and Footlite Theatre, as well as with the Civic Theatre. Donald was preceded in death by his beloved wife, Freda Brill Coleman. Survivors include his children, Cynthia A. Furgason, Bruce Coleman, David A. Coleman; and stepson, Don Cohen. A funeral service took place Thurs., Jan. 21 at Aaron-Ruben-Nelson Mortuary, 11411 N. Michigan Rd. Burial followed at Indianapolis Hebrew Cemetery North.

Memorial contributions may be made to the Footlite Theatre, 1847 N. Alabama St., Indpls. 46202. Online condolences: www.arnmortuary.com.

Jack Meshulam, 85

Jack Meshulam, of Indianapolis, died Jan. 19, 2010. Jack was born March 8, 1924 in Indianapolis to the late Sam and Pauline Eskayo Meshulam. He proudly served in the U.S. Army during WWII. For most of Jack's career, he worked for the Chrysler Corporation. He was a member of Etz Chaim.

Survivors include his beloved wife of 60 years, Ruth Farb Meshulam; loving children, Helene (Walter) Roach, Sheryl (Steve) Romer, and Morris (Susan) Meshulam; grandchildren, Ryan and Eric Meshulam; and sisters, Rose (Abe) Black and Rae (Harry) Nahmias.

Funeral services were held Fri., Jan. 22 at Aaron-Ruben-Nelson Mortuary, 11411 N. Michigan Rd. Burial followed at Etz Chaim Cemetery. Memorial contributions may be made to Etz Chaim or the American Cancer Society. Online condolences: www.arnmortuary.com.

Purdue Jewish Studies Lectures

All members of the Purdue University community and the public are cordially invited to attend these free events offered by the Purdue Jewish Studies Program. For more information, go to www.cla.purdue.edu/jewish-studies/ or call 765-494-7965.

Wed., Feb. 10 – Stewart Center, Rm. 320, 12:30 p.m. Victor Raskin, professor, Department of English, Purdue University, will speak on "The Importance of Being Jewish."

Wed., March 10 – Beering Hall, Rm. 1222, 12:30 p.m. Rebekah Klein-Pejsova, Jewish Studies assistant professor of history, Department of History, Purdue University, will speak on "The Strange Case of Rabbi Dr. Samuel Funk, Or, Jewish Nationality in Interwar Czechoslovakia."

Mon., March 22 – Krannert Auditorium, 8:00 p.m. Klatch Jewish Arts Series Presentation, by Tyagan Miller, fine art photographer, creative director, IU Foundation, "A Place in the World."

Mon., April 12 – Krannert Auditorium, 8:00 p.m. Nancy Sinkoff, associate professor of Jewish Studies and History, Rutgers, will speak on "The Fiction of History: Jewish Politics and Resistance in John Hersey's *The Wall*."

International Violin Competition of Indianapolis

A Jazz Cabaret-Style concert featuring the Joe Deninzon Jazz Trio with drummer Lucianna Padmore will be presented Tues., Feb. 16, at 7:30 p.m. at the Eugene and Marilyn Glick Indiana History Center, Eli Lilly Hall, 450 W. Ohio, Indianapolis. Artists

Joe Deninzon, violin; Robert Bowen, bass; Stephen Benson, guitar; Lucianna Padmore, drums will perform as part of a tour celebrating the release of their debut CD, *Exuberance*. \$22 Adults; \$17 Senior Citizens/Indiana Historical Society Member; \$10 Students. For more information, call 317.637.4574 or visit www.violin.org. Presented in partnership with the Indiana Historical Society.



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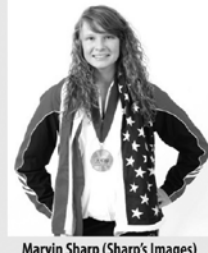
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Haiti: How you can help

On Tues., Jan. 12, a powerful earthquake battered the Caribbean nation of Haiti, devastating the capital city of Port-au-Prince. Thousands are feared dead from the immediate impact, with thousands more injured and an estimated 3 million Haitians may face hardship in the aftermath.

The worldwide Jewish community, as it always does in times of crisis, is offering help and assistance. Israel is sending doctors, supplies and search teams; as is the United

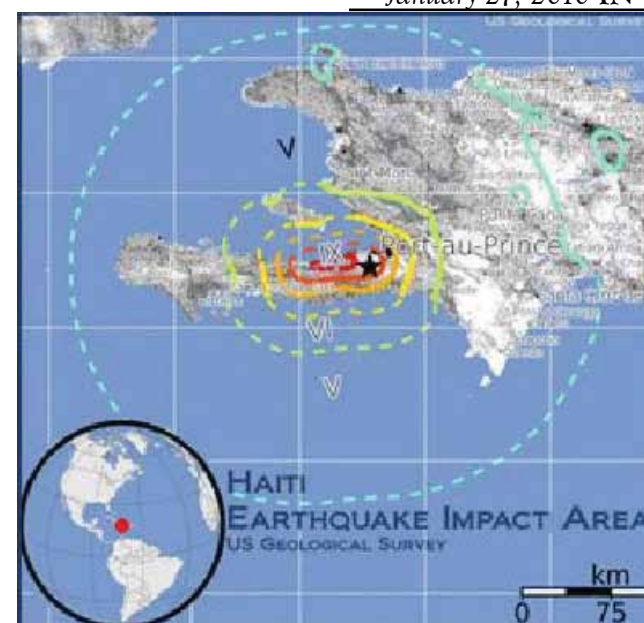
States and other countries. The Jewish Federations of North America is partnering with the American Jewish Joint Distribution Committee (JDC) to provide urgently needed aid and relief on a nonsectarian basis to victims of the devastating earthquake.

The Jewish Federations of North America represents a continental Federation movement whose collective power makes an extraordinary impact on our global community and beyond, whenever and wher-

ever the need, in collaboration with our historic partner agencies.

The Jewish Federations is coordinating with The Jewish Coalition for Disaster Relief, which brings together the experience, expertise, and additional resources of North American Jewish organizations to assist victims of natural or man-made disasters on a nonsectarian basis. The coalition, managed by JDC, consists of organizations such as

(See Haiti, page IN 8)



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can benefit from gymnastics. One can take the skills learned in gymnastics and apply them to just about any sport. Many adults assume that gymnastics will be easy just because they were football players, black belts, lacrosse players, soccer players, and such. They are usually surprised when they find out exactly how much strength it takes!

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strength. This increases total body health and provides discipline and focus. It works out the mind as well giving one strength and confidence for your whole life.

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Haiti

Continued from page IN 7

the Union for Reform Judaism, United Synagogue of Conservative Judaism, World ORT, Jewish Council for Public Affairs, American Jewish World Service and American Jewish Committee, to name a few. The coalition's work maximizes the resources, coordinates the activities of its member agencies, informs the public about the disaster situation and the Jewish response, and demonstrates

the long tradition of Jewish humanitarianism during times of crisis.

In the wake of the Southeast Asia tsunami, the Federation movement raised more than \$10 million for the JDC's \$18 million-plus relief effort. The Federation movement spearheaded a nearly \$30 million aid effort for victims of Hurricane Katrina in New Orleans and the Gulf Coast, creating a blueprint for collective disaster relief. The Jewish Federations of North America has also opened its own disaster relief mailboxes when Jewish communities were affected in other disasters, such as fires that swept across Southern California.

"Our hearts go out to the victims of this terrible tragedy in a nation already suffering from so many challenges," said Jerry Silverman, President and CEO of The Jewish Federations of North America.

"Working with our partners at JDC, The Jewish Federations of North America hopes to provide assistance and comfort to the people of Haiti, by using the reach of our continental movement for the deepest possible impact."

Our local Jewish Federation of Greater Indianapolis has made a generous grant from its Endowment Fund to the American Joint Distribution Committee for its efforts on behalf of the people of Haiti. One hundred percent of all funds raised through the JFGI emergency mailbox will support JDC's relief efforts. You can make your donation by mail to:

Haiti Earthquake Disaster Relief Fund

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Sale Starts Thursday, January 28th



www.kroger.com

Kosher Valley Turkey Breast

Frozen, USDA Grade A,
Bone-In

\$2.99
With Card lb



Kosher Valley Whole Chicken

USDA Grade A

\$2.49
With Card lb



8 lb

California Navel Oranges

8 lb Bag

\$3.88
With Card

Low
Prices
on Produce



3 lb

Red Delicious, Granny Smith or Jonathan Apples

2\$5
For With Card

Low
Prices
on Produce



Kedem Sparkling Juice

Select Varieties, 25.4 oz

\$3.99
With Card



Manischewitz Matzo Meal

16 oz

\$4.99
With Card



Manischewitz Tam Tam

Select Varieties, 8 oz

\$3.49
With Card



Gefen Honey Bear

12 oz

\$3.99
With Card



Garden Fresh Salsa or Chips

Full Line Sale, 14-16 oz

\$3.49
With Card



Handi-Foil Foilware

Select Varieties, 2-8 ct

10\$10
For With Card

Come to Kroger for all your Kosher favorites.

Prices and Items Good Thursday, January 28th, 2010 Through Wednesday, February 3rd, 2010
at Your 2550 Lake Circle Drive, Indianapolis Kroger Store.
Visit our Website at www.Kroger.com or call Customer Service at 1-800-KROGERS

ADVERTISED ITEM POLICY: WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Each of these advertised items is required to be available for sale. If we do run out of an advertised item, we will offer you your choice of a comparable item, when available, reflecting the same savings, or a raincheck which will entitle you to purchase the advertised item at the advertised price within 30 days. Only one vendor coupon will be accepted per item. Copyright 2010. The Kroger Company. No sales to dealers.

