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1925-2025

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23 ADAR, 5786

MARCH 12, 2026

VOL. 104, NO. 25

Community-wide Trivia Night to be Hosted by Hillels of Memphis



Hillels of Memphis participants bake hamantaschen.

On Thursday, March 26, the Memphis Jewish community will gather for more than an evening of trivia. Hosted by Hillels of Memphis, Trivia Night is designed to connect Jewish students from University of Memphis and Rhodes College with the broader Memphis Jewish community for a dynamic, intergenerational evening of shared experience and belonging.

Doors open at 6 p.m. at the Memphis Jewish Community Center. Guests can expect fast-paced, family-friendly trivia, prizes and heavy appetizers and refreshments (dietary laws observed). Organizers say the evening is about more than friendly competition.

Chaired by recent Rhodes College alumna Karleigh Ring, this year's program reflects a broader vision: strength-

ening Jewish unity in Memphis by creating intentional spaces where students and community members engage not as separate groups, but as one unified community.

"As a Rhodes student, Hillel connected me to both my peers and the broader Memphis Jewish community," Ring said. "Those relationships shaped my college experience and showed me the power of a community that truly shows up for its students. I'm excited for Trivia Night and the opportunity it creates to foster that same sense of connection for students."

A program of Memphis Jewish Federation, Hillels of Memphis supports students on their Jewish journey throughout their college years. The organization provides welcoming spaces and programming for students to express their Jewish identity, build community and connect to Jewish life, learning and Israel. Events such as Trivia Night make that mission visible, demonstrating that Memphis is not simply where students attend college, but a community invested in their growth, well-being and potential for future Jewish leadership.

"Federation's support of Hillels of Memphis is an investment in the Jewish future. Together with the dedicated lay leadership of Hillel's Advisory Council, we are proud to create meaningful opportunities for the broader Memphis



community to connect with and support our Jewish college students," shared Bluma Zuckerbrot-Finkelstein, executive vice president of Federation.

Whether a trivia enthusiast, proud alum, parent or community member passionate about strengthening Jewish life across generations, organizers say Trivia Night offers a meaningful way to participate.

Join us on March 26. Form a team. Sponsor a table. Invite a student or fellow Jewish community member to join you. Because when students and community come together, everyone wins.

Register at <https://jcpmemphis.ticketspice.com/hillels-of-memphis-trivia-night-2026>. For more information, please contact Phoenix Goldberg, director, Hillels of Memphis at pgoldberg@hillelsofmemphis.org or 901-452-2453. **HW**

Iranian Navy Cleared Out of Arabian Gulf, CENTCOM Chief Says



Adm. Brad Cooper, commander of the U.S. Central Command (CENTCOM), delivers a statement to the media alongside U.S. Vice President JD Vance near Kiryat Gat, in southern Israel, on Oct. 21, 2025. Credit: Chaim Goldberg/Flash90.

By JNS Staff

U.S. armed forces have eliminated Iranian navy presence in the Hormuz Straits and the Arabian Gulf, destroying 17 vessels as part of nearly 2,000 targets struck during Operation Epic Fury, the general in charge of it said last Tuesday.

One of the vessels neutralized was "the most operational Iranian subma-

rine, that now has a hole in its side," Admiral Brad Cooper, the commander of United States Central Command (CENTCOM) said in a filmed update on the fourth day of the joint operation with Israel against Iran, which is codenamed Roaring Lion in Israel.

U.S. War Secretary Pete Hegseth said

last Wednesday that a U.S. submarine had torpedoed an Iranian warship near Sri Lanka. Officials from there said an Iranian vessel with a crew of 180 sank near the coast, with only 30 rescued, the New York Times reported.

The Iranian ship "thought it was safe in international waters," but "instead, it was sunk by a torpedo," Hegseth said at a Pentagon briefing.

"More than 50,000 troops, 200 fighters, two aircraft carriers, and bombers from the United States are participating in this operation, and more capability is on the way. These forces bring a massive amount of firepower, representing the largest buildup by the U.S. in the Middle East in a generation," Cooper said.

The effort aimed at "sinking the Iranian Navy, the entire Navy," as Cooper put it, has military and geostrategic significance as Iran last Tuesday said it would close the Hormuz Strait. Among other disruptions, this would suspend direct maritime export of petrol from the United Arab Emirates, Bahrain, Qatar, and Kuwait to major consumers like India and China, driving up prices.

A top navy commander of Iran's Islamic Revolutionary Guard Corps said last Wednesday on Iran's Fars news agency that Iran still controls the Strait,

which it said last Tuesday was closed for traffic.

U.S. President Donald Trump said last Tuesday that the U.S. Navy was ready to escort oil tankers through the crucial Gulf shipping route.

"For decades, the Iranian regime has harassed international shipping. Today, there's not a single Iranian ship underway in the Arabian Gulf, Strait of Hormuz, or Gulf of Oman, and we will not stop," Cooper said.

In addition to the push against Iran's naval capabilities, "we're focused on shooting all the things that can shoot at us," Cooper said, adding this was the "simple terms" gist of the military focus.

U.S. naval forces have "deployed multiple waves of cruise missiles, obliterating Iranian command and control and air defense capabilities from two aircraft carrier strike groups," Cooper updated. "We're squeezing Iran from the sea and have them backed into their own ports. U.S. air forces are doing what they do best, executing a high volume of air strikes right into Iran."

The pummeling has "severely degraded Iran's air defenses and destroyed hundreds of Iran's ballistic missiles, launch-

(See CENTCOM Page 9)

My Teen Israel Experience



Boardwalk in Eilat (left to right) Tzvi Czarka, Yossi Namrow, Rabbi Aryeh Wielgus, Eli Weisfogel.

Eli Weisfogel, son of Ari Weisfogel and Dvora Stein, is a junior at the Cooper Yeshiva High School for Boys. Memphis Jewish Federation's Lemsky Endowment Fund provided him with a Teen Israel Experience grant to offset the costs of his NCSY JOLT Israel program. All rising juniors and seniors are eligible for grants of up to \$3,000 to attend a recognized teen summer or semester program in Israel. Teen Israel Experience applications for Summer 2026 are open and can be accessed at Lemsky Endowment Fund | Jewish Community Partners (jcpmemphis.org)

By Eli Weisfogel

This summer was my first time in Israel, and I experienced it with JOLT Israel. JOLT is an NCSY program whose mission is to focus on developing young teenage leaders. After a full month of learning about Israel and Jewish leadership, the teens ran a one-week camp in Ramat Magshimim for children who have siblings with disabilities.

It was an incredible experience to travel all over Israel. I also reunited with friends from my time living in New Jersey and from summer camp, and I will never forget the experience I had this summer.

One of my favorite places was Eilat, the southernmost point of Israel, which is beautiful. One day, we went banana boating and tubing in the Red Sea. The water was incredibly clear, and the view was breathtaking. It is truly one of the most beautiful places I have ever seen. The malls in Eilat were also fun, and we were able to enjoy many different experiences there. At the boardwalk mall, I took pictures on the beach while shopping. In the indoor mall, my friends and I even tried fish-eating pedicures. It felt a little strange at first, but it was also a fun and memorable experience.

Another week in camp, I did Yam L'Yam (Sea to Sea). It is one of the most popular hiking trails in Israel and runs from the Mediterranean Sea to the Sea of Galilee. On this hike, we viewed the

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The Hebrew Watchman is a
Member of the Jewish Telegraphic Agency, and Jewish News Service

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Send editorial submissions (calendar items, news releases, event photos, and letters to the editor) at least 9 days prior to publication date to info@hebrewwatchman.com

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THE HEBREW WATCHMAN (USPS #807-360) is published weekly every Thursday for \$36 per year by JEWISH LIVING OF THE SOUTH, Inc. THE HEBREW WATCHMAN PO Box 770846 Memphis, TN 38177-0846 Periodical postage paid at Memphis, Tenn. POSTMASTER: Send address changes to: THE HEBREW WATCHMAN PO Box 770846 Memphis, TN 38177-0846

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Memphis Candlelighting Time

Erev Shabbat, Fri. March 6, 2026 / 17 Adar, 57865:42 p.m.
Havdalah, Sat. March 7, 2026 / 18 Adar, 5786 6:38 p.m.

Weekly Torah Portion: Ki Tisa

most beautiful sights. The hike took us three days to complete, while we camped in tents at night. We had bonfires, kumzitzs (social gatherings with singing), and dancing. During the day, we did a lot of hiking, but at night we relaxed and enjoyed the environment.

One of the last weeks of the trip, we stayed at a hotel with several other

camp, and this was extremely exciting for me. All summer, JOLT had one hundred and five teens on the trip, but this week, we had one thousand teens in the hotel. I saw many friends from my past camps and made new friends. On Friday, we all went to the Machane Yehuda shuk (market) together. It's always crowded on Fridays, but with our large group, it was even more packed. I ate at a few restaurants and had the best fettuccine alfredo and amazing shawarma. It was interesting to see so many diverse types of Jews all in one space. I loved seeing all the chareidim (ultra-Orthodox) mixing in the shuk with the teens on our trip. I really enjoyed the shuk experience.

Visiting Israel for the first time this summer was one of the best experiences I have ever had. From seeing all the sites in Israel to learning about the culture and meeting new people, I will never forget my experience. Making new friends and spending time with the friends I already had was incredible. JOLT gave me the opportunity to grow as a leader while having fun.

Thank you to the Memphis Jewish Federation's Lemsky Endowment Fund for helping me visit Israel for the first time. [HW](#)

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The MJCC Larisa and Ben Baer Senior Adult Club Happenings

Lunch is served at 11:30 a.m., and speakers and entertainment start at noon.

Monday, March 16

Speaker: Sherry Harbur

Topic: Saving Money on Housing

This topic is sure to be both helpful and informative. Sherry's presentations are always engaging, and she provides handouts so there is no need to take notes. Her previous talk had attendees asking questions right up to the very end. As always, a question-and-answer session will follow her presentation.

Wednesday, March 18

March Big Monthly Luncheon featuring Wyndie Oh and her accompanist as our entertainers.

Wyndie performs with Creative Aging Mid-South and specializes in smooth jazz, old-school R&B and neo-soul. She has opened for major artists such as Jonathan Butler and Rachelle Ferrell, and she brings engaging performances to senior audiences throughout the Mid-South. We are very lucky to have her for our March luncheon.

The lunch and performance begin at



Wyndie Oh

noon and cost \$5, which includes both the meal and entertainment. Reservations may be made by calling the MJCC front desk at 901-761-0810. Payment is made at the door on the day of the luncheon. This month's lunch is sponsored by Comfort Keepers.

Monday, March 23

Speaker: Kristin Miller

Topic: Boosting Your Budget

Whether shopping for weekly groceries or considering a new purchase, learning to evaluate needs before heading to the store – or clicking “add to cart” – can help keep spending on track. Kristin will share practical strategies to help stretch your dollars further. Handouts will be provided. Join us for lunch and stay for this informative presentation.



Dixon Gallery and Gardens

Wednesday, March 25

Special Field Trip to see the tulips in bloom at the Dixon Gallery and Gardens.

In honor of its 50th anniversary, Dixon has planted more than 500,000 tulips and daffodils. This promises to be a spectacular spring outing to one of Memphis' true treasures. The only cost is \$2 for the roundtrip bus ride. We will depart the MJCC at 12 p.m., following lunch, and return by 3 p.m. Bring a friend or come meet new ones while enjoying this beautiful outdoor exhibit.

Please join us Monday through Friday for a delicious kosher lunch prepared by the kitchens at Memphis Jewish Home. The cost is just \$2 for seniors. Reservations are required by 1 p.m. the day before. To make a reservation, call Steve Kaplan, Adult Services Coordinator, at 901-259-9220 or email stevekaplan@jccmemphis.org. Steve's office hours are Monday through Thursday from 9:30 a.m. to 2:30 p.m. You may also contact the front desk at 901-761-0810. **HW**

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Mahj Madness: A Day of Fun, Friendship, and Fundraising

Get ready to shuffle the tiles and mark your calendars! Temple Israel Sisterhood invites you to *Mahj Madness*, a lively one-day Mah Jongg tournament that promises spirited competition, warm camaraderie, and meaningful impact.

On **Sunday, March 29, from 9:15 a.m. to 3 p.m.**, players of all levels will gather for three exciting rounds of tournament-style play (four games per round), following NMJL rules and the 2025 card. Whether you're a seasoned maven or a newer player looking to sharpen your skills, this event offers a welcoming environment where players rotate tables each round – giving everyone the chance to meet new faces and enjoy fresh competition.

Beyond the tiles, the day includes lunch, raffles and fabulous prizes awarded to first, second and third place winners (see the Temple Israel Sisterhood ad on this page for details). The excitement builds with every Charleston and

every Mahj call – all while supporting a wonderful cause. Proceeds from Mahj Madness will benefit Henry S. Jacobs Camp; so every game you play will enrich the lives of Jewish children all over the south.

Registration is open to the community, but space is limited. Sisterhood members receive a discounted rate of \$54; non-members may register for \$72. Be sure to RSVP by March 15 to secure your spot. If you have any questions or need help registering, please call the tournament chair, Bonnie Belz at 901-484-1311 for assistance.

Mah Jongg is more than a game. It not only includes strategy but also laughter and connection. Join Temple Israel Sisterhood for a day that blends fun and philanthropy in perfect harmony. Click on the QR code in the ad on this page to register and receive all the information you will need. May the Jokers be with you! [HW](#)

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RSVP by March 15 • Space is limited so register today!
Proceeds benefit Henry S. Jacobs Camp



B'nai B'rith Essay Contest Calls on College Students to Share Experiences of Anti-Semitism on Campus

(Washington, D.C.) March 4, 2026 – B'nai B'rith invites college students to share their experiences of anti-Semitism at their school by entering our 2026 None Shall Be Afraid Essay Contest. Winners will earn scholarships as well as the opportunity to have their essays published.

Since Oct. 7, 2023, and the outbreak of the Israel-Hamas war, anti-Semitism in the United States has intensified drastically, with universities becoming critical battlegrounds for Jewish students facing unprecedented levels of hate and anti-Israel hostility. This year's essay prompt invites Jewish students to share their encounters experiencing and confronting anti-Semitism on their campuses and its

emotional and social consequences.

B'nai B'rith International created the None Shall Be Afraid initiative to keep a focus on anti-Semitism and anti-Zionism in our society today. None Shall Be Afraid was inspired by the 1790 letter from George Washington to the congregants of Touro Synagogue in Rhode Island, where he quoted Micah 4:4, "Everyone shall sit in safety under his own vine and fig tree and there shall be none to make him afraid."

Now it's time for the next generation to take its place in combating the world's oldest hatred.

In an essay of under 750 words, students are asked to answer the following prompt:

How do you assess the current climate of anti-Semitism in the United States, particularly on college campuses or within your own community? Drawing on your personal experiences or observations, reflect on how this reality shapes your sense of responsibility as a student.

In addition to the scholarship, the first-place winner will have their essay featured in the Winter 2026 edition of B'nai B'rith Magazine and published on B'nai B'rith's website and social media platforms.

Awards:


- 1st Place: \$2,500 scholarship
- 2nd Place: \$1,000 scholarship
- 3rd Place: \$500 scholarship

Essays should be sent to cji@bnaibrith.org. The deadline to apply is April 30, 2026.


For more information about essay requirements and contest rules, please visit www.bnaibrith.org/none-shall-be-afraid-essay-contest.

B'nai B'rith International has advocated for global Jewry and championed the cause of human rights since 1843. B'nai B'rith is recognized as a vital voice in promoting Jewish unity and continuity, a staunch defender of the State of Israel, a tireless advocate on behalf of senior citizens and a leader in disaster relief. With a presence around the world, we are the Global Voice of the Jewish Community. Visit bnaibrith.org. [HW](#)

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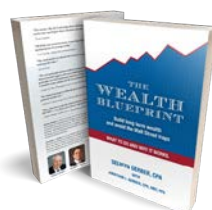
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Roasted Brussel Sprouts	\$40

7-layer cake, jelly roll, and macaroon cookies are available as desserts.

All items are priced by half-pan (12-15 servings). To order, please email byarbrough@memphisjewishhome.org. All orders are due by Monday, March 16th, 2026. Orders will be ready for pickup on Wednesday, April 1st.

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Beth Sholom Lehrhaus Lecture March 18 Looks at the Holocaust in Soviet Cinema



Joshua First, Ph.D., is the Croft Associate Professor of History and International Studies at the University of Mississippi.

How did Soviet filmmakers represent the Holocaust while the events were still unfolding and in their immediate aftermath? Historians have long argued that the suffering of Jews was erased in Soviet narratives. But on Wednesday, March 18 at 7 p.m., Professor Joshua First, Ph.D., a specialist in the history of Russia and Ukraine in the 20th and 21st centuries, will challenge this understanding when he presents the Lehrhaus at Beth Sholom lecture, “Revealing and Erasing: The Holocaust in Soviet Cinema.”

Dr. First is the Croft Associate Professor of History and International Studies at the University of Mississippi, and his research focuses on Soviet cinema. In his talk, Dr. First will examine one of the earliest and most startling depictions of the Holocaust in Ukraine: the 1945 film “The Unvanquished” by Ukrainian-Jewish director Mark Donskoy. He will use this “pivotal film” as a starting point to look at the complex ways Soviet cinema grappled with representing the Holocaust and Jews more generally, offering a unique lens on post-war politics of memory.

Created under Stalin, “The Unvanquished” depicts the massacre of Jews at the infamous site outside of Kyiv called Babyn Yar. Dr. First explains that “The Unvanquished” was the first film to depict Jewish persecution explicitly, a subject that Hollywood avoided for decades to come. Yet, he says, “The Unvanquished” also contains a powerful contradiction, as it simultaneously reveals the genocide and advances a form of historical amnesia that would shape memory for decades.

Dr. First earned his Ph.D. in History at the University of Michigan in 2007. He is the author of “Ukrainian Cinema: Belonging and Identity during the Soviet Thaw” (Bloomsbury, 2014) and a study on the classic Ukrainian film “Shadows of Forgotten Ancestors” (Intellect, 2016). His research explores how film shaped national identity, politics, and historical memory in Ukraine, Russia, and throughout the USSR.

Lehrhaus lectures at Beth Sholom are free and open to the community. Light refreshments are served. Lehrhaus at Beth Sholom takes its inspiration from The Free Jewish House of Learning, the school for Jewish studies and adult education founded by Franz Rosenzweig in Frankfurt in 1920. [HW](#)

Beit Abulafia invites you to an evening of music and meditation session at Baron Hirsch Congregation In the Tabernacle

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Young Israel Shares Purim Pizza with IDF Soldiers



IDF soldiers receiving Young Israel of Memphis' uplifting Purim pizza.

By Rabbi Akiva Males

For me, one of the most rewarding aspects of being a congregational rabbi is being privileged to administer my Rabbi's Discretionary Fund (RDF). The RDF is a vital way for Young Israel to assist members of our local Jewish community – and even some in Israel – who at times can use a helping hand. The Purim season might be when the fund keeps me busiest – as many entrust the RDF with their special donations to be shared with those in need on Purim. I'm proud to say that thanks to the generosity of many donors, this past Purim, Young Israel's RDF was once again able to help lighten the burdens felt by many of our brothers and sisters.

This Purim, YI's RDF was also proud to engage in another uplifting project. For the 10th consecutive year, YI decided that Purim would be the perfect time to reach out and thank the brave soldiers of Israel's Defense Forces (IDF) who are doing their best to protect our extended family in Israel. While away from the festive Purim atmospheres of their own homes and locales, those soldiers work hard to keep their fellow citizens safe and sound. Toward that end, YI reached out again to www.Basketstoisrael.com to supply active-duty IDF soldiers with enough pizza and soda to make their Purim festive.



Considering the current situation in Israel, YIOM's 2026 IDF Purim Pizza campaign couldn't have been more appreciated! My nephew Yaakov coordinated the delivery of 30 delicious pizza pies to IDF soldiers (both regular and reservists who had just been reactivated). As these pictures show, the Chayalim (soldiers) were incredibly appreciative.

This refreshing treat served as a long-distance embrace from our congregational family. Knowing that a caring synagogue in far-away Memphis, Tennessee, was thinking of them on Purim surely provided those brave IDF soldiers with a much-appreciated morale boost. YI thanks the generous sponsors who made this gift possible.

With Pesach (Passover) just around the corner, I know that YI's RDF will soon be busy assisting others again. On behalf of all those who benefited / will benefit from YI's RDF, I thank the fund's many donors for their generous ongoing support. In the merit of your acts of Tzedakah, may G-d bless you and your families with a happy and healthy Pesach!

Young Israel's Rabbi Akiva Males can be reached at rabbi@yiom.org [HW](https://www.facebook.com/yiom)



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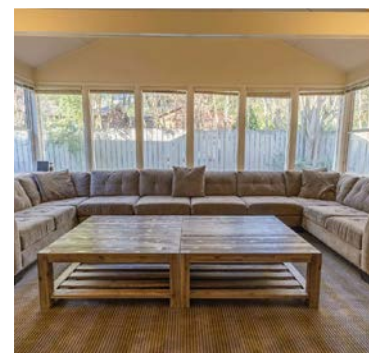
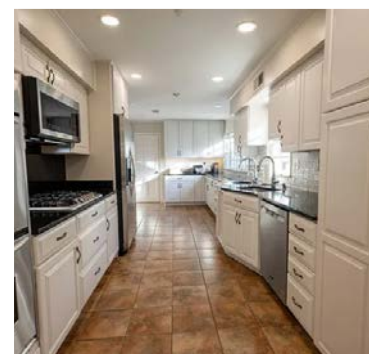
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When Things Seem Out of Control, Control Things You Can

Provided by Mike Stein, Managing Director - Investments, Wells Fargo Advisors
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fa.wellsfargoadvisors.com/michael-stein

During times of heightened stress, such as when there's extreme market volatility, a person can quickly become overwhelmed and struggle to do things that might be considered simple or obvious. It can be helpful to focus on the things you can control, identify actions that you can take, and complete those action steps.

Here are four action items for you to consider:

1. Review your investment plan

Before you start making changes to your investment portfolio, consider your goals. Are you saving for retirement? Do you need to build a college fund for your children? Did a recent event create a need to adjust your plan?

If your goals have changed or if you haven't updated your plan in a while, review and, if necessary, update your investment strategy to support reaching your goals.

2. Understand your risk tolerance

Risk is a key principle in investing. Some investments are riskier than others, but every financial decision involves risk. Since risk is inescapable, the key is to understand your risk tolerance and manage how much you are taking, which should be based on your

long-term financial goals. If your tolerance for risk has changed, review your strategy and make sure you are still comfortable with the amount of risk you're taking.

3. Stick to your plan

When the market gets volatile, investors often react emotionally and may want to pull out of the market to try to avoid loss. However, remember that moving or selling investments during a market decline will likely lock in losses; staying invested may allow you to benefit if the market comes back. Before reacting, take time to step back and try to respond using logic rather than emotion.

4. Organize and update important documents

Are your important documents up-to-date and accessible to those who may need them?

Create a reference list of your documents and consider making a digital version for easy storage and accessibility. Also ensure that your beneficiary designations for investment accounts, life insurance, and other accounts are up-to-date to reflect any new circumstances such as marriage, birth, death, or divorce. Beneficiary designations typically supersede your will or trust,

so you'll want to confirm that they are current and accurate.

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Netanyahu Hails 'Historic' Cooperation with US in War Against Iran

(JNS) – Prime Minister Benjamin Netanyahu last Thursday visited an Israeli Air Force base in southern Israel, where he praised ongoing military operations against the Iranian regime and its terror proxy Hezbollah in Lebanon, while highlighting the “historic” cooperation with the United States.

“On the sixth day of Operation ‘Roaring Lion,’ I am here at an Air Force base in southern Israel with the wonderful pilots of ours and of the United States, and the dedicated ground crews. The cooperation is historic, between the U.S. military and the IDF, and between the Israeli Air Force and the U.S. Air Force,” said Netanyahu.

“We continue to strike targets of the terror regime in Iran, along with terrorist elements in Lebanon. The achievements are great, but much work lies ahead.

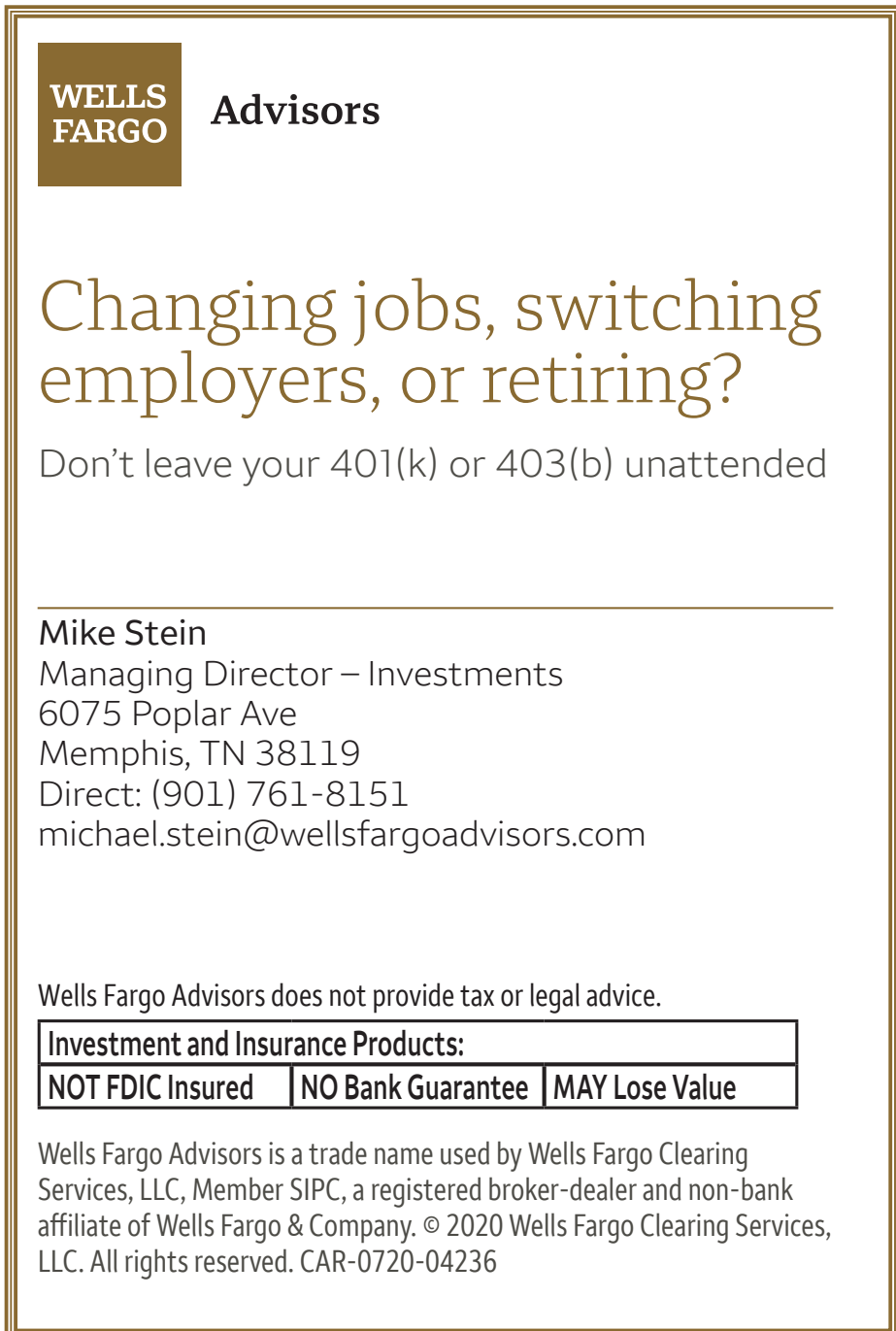
“I would like to again thank my friend President Trump for the cooperation between us, and between Israel and the United States. Together we will move forward, and together we will achieve our goals, with God’s help,” he added. [HW](#)



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CENTCOM...

(Continued From Page 1)

ers, and drones,” he said. “Our B-2 bombers and B-1 bombers have executed uncontested surgical strikes against multiple missile facilities deep inside Iran. And then just last night, a B-52 bomber force struck ballistic missile and command and control posts,” he said.

Cooper noted Israel’s role in the mission, saying: “In the opening hours of Operation Epic Fury, U.S. Central Command forces together with Israel delivered overwhelming and unprecedented strikes into Iran.” Operationally, “the two most powerful air forces in the world, the U.S. and Israel, are dominating the skies over the world’s largest state sponsor of terror,” he added.

Cooper said that another focus of the operation is to take out Iran’s missile launchers, which it has used to fire hundreds of rockets into Israel since [last] Saturday, and also into Saudi Arabia, the UAE, Bahrain, Qatar, Kuwait, Iraq, Jordan, Oman, and Cyprus.

The Iranian regime “has launched over 500 ballistic missiles and over 2,000 drones,” Cooper said, “indiscriminately targeting civilians as they launched these missiles and drones,” adding: “You’ve seen it on TV. The evidence is crystal clear and overwhelming.”

U.S. forces “will continue to conduct dynamic targeting operations. We’re hunting Iran’s last remaining mobile ballistic missile launchers to eliminate what I would characterize as their lingering launch capability,” Cooper said.

The “shock and awe” strikes of 2003 in Iraq were about half the scale of the first 24 hours of the current operation, Cooper said. “We continue with 24/7 strikes into Iran from seabed to space and cyberspace,” he added. Less than 100 hours into the operation, “we’ve already struck nearly 2,000 targets with more than 2,000 munitions.”

Cooper highlighted two firsts: The U.S. Army’s firing of “long range precision strike missiles called Prisms in combat, providing an unrivaled deep strike capability,” and CENTCOM’s deployment of a drone task force called Task Force Scorpion Strike. It “launched countless one-way attack drones, achieving massive effects.”

The drones used, he added, “were originally an Iranian design. We took them back to America, made them better, and fired them right back at Iran.”

At the start of his speech, Cooper acknowledged the six “Americans who’ve been killed in action,” and extended “prayers for a speedy recovery to the wounded.” The operation is aimed at eliminating “Iran’s ability to threaten Americans as they’ve been doing for nearly half a century.” Cooper said he could “not be prouder of America’s sons and daughters in uniform who are answering the call.”

Iran’s ability to hit “us and our partners is declining while our combat power on the other hand is building,” Cooper said. His overall operational assessment, he said, “is that we are ahead of our game plan. Along the way, every single branch of our military is achieving unprecedented success.” **HW**



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SIDES (9" x 13" pan, feeds approx. 15)

- Yellow squash souffle \$35/pan
- Roasted root vegetables \$45/pan
- Potato kugel \$35/pan
- Butternut squash kugel \$35/pan
- Matzah apple kugel \$35/pan

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- Onion-braised brisket \$45/lb
- Chicken tenders \$25/lb
- Ground beef eggplant lasagna \$45/pan
- Chicken roulade w/ spinach & onion \$27/lb
- Sweet & sour meatballs \$25/lb
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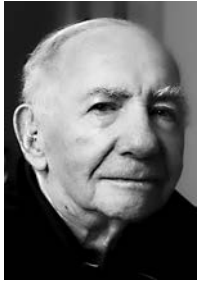
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Methuselah Must Have Been a Bore



*Editor's note:
This story is being
reprinted in memory
of Ted Roberts in
appreciation of his
longtime service
as a newspaper
columnist.*

By Ted Roberts

5/7/2012 – Old age is just like any other location on the map of life. No matter how many good and true friends describe it or how many books you read about it, you can't believe it till you've been there yourself.

Before you put pen to paper on the subject of oldsters (does "Senior Citizen" sound softer?) you have to give thanks that they no longer put us out on the hillside in a February twilight with a kosher bologna sandwich to last us during our exit days. Mull over that blessing and keep your fingers crossed. Things are looking up, right?

On the other hand, in the days of old the youngsters around us – they thought us wise. Dummies! They thought since we'd been here longer than them and thereby made more mistakes – we were smarter. They consulted us. And that could pay off by postponing the February hillside picnic with bologna sandwiches.

It's a difficult transformation. To imagine the old when they were new. It's comparatively simple to stare at the 20-year-old wreck of a family sedan and see the gleaming, undented Zephyr (that's what Lincoln called it) of family pride, which she was when they proudly drove her out of the showroom.

But try it with humankind, especially someone you know well – say your parents, aunts, or uncles – whose bodies have decayed, whose minds

lose storage capability, and whose personalities mauled by life have lost the kiss of their sweetness. Just as physical strength fades like the sinking sun, so does that conglomeration of habits, quirks, likes and dislikes we call personality. Strangely, unfairly the worst of our habits grow stronger as we age. Conservative consumption turns into frugality. Humor turns into silliness and confidence hardens into stubbornness.

And it's hard to remember as you shout conversation into Uncle Louie's good ear (the left, I think) those days of yesteryear when he bought you a fielder's glove and taught you to throw a curve. Where is he now? That couldn't be the guy you helped up the porch steps.

Pious people like me, when bumping up against the biblical allotment of 3 score and ten, frequently consult the Bible. The day these old bones aged 70, I spent hours thumbing through that big, black book that offers advice on everything from child raising (Boy, did David have trouble with his kids) to barbecuing a roast ox for three angelic visitors.

But the Book is weak on how to cope with 3 score and 10. Naturally. Besides Methuselah, Moses, Abraham, and other notables – few made it. There is an interesting reference in Joel, a prophet parsimonious with words since he only gets three pages, but generous with his wisdom. He tells us that; "your sons and daughters will prophesy – and your old men (that's me) will dream dreams." Your old men will dream dreams. Cheerful, OK. But not much help when you know you left your glasses on the table by the morning paper and they've somehow grown legs and walked off. Better to remember where you put the glasses than prophesy. That's one of my new problems. Inanimate objects have a mind of their own and move from room

to room. Or from car to house. But that's small potatoes.

More importantly, I don't know whether I want to root for me or my retirement money. You either plan on spending big and leaving early or rationing out your few bucks and hanging around. And if you miscalculate? Well, there's always that sunny corner room at the kid's house. And he'll let you use the car on Wednesday mornings. Timing is everything.

But also consider that age bears financial obligations. That's what the wife says. Kids have grandkids. Grandkids have great grandkids. And the years bring nieces and nephews who in accordance with the inviolate laws of nature bear grandnieces, grandnephews. AND EVERYONE HAS A BIRTHDAY and then a graduation and then a wedding and then a wedding anniversary. And even Cousin Herbie, with a prison record, finds an ex-inmate who's not too particular. Their silver pattern is at Tiffany's. Ask my wife, the family accountant, about it and you'll find there's not a day of the year that she doesn't empty your wallet with a gift offering.

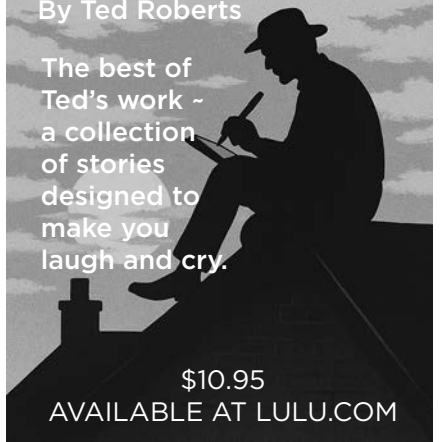
More problems. There's forgetfulness to deal with. Memory shrinks – which isn't all bad. There are errands and duties, which you're happy to forget. Household duties expand like the waistlines of your friends. The raking of the patio leaves, which used to take an hour, now eats up your afternoon. But that's not all bad. Your kids start checking out assisted living facilities when they catch you eating supper at 3:15. Never admit that you eat before 4:00. It's a sure sign of senility.

And though your social life declines, you notice something fascinating. Your friends and relatives seem kinder and more forgiving than they used to be. So,

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By Ted Roberts

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you lost your son's car keys. He's not nearly as mad as he used to be in former days. And his wife smiled sympathetically when you trampled her front door peonies. You didn't show up for the lunch with Cousin Bert. Oh well, we'll do it next week. What's happening here? Did they suddenly grow more patient with the faults of their fellow creatures, or did they peer over the horizon of time and see themselves as forgetful, and lovable, and 3 score and 10 – like you?

And now the gusty wind of time flutters the pages of the calendar. Just like in those old movies. Every day is Friday. Some twist of time that even baffled Einstein speeds up our days. It's as though you stand on the bank of a river and downstream the current dawdles and creeps, but at your feet it is white water rapids.

And finally, avoid mirrors, especially before you shower.

The syndicated humor of Ted, the Scribbler on the roof, has appeared in newspapers around the U.S., on National Public Radio, and numerous websites. HW



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Israel Insights Purim in Bomb Shelters

By Howard Weisband

I am writing on day six of the current war with Iran.

It all began on Shabbat/Saturday morning Israel time with a joint, carefully collaborated and coordinated attack on Iran by the United States and Israel. The U.S. action is called Operation Epic Fury, while Israel's term is Roaring Lion.

This war may or may not be continuing when this column is published, but what I intend to share is a sense of lasting impact, providing a few personal insights as to how we in Israel, especially my family and myself, are dealing with and feeling the impact of the war. I do not intend to provide an analysis of the war itself and the reasoning behind it. That is available online through multiple media sources and experts.

Shabbat morning, February 28, began normally. Our synagogue services take place at 8 am. Shortly thereafter, during our initial Shacharit prayers, the wailing sound of the siren signaled that a missile or rocket was headed our way. We only learned later that the Israel/U.S. attack on Iran had begun, and the population was being alerted to expect a retaliation.

We had anticipated something in the near future, but not the beginning of the war so imminently.

No matter. We immediately carried a

Torah scroll and chairs down one flight into the miklat, the bomb shelter, and continued our services in safety. Soon thereafter, those officially in the army or on civil neighborhood duty and carrying phones received an all-clear message, so we went back upstairs.

Poignantly, this was Shabbat Zachor, Remembrance, when the additional Torah section "Remember Amalek" is read, describing the evil attack that he brought upon the Children of Israel in the desert after they left Egypt. "You shall wipe out the memory of Amalek from under the heaven, you shall not forget."

The Ayatollah and his regime has often been compared to Amalek. Little did we know then, that with the aid of Mossad and CIA intelligence, that the Ayatollah and his immediate circle had already been "wiped out" by Israeli bombing runs in those first hours of the war.

Another siren soon thereafter and we were back in the shelter for the Musaf or additional prayer for Shabbat. After the conclusion of the service and following another all clear, there was to be a rather lovely Kiddish... that took place both upstairs and in the shelter!

Shabbat lunch was in our home, merely across the street. Four previously invited guests, Kayla and myself. During

those two or three hours we experienced another three or four sirens. Up from the table and into the mamad, six of us in the reinforced safe room in our apartment.

(Following the Gulf War in 1991, all homes and apartments built in Israel must include a mamad; older construction generally has a miklat underground or access to a public shelter. The building in which we live was constructed about 15 years ago.)

Monday evening and Tuesday was Purim, a Purim to remember, or perhaps not!

On Saturday night we learned that the Home Command of the IDF had already closed schools for the next several days (that would be extended through the entire week) and canceled all Purim gatherings and festivities.

Our granddaughter's bat mitzvah in the city of Modiin was to occur on Monday, Purim eve. She would read the Megillah, the Scroll of Esther, before a large number of guests, then a party to follow. Modiin is about a 40-minute drive from our home in Jerusalem, and similarly from her other grandparents in Raanana. She read the Megillah for the immediate family and a few nearby close friends in a private home with a large mamad.

So as not to be caught on the highway during one or more sirens, we grandparents participated somewhat via video, but candidly robbed of the nachat (pride and joy) of being physically present. The celebration or party itself has been rescheduled for the end of this month.

Purim, or Shushan Purim, in Jerusalem (and other originally walled cities such as Tzfat) was Tuesday evening and Wednesday. Our Purim was celebrated back in the bomb shelter set up as a "synagogue." Many people, including adults and children in costumes, crowded together for prayers and the reading of the Megillah, both evening and morning.

Definitely a Purim to remember. And the war continues. Even today as I work on this column, we experienced three or four sirens, up and down, in and out of our mamad, I have felt a bit like a yo-yo!

Howard Weisband served as Assistant Executive Director (1975-77) and Executive Director (1977-84) of the Memphis Jewish Federation. Following Aliyah with his family in 1986, he served as Secretary General of the Jewish Agency for Israel through 1997, and then in other senior professional positions in Israel. Now retired, he and Kayla live in Jerusalem. He can be reached at hweisband@gmail.com HW

100 STORIES for 100 YEARS

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In 2027, Memphis Jewish Home & Rehab (MJHR) will celebrate 100 years of serving patients. In honor of this accomplishment and all the people who made it possible, we are telling 100 of their stories. Over the next two years, we will publish 100 Stories for 100 Years – a weekly column spotlighting resident, staff, and lay leader stories with the Home from throughout our history. This week, we are spotlighting one of our current residents, Sandra Abel, who has lived at the Home since 2017.



Sandra Abel enjoys the Wishmakers Ceremony at MJHR.



Sandra and her son participate in Family Bingo Night.

By Jasmine Williams

MJHR: Tell us about yourself (hometown, education, family, hobbies, career).

I was married for 50 years, and my husband, Elliot, passed away several years ago. I have four children, Mitchell (of blessed memory), Jeffrey, Bradley and Jennifer. I have four grandchildren. I enjoy needlework, which I just learned

one day. I used to dance a lot, and ballet was my specialty. My family owned a tobacco shop in Memphis.

MJHR: How did you become connected to MJHR?

I had an aunt that we had to place somewhere, and I had always heard about the Jewish Home. So, we moved her here, and then when I needed it, my family moved me here. The Jewish

ties and art classes, which is really nice. I've known Netta since I first came to the Jewish Home, she was the CNA on my unit. She's a sweet young lady, and I feel lucky that they have her. She's a wonderful lady.

MJHR: What do you wish for the future 100 years of the organization?

I haven't really given it much thought. Well, more activities, and I guess you can always improve the food.

MJHR: What was your favorite pastime with your family?

It's always been with the kids and my husband. We would go on vacation together. We like to go to shows at the Orpheum. I love musicals. Then we would go out to dinner at different restaurants. Nothing outstanding, like big trips or anything, just the small, special moments of life.

Memphis Jewish Home & Rehab is a not-for-profit nursing home, Jewish in character and environment, dedicated to providing the highest level of care possible with dignity, compassion, and professionalism. Only through the help of generous donors is the organization able to care for those in need.

Find more information at www.memphisjewishhome.org/giving. **HW**

'Good Riddance:' Iranian who Plotted to Kill Trump Eliminated

By JNS Staff

U.S. Ambassador to the United Nations Mike Waltz revealed last Wednesday that the slain Iranian commander who plotted to assassinate President Donald Trump also plotted to kill former Cabinet officials, ambassadors and activists "on American soil."

"Good riddance," Waltz added in an

X post about the terrorist.

The diplomat did not elaborate on who those officials might have been.

Speaking to the press last Wednesday, U.S. Secretary of Defense Pete Hegseth said that "the leader of the unit who attempted to assassinate President Trump has been hunted down and killed" on March 3.

"Iran tried to kill President Trump. And President Trump got the last laugh," he added.

Hegseth emphasized that the Iranian was "not the focus of the effort by any stretch of the imagination, [but] if we had the opportunity to get at those who are trying to get at Americans specifically, we would."

He did not name the leader who was killed.

According to Israel's Channel 12 broadcaster, the Israel Defense Forces killed the head of the Iranian Revolutionary Guard Corps Special Operations Division, Rahman Moghadam, who was behind the Trump assassination scheme.

The report added that Trump was informed of this development. **HW**

Your Health: How Can I Prevent a Heart Attack?

By Cindy Katz, DNP

Heart disease remains the leading cause of death in the United States.

What Causes a Heart Attack (Myocardial Infarction)?

A heart attack, or myocardial infarction (MI), occurs when blood flow to the heart muscle is abruptly reduced or blocked. This most often results from rupture of an atherosclerotic plaque within a coronary artery, followed by thrombus (clot) formation.

Plaque builds gradually along the inner walls of the coronary arteries. When a plaque becomes unstable and ruptures, a clot forms and obstructs blood flow, impairing myocardial perfusion. This leads to ischemia (lack of oxygen) and, if not promptly treated, irreversible damage to the heart muscle.

What Can Be Done to Help Prevent a Heart Attack?

Discussing modifiable cardiovascular risk factors during annual wellness exams is a routine – and essential – part of preventive care. Lifestyle behaviors combined with targeted laboratory testing can identify cardiovascular risk early, allowing for timely intervention and a more personalized, proactive approach to heart health.

Blood Pressure Control

Maintaining blood pressure below 130/80 mmHg is a cornerstone of cardiovascular disease prevention. Poorly controlled hypertension damages the vascular endothelium – the inner lining of blood vessels responsible for regulating blood flow, preventing clot formation, and maintaining vascular integrity. Endothelial dysfunction accelerates atherosclerosis and increases cardiovascular risk.

Lipid Management and Advanced Testing

A standard lipid panel evaluates:
Low-density lipoprotein cholesterol (LDL-C)
High-density lipoprotein cholesterol (HDL-C)
Triglycerides
Total cholesterol (calculated)

For some individuals – particularly those with a personal or family history of premature heart disease – advanced lipid testing may provide additional risk stratification:

Lipoprotein(a) [Lp(a)]: A genetically determined, independent risk factor for premature atherosclerotic cardiovascular disease.

Apolipoprotein B (ApoB): Reflects the total number of atherogenic lipo-

protein particles and may predict cardiovascular risk more accurately than LDL-C alone.

High-sensitivity C-reactive protein (hs-CRP): A marker of systemic inflammation; elevated levels are associated with plaque instability and increased cardiovascular events.

Control of Diabetes and Insulin Resistance

Diabetes mellitus and insulin resistance significantly increase the risk of cardiovascular disease. Chronic hyperglycemia contributes to endothelial dysfunction, inflammation, and accelerated atherosclerosis. Early identification and aggressive management are essential to prevent long-term vascular complications.

Lifestyle Interventions

Physical Activity

Aim for at least 150 minutes of moderate-intensity aerobic activity per week, as recommended by current cardiovascular guidelines.

Nutrition

Adopt a dietary pattern rich in vegetables, fruits, whole grains, legumes, and lean protein sources. A good source to follow is the Mediterranean Diet. These nutritional approaches support vascular

health, improve lipid profiles, and reduce systemic inflammation.

Tobacco Cessation

Simply put: quit smoking and avoid vaping. Tobacco exposure damages the vascular endothelium, promotes chronic inflammation, increases thrombosis risk, and accelerates atherosclerotic plaque formation.

Stress and Sleep Regulation

Chronic stress and inadequate sleep contribute to elevated cortisol levels, hypertension, insulin resistance, and systemic inflammation. These factors are increasingly recognized as important – and modifiable – contributors to cardiovascular risk.

Bottom Line

Preventing a heart attack requires more than just checking cholesterol levels. Routine preventive screening, blood pressure control, lifestyle modification, and – when appropriate – advanced laboratory testing are critical components of cardiovascular risk reduction.

Work with your healthcare provider to develop a personalized prevention strategy that may include advanced markers such as Lp(a), ApoB, and hs-CRP.

Prevention is personal – and it starts long before symptoms appear. **HW**

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Presented By Kelman-Lazarov Wealth Management

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featuring performances by



Avi Kaplan
3:30-4:30pm



Memphis Soul Remedy
2:00-3:00pm



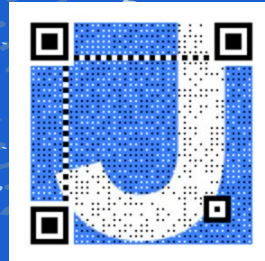
Jack Fargo
12:30-1:30pm



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