

To Increase Inclusion During Passover, JBI Offers Free Large Print, Braille & Audio Haggadot to Visually Impaired, Blind, or Print Disabled

The Jewish Braille Institute (JBI), the nearly century-old nonprofit that enables access to Jewish life for individuals who are blind, have visual impairments, or print disabilities, recently launched its annual Haggadot campaign offering free large print, braille, and audio Haggadot to anyone in need.

JBI's Executive Director Livia Thompson said, "Participation at a Passover Seder can be difficult and isolating for those who have trouble reading standard text. Our accessible large print, braille, and audio Haggadot allow everyone, young and old, to join together with family, friends, and community and partake in the mitzvah of sharing the Passover story. Whether leading the seder in long-standing family tradition or reciting the Four Questions for the first time, all should be able to participate and feel they belong."

JBI offers 18 different versions for patrons to choose from, including Haggadot in several languages, denominations, as well as a Haggadah "digest" for communal seders perfect for use in settings such as nursing homes. Last year JBI partnered with several organizations to add new braille and large-print editions to their offerings, and these now include the Mishkan HaSeder from the CCAR Press, PJ Library's Family Haggadah, and the Chabad Haggadah. Through the PJ Library collaboration, JBI has also made an audio version available for families who want to study the text and songs in advance of the holiday.

To learn more or to request a free large print, braille, or audio Haggadah for you or someone you know or love, visit JBI's website at www.jbilibrary.org, call 800-999-6476, or email haggadah@jbilibrary.org. Please note orders are requested by April 11, in order to receive a free Haggadah in time for this year's Passover Seder. Haggadot are free for individuals. For institutions requesting multiple Haggadot, JBI charges a modest fee to cover the cost of production for those located outside of New York City. (Within NYC nonprofits can request Haggadot, free of charge, thanks to an accessibility grant serving NYC.)

To learn more, visit www.jbilibrary.org.

HaZamir International Teen Choir Performs in Concert at Carnegie Hall on April 7

Hundreds of teen participants of HaZamir: The International Jewish Teen Choir will perform in concert featuring classical, contemporary, and popular Jewish music on Sunday, April 7 at 2:30 pm at Carnegie Hall in New York City.

The performance will take place at Carnegie Hall's Stern Auditorium/Perelman Stage, located at 881 Seventh Avenue, New York, NY. Tickets are available online at www.CarnegieHall.org/events or in person at the Carnegie Hall box office at 57th St. and Seventh Avenue, or by calling CarnegieCharge at 212-247-7800.

HaZamir was created in 1993 to provide an opportunity for talented young singers to perform great Jewish music at the highest standard of excellence. HaZamir engages 9th-12th graders in local chapters in over 30 cities nationally and internationally.



Livia Thompson

Rabbi Dr. Kronish Discusses Israel/Palestinian Peace Initiatives

BY STEPHEN E. LIPKEN

Rabbi Dr. Ron Kronish, Founding Director Interreligious Coordinating Council in Israel (ICCI) presented a seminar, "Peacemaking and Peacebuilding in Israel and Palestine: Is Peace Possible?" at Iona University, New Rochelle on March 3.

A noted rabbi, educator, author, and inter-religious activist, Kronish has lived in Israel for 44 years. In his career, he has discussed the challenges as well as some of the hopes involved with peacemaking and peacebuilding in Israel and the Gaza Strip.

Introduced by Dr. Elena Procaro-Foley, Brother John G. Driscoll Professor of Jewish-Catholic Studies and Director of the Core Curriculum at Iona University, Rabbi Kronish asked: "Is peace possible? Is there any hope for peace between Israelis and Palestinians?"

While no one can know for certain the answers to these questions, Rabbi Kronish did voice cause for optimism, citing Egyptian President An-



Left to right: Dr. Sharon Williams, Professor of Religious Studies, Iona University; Rabbi, Dr. Ken Kronish, Founding Director, Interreligious Coordinating Council in Israel (ICCI); Dr. Elena Procaro-Foley, Br. John G. Driscoll Professor of Jewish-Catholic Studies (Iona).

war Sadat's flight to Israel in 1977, which resulted in The Camp David Accords in 1979, the Oslo Accords of 1993 and 1995, and the Good Friday Agreement in Northern Ireland, which went into effect on December 2, 1999.

Westchester County Board of Legislators Celebrates Women's History Month

On March 18, the Westchester County Board of Legislators celebrated Women's History Month with an inspirational ceremony lauding Dr. Suzanne D. Phillips, a prominent longtime educator and Elmsford School Board member, and Elizabeth Rotfeld, Deputy Clerk and Senior Citizen Coordinator for the Village of Rye Brook.

Board Chair Vedat Gashi said, "I am pleased to say that eight of our 17 outstanding Legislators are women, which is reflective of the demographics of our country and the world. This is a positive and significant step forward. It is heartening to see women holding positions of power and influence in Westchester County, as mayors, supervisors, lawyers, doctors, district attorneys, commissioners, and judges. We have come a long way from the days when women were confined to traditional roles."

"Tonight, we have the pleasure of honoring two exceptional women – Dr. Suzanne Phillips and Elizabeth Rotfeld. Their contributions to our communities are immeasurable, and we are deeply grateful for their efforts."

Legislator Jewel Williams Johnson presented the first proclamation to Dr. Suzanne D. Phillips. She said, "I am grateful to gather this evening, to pay tribute to an individual with unwavering dedication and tireless advocacy who

continued on page 11



The Crow's Best Friend: Humans

A new study from Tel Aviv University (TAU) examined what happens to birds that are accustomed to living around humans when their habitat is suddenly emptied of the presence of humans. Among other birds, the researchers tested crows, ringneck parakeets (also known as rose-ringed parakeets) and graceful prinias – and the findings are surprising: while the crows and ringneck parakeets, who are characterized by their tendency to “follow” humans, are already accustomed to the noises they make and feed on their food scraps, decreased their activity, the graceful prinias, which are considered shy, actually increased their activity in the same area.

The research was conducted under the leadership of research student Congnan Sun, Dr. Arjan Boonman and Prof. Yossi Yovel, head of the Sagol School of Neuroscience and a member of the School of Zoology at TAU, in collaboration with Prof. Assaf Shwartz from the Landscape Architecture Department at the Technion. The study's results were published in ELIFE magazine.

As part of the current study, the researchers took advantage of the first COVID-19 lockdown to test the interrelationship between man and nature and placed 17 recording, wide-band, sensitive microphones in the Yarkon Park and the streets adjacent to it in northern Tel Aviv. With the help of artificial intelligence, an analysis of the recordings from the



Professor Yossi Yovel

first days of the lockdown until 10 days after its end (March 25 to May 28) showed that the activity of the crows and ringneck parakeets was significantly lower (the calls from the crows in the park decreased by about 50% during the lockdowns and the chirping of ringneck parakeets in the park dropped by about 90%). In contrast, the graceful prinias actually benefited from the absence of people and increased their presence by about 12%.

Prof. Yossi Yovel explains: “When the first COVID-19 lockdown began, we, like many re-

searchers, in many fields, identified a rare opportunity to conduct field experiments that would examine how animals behave in the absence of humans. In general, many studies indicated the return of species to habitats that humans had ‘abandoned’ because of the coronavirus, but most of these studies were carried out through human observation, which obviously requires humans, who are, as mentioned, the factor whose effect we want to examine. We decided to use microphones to allow us to monitor the activity of birds while humans aren't present, and to disperse them densely throughout parks and residential neighborhoods. We chose the Yarkon Park area, heading south until Arlozorov Street, and we placed 17 microphones at a distance of about 500 meters away from each other. We chose the ‘old north’ neighborhood of Tel Aviv because it is an urban area adjacent to a park, to enable a comparison between the activity of the birds in a park and the activity of the birds in a city.”

The researchers examined the changes in the presence of three particularly common and particularly loud bird species, which differ from each other in the extent to which they exploit humans: hooded crow, ringneck parakeet, and graceful prinia. The hooded crow is classified as a “human-following species,” that is, it stays near humans and feeds on their food scraps. The ringneck parakeet is an invasive species, it also follows humans.

The graceful prinia is classified as “adaptive” – it adapts itself to humans, knows how to get along in an urban environment, but does not feed on humans' food scraps and prefers to avoid their company. In total, the researchers recorded 3,234 hours containing around 250,000 bird calls, using artificial intelligence to identify the calls and the birds that made them. During the lockdown, human activity in the residential areas increased by 49%, and human activity in Yarkon Park – while leaving homes to go to parks was still prohibited - decreased by 31%.

“First, we found that the overall activity of the birds, regardless of COVID-19, is 53% higher in the parks than in the streets adjacent to them,” explains Prof. Yuval. “The parks are a center of activity for birds, and that is always true. On the other hand, a complex picture emerges from the lockdown period. The crows and ringneck parakeets, which usually subsist on leftover food from people in the park, searched for other avenues. The calls from the crows in the park decreased by about 50%, and the chirping of the ringneck parakeets in the park dropped by around 90%. Conversely, the shy graceful prinia, an outstanding adaptor, increased its activity by about 12%. These findings highlight the fact that there are animals that depend on us in the city, as well as the flexibility of these animals and the complexity and diversity of the urban ecosystem.”

The gift of a 10-day trip is yours.

Now more than ever, see Israel for yourself.

Apply now at birthrightisrael.com



Historical Perspective and International Relations: New Book Aims to Shape the Future of Global Diplomacy Through Understanding the Past

In the ever-evolving realm of international relations, understanding the historical context is crucial. Dr. Yoav J. Tenenbaum's latest book, *Historical Perspective and International Relations*, offers a deep dive into the significant events that have shaped modern and contemporary history and the reverberations that echo today.

From how Napoleon's legacy explains the current conflicts in the Middle East, to why Dr. Tenenbaum believes Putin miscalculated in Ukraine, the book navigates through the multi-faceted interplay of history and foreign policy, presenting a compelling case for the necessity of historical perspective in present-day international relations.

Synopsis: Composed of short articles, this book highlights some of the most momentous events in modern and contemporary history having an ongoing effect on the way international relations have evolved. Cardinal events in the history of international relations are assessed from a historical perspective. A section is devoted to the role of history in the shaping of foreign policy. Some articles dwell on the more theoretical aspects of international relations and diplomacy, and others on the inter-



Dr. Yoav J. Tenenbaum

section of international law and diplomacy.

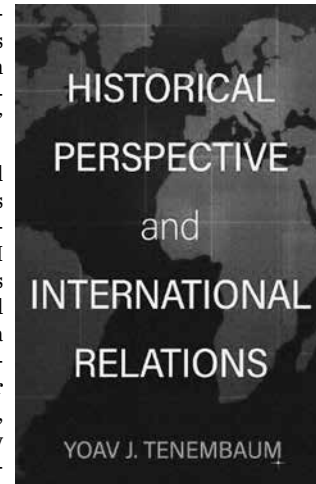
The book concludes with articles on imagination and the study of history, on the use of counterfactual history, and on historical truth and historical narrative and their relevance in current international relations. The book is aimed at a wide readership, interested in history and international relations.

"As an academic deeply immersed in the

study of history and international relations, I wrote this book to bridge the gap between historical events and contemporary diplomatic practices," says Dr. Tenenbaum.

Continuing, "The nuanced way in which history informs current foreign politics and dynamics might surprise people. I firmly believe that governments would benefit from historical advisors. We can learn quite a bit about how to navigate current conflicts by turning our gazes to the past. To that end, this book is a culmination of my efforts to elucidate how historical understanding is not about the sepia-colored past, but a pivotal and crucial lens through which we view and shape the future of our world."

A vital resource for educators and students and a fascinating read on its own merits, the book touches on topics that remain as relevant today as they were years ago - from how memories of Hiroshima and Nagasaki

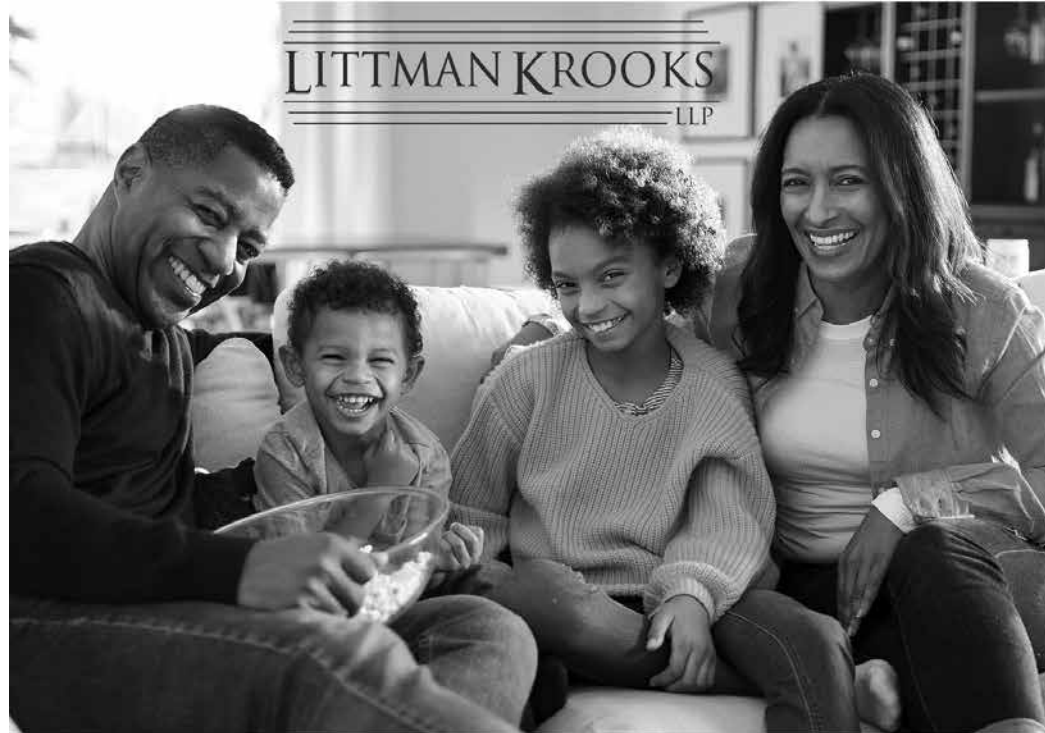


constrain the Ukraine crisis, to how only one country in Europe came to the defense of Jews during World War II, showing that anyone interested in understanding the complexities of global diplomacy will find a plethora of riches within its pages.

Yoav J. Tenenbaum is a lecturer in International Relations at Tel Aviv University, Israel. He obtained his doctorate degree in Modern History at Oxford University and his master's degree in International Relations at Cambridge University. His previous book, *Turning Points in the History of*

International Relations, 1908-2008, was published in the UK in 2021. His articles have been published in various journals, magazines and newspapers in the UK, US and Israel. Yoav is Argentinean-born and lives in Israel.

Historical Perspective and International Relations is available now from Amazon at www.tinyurl.com/en53b562.



LITTMAN KROOKS
LLP

www.littmankrooks.com

800 Westchester Avenue, • Rye Brook, NY 10573 • 914.684.2100
1325 Avenue of the Americas • New York, NY 10019 • 212.490.2020

Attorney Advertising

Helping Families Plan For The Future

Estate Planning & Administration

Medicaid Planning

Elder Law

Guardianship

Special Needs Planning

Special Education Advocacy



Chef Dishes Up International Plant-Based Jewish Cuisine in New Cookbook

Passover without brisket? Matzo ball soup without chicken broth? Bagels without lox? In *NOSH: Plant-Forward Recipes Celebrating Modern Jewish Cuisine*, author, chef, and dietitian Micah Siva (with a foreword by Adeena Sussman) brings her love for cooking, her commitment to a plant-based, health-supportive way of eating, and her devotion to her Jewish heritage together in a collection of delicious recipes.

In *NOSH*, Siva offers more than 80 plant-forward recipes — divided into sections spanning every course of the meal and occasion. The recipes reflect the culinary influences of the diversity of places where Jewish food has its roots — Africa, India, the Middle East, and Western as well as Eastern Europe — and are all accom-



panied by mouth-watering photographs and easy-to-follow, step-by-step instructions. Throughout, Siva offers gentle suggestions for going vegetarian or vegan while welcoming omnivores and flexitarians to the table without guilt.

The book includes a food glossary, from Amba to Zhoug; sample holiday and everyday menus; plant-based substitutions for dairy items and eggs; gluten-free and Passover-friendly options; recipes for pantry and fridge essentials, from Simple Applesauce to Sauerkraut, Tahini Sauce to Everything Bagel Spice; fascinating historical and cultural tidbits, helpful hints and ample encouragement throughout.

Micah Siva is a trained chef, registered dietitian, recipe writer, and food photographer

specializing in modern Jewish cuisine. After graduating from the Natural Gourmet Institute of Health & Culinary Arts, she pursued a career in nutrition. She later worked for global brands, media outlets, and publications in food media. She shares Jewish-inspired, plant-forward recipes through her blog, Nosh with Micah. She lives in San Francisco, California, with her husband, Joshua Siva, their newborn baby, and their mini Sheepadoodle, Buckwheat. She and her husband are the coauthors of *1, 2, 3, Nosh With Me*, an illustrated children's book about Jewish foods and their meanings.

NOSH: Plant-Forward Recipes Celebrating Modern Jewish Cuisine is available from Amazon.com at www.amazon.com/Nosh-Plant-Forward-Recipes-Celebrating-Cuisine/dp/1685553273.

Rabbi Shares Revolutionary Strategies for Self-Improvement and Problem-Solving in New Book

In *Rediscover Your Wisdom: Drawing on Answers from Your Past to Achieve Self-improvement, Growth, and Success*, author and Rabbi Joel Stein reveals a profound truth: “The challenges that weigh on your mind today are echoes of battles you’ve already triumphed over.”

Drawing from his rich experiences in guiding individuals through difficult circumstances, Rabbi Stein unveils his unique perspective on self-discovery.

“You are your own best guide, therapist, and advisor,” Rabbi Stein said. “*Rediscover Your Wisdom* is an invaluable guide that transcends conventional self-help and empowers you to reflect on your past experiences to conquer present-day challenges.”

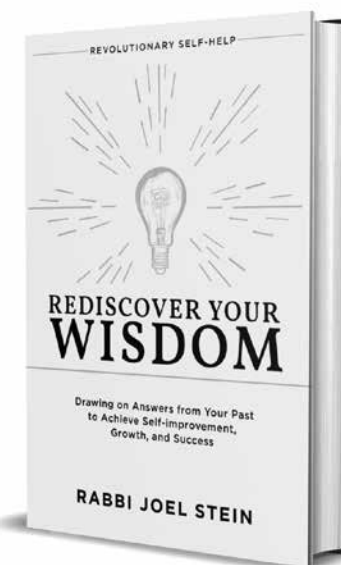
But it’s important to note that *Rediscover Your Wisdom* goes beyond the concept of harnessing solutions from the past. Rabbi Stein takes it one step further and offers new strategies and techniques for solving present-day problems.

“These insights are drawn from my vast experience working with people who struggled with life’s problems, including cases that even experts gave up on,” Rabbi Stein said. “Despite the odds, my approach consistently defied expectations and achieved success.”

Through addressing common problems people face within the realms of identity, emotions, and relationships, Rabbi Stein provides a roadmap for acknowledging broader wisdom and strategies that apply to specific issues. Employing poignant stories and insightful anecdotes, *Rediscover Your Wisdom* invites readers to see the larger thread that connects daily challenges, while providing techniques for creating systems and reminders that promote growth and success.

“As a rabbi, I’ve had the privilege of guiding countless individuals through various challenges, witnessing firsthand the power of self-discovery and personal resilience,” Rabbi Stein added. “Time and again, I’ve seen people confront seemingly insurmountable obstacles, only to realize that within their own histories lie the solutions they seek in the present.”

Rabbi Joel Stein, a prominent figure and best-selling author in the Orthodox Jewish community, demonstrated remarkable achievements early in life.



By age 22, he delivered profound lectures on halachic rulings, reaching tens of thousands of listeners. At 26, he authored an insightful commentary on the entire Talmud. Throughout his years as a rabbi, people sought his guidance for a range of struggles, including complex mental challenges. Rabbi Stein surpassed expectations, offering assistance where even seasoned experts had faltered. Pioneering revolutionary techniques for resolving psychological issues, he successfully mediated numerous multimillion-dollar disputes that had been deadlocked for decades. His innovative ideas also paved the way for legendary success in the world of business.

For more information, visit www.rediscoveryourwisdom.com.

Rediscover Your Wisdom: Drawing on Answers from Your Past to Achieve Self-improvement, Growth, and Success, Release Date: April 14, 2024, ISBN-13: 979-8989866403, is available from Amazon.com at www.amazon.com/Rediscover-Your-Wisdom-Drawing-Self-improvement/dp/BoCTBRBPYB, www.bn.com, and other online retailers.

WISHING OUR FRIENDS AT WESTCHESTER JEWISH LIFE

A Happy & Healthy Passover



SHELLEY B. MAYER

State Senate
37th District



STEVE OTIS

Assemblyman
91st District

Calendar of Events

JCCMW

999 Wilmot Road, Scarsdale
Fridays, April 5–May 31, 9:15–10:00am
Small Steps Toddler Class
Ages 16–24 months with caregiver
Cost: \$230. Registration is open for the spring session of Small Steps, our toddler class for children ages 16–24 months. Visit www.jccmw.org/event/small-steps-class/ for more information and to register.

Westchester County Parks to Hold Seasonal Job Fairs
Westchester County Center, White Plains
April 6, 10:00 a.m. to 2:00 p.m. AND
Muscoot Farm, Katonah
April 13, 1:00 p.m. to 4:00 p.m.
Westchester County Parks will hold two job fairs for those who want to learn more and apply for seasonal jobs at its parks. Attendees can apply on the spot to the numerous positions in the Westchester County Parks Department including Naturalists/Educators, Nature Camp Counselors, Lifeguards, and Recreation Attendants. Locations span the entire Westchester County Parks system. Visit www.parks.westchestergov.com/job-opportunities for job descriptions.

Emelin Theatre

153 Library Lane Mamaroneck
Saturday, April 6, 11:00 a.m. and 2:00 p.m.

THE RAINBOW FISH

Cost: \$29 per person (\$24 for children under 12). Includes service charge. This production from the Mermaid Theatre of Nova Scotia is an original stage adaptation of Marcus Pfister's award-winning children's story as well as two of the author's companion tales, Rainbow Fish Discovers the Deep Sea and Rainbow Fish – Opposites. Running time: 60

minutes. Recommended for ages 4-8. Visit www.emelin.org/book-online/72201/ for tickets.

JCCMW

999 Wilmot Road, Scarsdale
Sunday, April 7, 11:00 a.m. – 3:00 p.m.
ANNUAL DAY AT THE J
Free and open to the community.
Learn more and RSVP at www.jccmw.org/day-at-the-j-2024.

SUNY Purchase Recital Hall

The Performing Arts Center, Purchase College
735 Anderson Hill Road, Purchase
April 11, 12, 13: 7:00 p.m.; April 14: 1:00 p.m.
Purchase Opera: Hamlet
Visit www.artscenter.org/get-tickets/calendar/ to view the calendar and click on your desired date to purchase tickets.

Holocaust and Human Rights Education Center's Annual Spring Luncheon

May 9, 11:30 a.m. - 2:00 p.m.
Bet Am Shalom Synagogue
295 Soundview Avenue, White Plains
Enjoy a delightful kosher buffet lunch featuring a presentation from Steven Goldberg, Director of Education, "How Did the Swastika Become a Symbol of Hate?"
Tickets: \$118
RSVP: www.hhrecnyc.org
Questions: 914-696-0738
For more information, contact Millie Jasper at mjasper@hhrecny.org.

New York State Senator, 35th Senate District
President Pro Tempore and Majority Leader

ANDREA STEWART-COUSINS



Best Wishes to My Friends at
Westchester Jewish Life
on the occasion of celebrating
Passover

Thank you for your commitment to preserving Jewish heritage and for contributing to the cultural richness of Westchester.

Chag Pesach Sameach!

28 WELLS AVENUE #3 5TH FLOOR, YONKERS, NEW YORK 10701 | TEL.: (914)423-4031 | FAX: (914) 423-0979
[HTTP://STEWARTCOUSINS.NYSENATE.ORG](http://STEWARTCOUSINS.NYSENATE.ORG) | FACEBOOK.COM/ANDREA_STEWARTCOUSINS | [TWITTER® @ANDREASCOUSINS](https://TWITTER.COM/ANDREASCOUSINS)



FEAST & FETTLE

Meals you love, without the cooking.

This Passover, we'll take care of the cooking. Red Wine Brisket, Apple-Honey Chicken, Citrus Roasted Salmon... **Order it all and more by 5 PM 4/16 for delivery on 4/21.**



Scan the QR code for the full menu and get **\$10 off** with code **PASSOVER10**.



AJC Leaders for Tomorrow (LFT) high school students at the 2024 LFT Summit participants after advocating on Capitol Hill in Washington, DC.

Calling all 10th,11th, 12th graders!
Applications are Now Open!
Are you interested in learning to be a
strong Jewish and pro-Israel advocate?

AJC's Leaders for Tomorrow (LFT) innovative education program for Jewish high school students, is designed to empower today's generation of young Jewish leaders to advocate on behalf of the Jewish people and Israel. LFT instills in teens the knowledge, confidence, and passion to serve as positive changemakers among their peers and in their communities.

To learn more about LFT and Apply for the
2024-25 LFT High School Leaders Cohort, contact
Jill Friedman at friedmanj@ajc.org or westchester@ajc.org

**INDUCERET
IN ISRAELI
EDUCATION CENTERS**
Learn from the past, promote the future.

Annual Spring Luncheon

Thursday, May 9, 2024 11:30 am

Bet Am Shalom Synagogue
295 Soundview Avenue
White Plains, NY 10606

Speaker: Steven Goldberg
Director of Education, HHREC
*How Did the Swastika
Become a Symbol of Hate?*

Kosher Buffet Lunch \$118

RSVP —
www.hhrecny.org
Questions? call 914.696.0738

Standing Rib Roast

INGREDIENTS

- 1 standing rib roast bones removed and tied underneath
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper
- A pinch of rosemary (optional)
- A pinch thyme (optional)
- ½ cup cottonseed oil
- ½ cup olive oil
- 1 cup Grey Poupon Dijon mustard



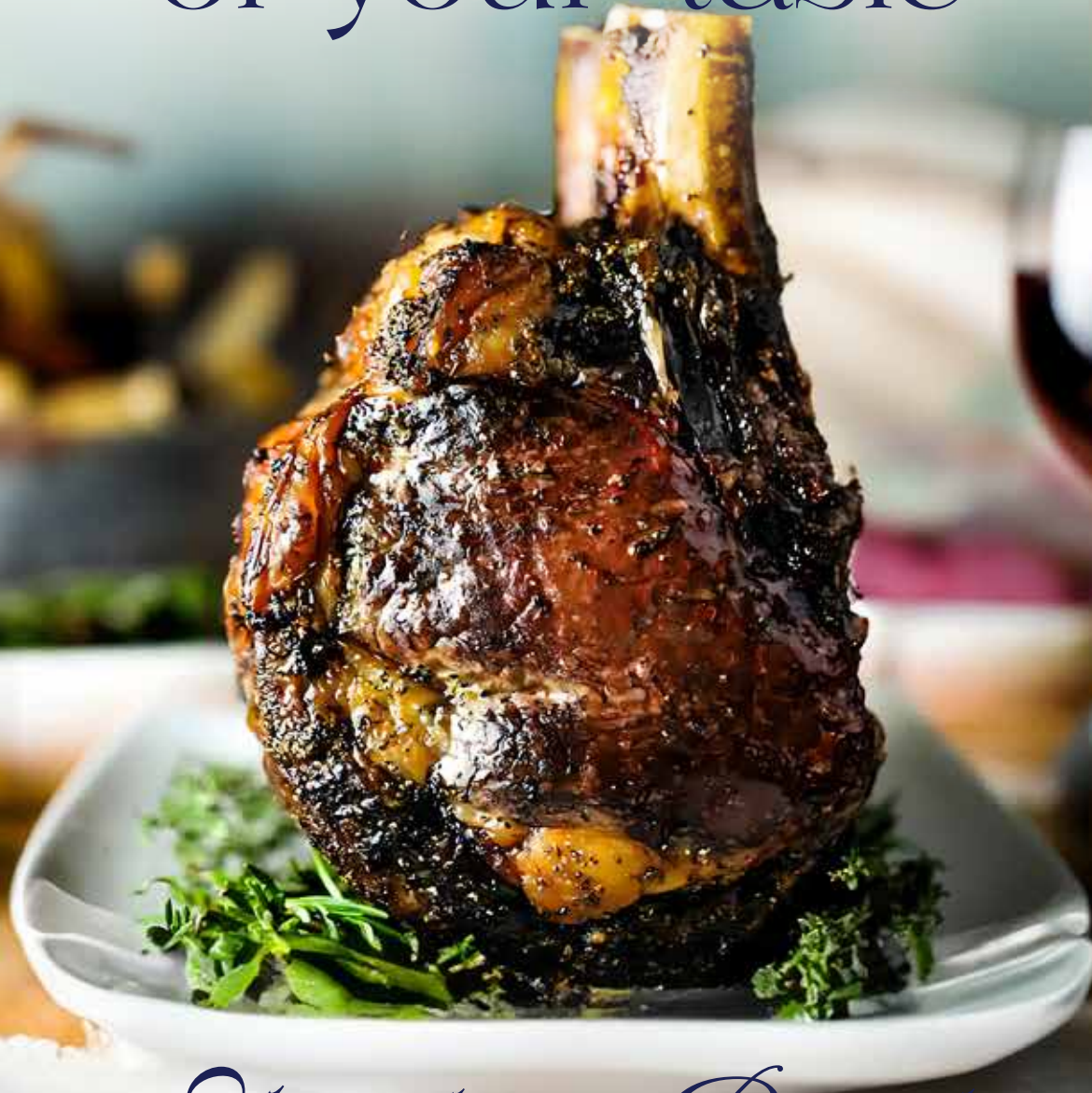
DIRECTIONS

- Preheat oven to 500°.
- Mix the onion powder garlic powder, salt, pepper, and cottonseed oil in a bowl. then shmeat the mixture over the roast.
- Bake uncovered at 500° for 15 minutes, remove from the oven, and lower the temperature of the oven to 350°.
- Take the olive oil and the Grey Poupon Dijon mustard, mix them together, and shmeat the mixture all over the roast.
- Then, take the rosemary and thyme and sprinkle them on top of the roast.
- Bake at 350° uncovered for 15 minutes per pound, minus one pound to medium rare (130° Fahrenheit) on a meat thermometer.
- Let the meat rest for 10 minutes.
- Slice the strings, remove the bone, and slice the meat.

Enjoy! Your Seasons Family!



The crown jewel of your table



Shop like Royalty

330 CENTRAL AVE.
LAWRENCE, NY

68-18 MAIN ST.
QUEENS, NY

1104 WILMOT RD.
SCARSDALE, NY

711 CEDARBRIDGE AVE.
LAKEWOOD, NJ



*Scan here
to shop
with family*

Etain Opens Its First Co-located Adult-use and Medical Dispensary in White Plains

On March 1, Etain hosted a historic grand opening celebration for its first co-located adult-use/medical dispensary. As New York's first women-founded medical cannabis brand Etain sells high-quality cannabis products from its premium Etain brand and other women-founded companies like House of Puff.

The grand opening was an opportunity to introduce Etain's gallery-inspired dispensary to the community and educate customers on the company's approach to education and product curation.

Thomas Roach, the mayor of White Plains; Chris Alexander, the executive director of the Office of Cannabis Management; and representatives from the White Plains Business Improvement District and the White Plains Common Council joined Etain's Founders and executives for the day-time ribbon-cutting ceremony.

Over 200 guests attended the evening celebration including Etain patients and customers and members of the White Plains and New York cannabis community. The event also supported other local White Plains businesses, which included lunch catering and party sweets by Iron Tomato and bites and mocktails by Little Drunken Chef.

"Westchester has been Etain's home for many years, and the significance of unveiling the first co-located dispensary in this community holds a profound meaning," said Hillary Peckham, Co-founder of Etain and VP of Marketing. "Since our founding in 2015, we have been ingrained in the cannabis community, consistently uplifting and empowering fellow women-led brands in the industry. We are ecstatic to introduce the Etain brand, featuring our exceptional cannabis products and fellow standout brands, to the White Plains community."

"Etain's commitment to New York and the creation of an inclusive, safe, and thriving market has never wavered. White Plains was selected as the first Adult-Use and Medical Dispensary for the

Etain brand, and we are excited to unveil a new, remodeled store layout to elevate the cannabis retail experience and embrace the unique needs of Etain's adult-use customers and medical patients alike," said Mike Totzke, COO and interim CEO of RIV Capital.

The White Plains dispensary's open floor plan welcomes visitors blending integrative wellness offerings, personal consultations, and premium products to create an inviting space for medical patients and adult-use consumers. The gallery-inspired space features a curated menu of Etain's branded adult-use and medical cannabis products, as well as a selection of cannabis brands showcasing women-founded and locally

rooted New York brands.

Honoring Etain's female-founded roots, the centerpiece of the space is a bespoke mural by renowned street artist Claw Money. Inspired by her Etain Limited Edition Motif Vape Battery design and custom Balance Blend Pod, debuting exclusively at the dispensary's opening, the vibrant mural features Claw Money's distinctive claw insignia amidst sharp graphic lines, complemented by locally sourced plants and flowers.

Adjacent to the mural stands another notable feature - an innovative display featuring House of Puff. Customers are immersed in the captivating world of House of Puff, where they can explore their artist-inspired luxe accessories

and a new Spritz cannabis product. This space will serve as a focal point to update with additional brands and showcase products and artists from New York.

For medical cannabis patients, a Very Important Patient (VIP) experience awaits, complete with priority access, a dedicated check-out line, and exclusive access to Etain's on-site pharmacist - ensuring continued access to premium medical cannabis products and maintaining the essence of a concierge medical experience. Etain's commitment to providing a unique and enriching environment sets the stage for a new era in cannabis retail.

For more information, visit www.Etain.com.

UJA-Federation of New York Welcomes Ofir Akunis as Israel's Consul General in New York

On March 17, the UJA-Federation of New York's CEO Eric S. Goldstein issued the following statement on the appointment of Ofir Akunis as Israel's new consul general in New York:

"We congratulate Ofir Akunis on his appointment as Israel's new consul general in New York. In this very challenging time, the special relationship between Israel and New York is ever more important. We look forward to working closely with the new consul general."

Working with a network of hundreds of nonprofits, UJA extends its reach from New York to Israel to nearly 70 other countries around the world, touching the lives of 4.5 million people each year. Every year, UJA provides approximately \$180 million in grants. In addition, to date, UJA has provided more than \$11 million in Ukraine-related emergency funding. For more information, visit ujafedny.org.



*Happy
Passover*

from everyone at

WESTCHESTER
JewishLife

www.westchesterjewishlife.com
www.shorelinepub.com



WJCS Helps Those Suffering from Co-Occurring Mental Health and Substance Use Disorders

The number of people suffering from both mental health and substance use disorders is skyrocketing, with approximately 21.5 million adults in the United States experiencing these co-occurring conditions, according to SAMHSA's 2022 National Survey on Drug Use and Health. Unfortunately, the result of experiencing both disorders can be tragic. WJCS, the largest provider of licensed outpatient mental health services in

Westchester is here to help. It now offers comprehensive integrative, evidence-based treatment for Westchester residents experiencing substance use disorders and co-occurring mental health disorders.

"People suffering from co-occurring mental health and substance use problems often experience severe and chronic challenges regarding their medical and emotional health, social rela-

tionships, work, and financial stability. The interactions between the two disorders can worsen the course of both. As each condition impacts the other, it's most effective that they be treated with a comprehensive integrated approach that addresses both simultaneously," says W. Andrew Mullane, Ph.D., Director of Innovation, Integration, and Community Partnerships at Westchester Jewish Community Services (WJCS).

The tragic reality is that more than half (52.5%*) of people with co-occurring disorders receive neither mental health nor substance use treatment. Just about a third (34.5%*) of those with both conditions receive mental health care only. Just 9.1%* receive both mental health and substance use treatment. And less than five percent (3.9%*) only receive treatment for substance use.

Estate Planning for the Family Home



BY BERNARD A. KROOKS, CERTIFIED ELDER LAW ATTORNEY

Retirement accounts and the family home are typically two of the largest (in terms of value) assets our clients hold. Last month, we wrote about estate planning for retirement accounts. This month, we will tackle the family home.

There are a number of ways to own your home, or other real property, including tenants by the entirety, joint tenants with right of survivorship, tenants in common, individual ownership, or in some other entity such as a trust, corporation, or partnership. Community property is another way to hold real estate but that does not apply in New York.

Tenancy by the Entirety: Tenancy by the entirety is unique to married couples. In fact, in New York when a married couple purchases a property, it is presumed that the property is held as tenants by the entirety, unless otherwise noted. Each spouse has an equal, undivided interest in the whole property and the right to use and occupy it. From an asset protection standpoint, this is generally good news since a creditor cannot force a partition (separation) of the tenancy by the entirety unless the debt is owed by both spouses. Upon the death of one spouse, the other surviving spouse automatically becomes the sole owner of the entire property, avoiding probate, even if the deceased spouse's will says otherwise.

Joint Tenants with Right of Survivorship: Joint tenants with right of survivorship (JTWROS) is when two or more people hold title to real estate jointly, with equal rights to enjoy the property during their lives. The parties do not have to be married, or even related in order to hold property JTWROS. Similar to a tenancy by the entirety, upon the death of one of the joint tenants, the property passes to the survivor, avoiding probate. However, unlike a tenancy by the entirety, a creditor of one of the joint tenants may be able to force a sale of the property to collect monies owed.

Tenancy in Common: Under a tenancy in common, each owner of the property has a certain interest in

the property. While the shares may be equal, it is not uncommon for tenants in common to hold title to unequal shares. For example, you may own real estate as tenants in common with someone else where you own 60% and the other person owns 40%. Even in this scenario where the ownership interests differ, each tenant in common has the right to use and enjoy the entire property, not just their percentage of the property. However, unlike JTWROS, there is no right of survivorship. If an owner dies, they have the right to transfer their interest in the property to their family or friends under their last will and testament. If the tenant in common dies without a will, then their interest will pass in accordance with the laws of intestacy.

Individual Ownership: Plain and simple, you may own real property in your name alone and no one else's. The good news is that during your lifetime, you won't have to share it with anyone else. This can make things easier in the event you decide to sell or rent the property. You won't need anybody else's consent or input. On your death, your will controls who gets the property. In addition, your will may create trusts for beneficiaries who cannot manage real property or beneficiaries with other special needs. Setting up a trust in your will allows a third party to manage the home for the benefit of your beneficiaries without the home being titled in their name. If you wish, you can choose to transfer ownership of the residence to the beneficiary when they reach a particular age or meet some other condition.

Trust: If a trust owns real property, then the terms of the trust control who has the right to use and occupy the trust during your lifetime and who gets the property on your death. As with individual ownership, you may decide to transfer the property outright or continue to hold it in trust for your beneficiaries, upon your death. Thus, you may give them the right to live in the property without actually owning it. Of course, you will need to decide who pays the ongoing expenses of the property, the trust, or your beneficiaries.

Conclusion: We hope this was helpful and not too much legal mumbo jumbo. The best way to own real property depends upon your individual circumstances and your own estate planning goals. One size does not fit all.

Bernard A. Krooks, Esq., is a founding partner of Littman Krooks LLP. He was named 2021 "Lawyer of the Year" by Best Lawyers in America® for excellence in Elder Law and has been honored as one of the "Best Lawyers" in America since 2008. Mr. Krooks may be reached at (914-684-2100) or by visiting the firm's website at www.littmankrooks.com.

"Our goal is to remove barriers to treatment," Dr. Mullane. "Unfortunately, many people with co-occurring conditions don't know where to go for treatment. We want all people in Westchester who are suffering with mental health and substance use challenges to know we are here for them. Whereas many substance use treatment organizations do not accept insurance, WJCS makes the highest quality comprehensive evidence-based treatment affordable by participating in a number

of commercial and government sponsored insurance plans, assuring both substance-involved individuals and their families receive the support they need and deserve.

The co-occurring disorders of mental health and substance use don't discriminate in terms of age or socioeconomic background. More than 20% of Americans, including youth, teens, and adults are living with a mental illness. More than 20 million

continued on page 11

Preparing Our High School Students (and Ourselves) for College



BY MYRA CLARK-SIEGEL, REGIONAL DIRECTOR, AJC WESTCHESTER/FAIRFIELD

Headlines about the situation facing many Jewish and pro-Israel students on college campuses over the past few months highlight the reality that college students continue to be deeply affected by antisemitism and anti-Israel hatred on campus:

- **"White House Slams 'Grotesque' Displays of Antisemitism on College Campuses"** (Times of Israel)
- **"New Study Highlights Campus Antisemitism 'Hot Spots'"** (Inside Higher Ed)
- **"Some Jewish Parents Rethink Elite Schools Amid Antisemitism Concerns on Campus"** (CNN)

As White House Deputy Press Secretary Andrew Bates noted in an interview, "Amidst the rise in poisonous, antisemitic rhetoric and hate crimes that President Biden has fought against for years, there is an extremely disturbing pattern of antisemitism messages being conveyed on college campuses."

AJC's (American Jewish Committee) State of Antisemitism in America 2023 Report found exactly that: 4 in 10 current or recent college students were affected by antisemitism during their time on campus.

Respondents indicated that students experienced or avoided at least one of four behaviors queried:

- Nearly 1 in 4 Jewish students reported feeling unsafe or uncomfortable at a campus event because they are Jewish.
- Students are changing their behavior as a result of these fears: 1 in 4 college students avoided wearing, carrying, or displaying things that would identify them as Jewish.
- More than one in four college students avoided expressing their views on Israel on campus or with classmates.
- Fully 25% of students reported being told they could not miss class for Jewish holidays; and

- One in five of current and recent college students reported feeling or being excluded from a group or event because they are Jewish (some more than once) – up from 12% in 2022 – and nearly one in five felt or were excluded from a group or campus event because of their assumed or actual connection to Israel.

The bottom line: campus fears for Jewish, pro-Israel students are more intense and more widespread than previously reported.

Indeed, parents of high school students are on WhatsApp and Facebook groups asking about where Jewish students feel safe, and in some cases, students are changing their college campus application lists.

This, in 2024, across the United States of America.

Campus administrators must do better for their Jewish students to ensure they feel safe on campuses and students need to be prepared to be upstanders for Israel and the Jewish people.

Parents of high school students and students themselves must be prepared and engaged before they arrive on campus.

AJC has tools and resources for parents, students, and college administrators to help Jewish students feel safe and welcome on college campuses, available at AJC.org:

For Campus Administrators: *Confronting Campus Antisemitism: An Action Plan for University Administrators* (available at AJC.org)

For High School Parents: Ensure you and your student reach out now to campus administrators and ask what plans they have in place **and** how they are actively implementing them to ensure campuses are safe for Jewish students. Share *AJC's Action Plan for University Administrators* (noted above).

For College Students: *Confronting Campus Antisemitism: An Action Plan for University Students*

For High School Students: Calling all 10th, 11th, and 12th-grade students for the 2024-2025 academic year: **AJC's award-winning LFT (Leaders for Tomorrow) program** application is now LIVE. Taking place once a month on Sunday afternoons during the school year, this interactive program prepares high school students to be strong Jewish, pro-Israel advocates. Contact us at westchester@ajc.org for more information.

Together, we can be informed, prepared parents and students and we can urge college administrators to do more – and do better – to ensure that Jewish students feel safe and can thrive on campus.

Myra Clark-Siegel is AJC Westchester/Fairfield regional director. To get involved or request an AJC speaker: AJC@westchester.org.

BUSINESS CARDS

\$108. per issue. Prepaid only. Just mail us your Business Card and Full Payment and we'll take care of the rest. Mail to: Shoreline Publishing, 629 Fifth Ave., Suite 213, Pelham, N.Y. 10803

Scarsdale Pastry Center
Wishing Everyone a Happy Passover!



*We have Kosher Specialty
Cookies and Cakes for
Passover!*

Open Monday, April 3 from 8am to 2pm,
Tuesday, April 4 - Saturday, April 8
from 8am to 5pm and
Sunday, April 9 from 8am to 1pm

Tel. (914) 723-6722
1487 Weaver Street
Colonial Village Shopping Center
Scarsdale, N.Y. 10583

www.scarsdalepastrycenter.com

 Find us on
Facebook

CLASSIFIEDS

7 newspapers over 100,000 readers -- 1 price, prepaid \$131.00 for 4 lines. Ad runs in 7 papers for 1 month. Make check payable to: Shoreline Publishing, Inc., 629 Fifth Avenue, Suite 213, Pelham, NY 10803

ANTIQUES • ART • COLLECTIBLES

Most cash paid for paintings, antiques, furniture, silver, sculpture, jewelry, books, cameras, records, instruments, coins, watches, gold, comics, sports cards, etc. Please call Aaron at 914-235-0302.

SENIOR CARE AT HOME

Family Care refers live-in and live-out companions allowing to be in the comfort of your own home. We specialize in referring Filipino companions. All candidates are fluent in English, background checks and excellent references. For our personalized services, call Marie at 212-961-6993.

CAREGIVER AVAILABLE

Certified HHA, mature, reliable, compassionate & hardworking lady w/10+ yrs exp. with Alzheimer's, Parkinson's, diabetes, poststroke care etc., Seeks FT job as Caregiver. Excellent References. Call 914-602-7318.

MARIA CLEANING SERVICES

Houses, Condos, Construction and Offices. Experienced with References Available. Call or Text at: 203-312-4428.

PURCHASING MIDCENTURY MODERN, ART, ESTATES

Established NYC collector & dealer paying highest prices possible for 20th C. Modern Furniture & Art. Single items and estate contents. Please contact me directly at 917-566-9451.

LIVE IN CARETAKER

Seeking a live in caretaker for elderly woman to assist with companionship, appointments and more. Contact me at 914-298-8872.

Dedicated to the Jewish Faith, Mt. Eden Cemetery has served the Tri-State area for over sixty years. Its peaceful hillside setting is one of the most beautiful in Westchester.



For more information please call our sales counselors at:

(914) 769-0603



Mt. Eden Cemetery

20 Commerce Street, Hawthorne, New York

Westchester Jewish Life

Edward Shapiro, President and Publisher

es@shorelinepub.com

www.westchesterjewishlife.com

Helene Pollack, Emeritus Publisher

New Rochelle Review

www.newrochellereview.com

Joyce Farrell, Editor

joyce.farrell@shorelinepub.com

The Pelham Post

www.thepelhampost.com

Cynthia Pena, Art Director

shorelineproduction@gmail.com

The Bronxville Bulletin

www.thebronxvillebulletin.com

Mary DeYoung, Advertising Account Executive

mdeyoung.61@gmail.com

Larchmont Ledger

www.larchmontledger.com

Lauren Levine, Advertising Account Executive

levinelaur@gmail.com

Harrison Herald

www.harrisonherald.com

Westchester Jewish Life is published monthly by Shoreline Publishing, Inc., 629 Fifth Avenue, Suite 213, Pelham, NY 10803. 914-738-7869. The entire contents of Westchester Jewish Life is copyrighted. No portion may be reproduced without written permission of the publisher. The views, opinions and content of this publication does not necessarily reflect that of the staff of Shoreline Publishing.

Shoreline Publishing
Westchester's Community Newspapers

Shoreline Publishing accepts the submission of articles, events and items of interest no more than 500 words with .jpg photos for inclusion in Shoreline newspapers and websites. Email to: shorelineproduction@gmail.com or Shoreline Publishing, 629 Fifth Avenue, Suite 213, Pelham, NY 10803. Shoreline Publishing reserves the right to edit or omit any submissions.

Westchester County Board of Legislators Celebrates Women's History Month

continued from page 1

has left an indelible mark on our community, and on numerous students across our nation. It is with great honor and deep admiration that we recognize Dr. Suzanne Phillips, a true pillar of strength, compassion, and leadership."

The Board declared March 26, 2024 "Dr. Suzanne D. Phillips Day" in Westchester County.

Legislator Nancy Barr presented the second proclamation to Elizabeth Rotfeld, saying, "They say if you want something done, give it to a busy person. And nine times out of ten, that person will be a woman. And no one is more busy and more committed to helping people than Rye Brook's Senior Citizen Coordinator and my friend, Elizabeth Rotfeld. She is always putting others before herself, and residents in Port Chester and Rye Brook are the beneficiaries. Currently, she is the Senior Citizen Coordinator for the Village of Rye Brook. In that capacity, she organizes and implements a comprehensive set of programming to engage and nurture the Senior residents. If not for Liz and the programs she organizes, hundreds of people would have lives that were less fulfilling, less social, less healthy, and less enlightened."

Ms. Rotfeld shared, "As a woman, I believe it is

very important to lift other women up and give them a chance, just like the Village of Rye Brook did with me. They took a chance on me when they hired me and there is not a day that goes by that I don't feel thankful and appreciative. My Village Administrator and Elected Officials believe in me and in our seniors program and because of that, I feel very valued. Not everyone can say that - I am truly blessed. I will never be complacent in my position, as I constantly strive to go even further and make a greater effort."

The Board declared March 23, 2024 "Elizabeth Rotfeld Day" in Westchester County.

Learn more by visiting www.westchesterlegislators.com.

WJCS Helps Those Suffering from Co-Occurring Mental Health and Substance Use Disorders

continued from page 9

lion Americans 12 years and older are affected by substance use disorder. According to the National Association of Mental Health, 50% of U.S. adults with mental illness will also develop a substance use disorder in their lifetimes. According to the National Institute on Drug Abuse, 37.9% of the 20.3 million adults with substance use disorders also have mental illness.

WJCS is proud to offer a comprehensive treatment program for adolescents, adults & families impacted by substance use & co-occurring disorders. "WJCS strives to meet all our patients where they are at and find the best programs to fit their needs," says WJCS Medical Director John Douglas, M.D., MBA, MS. "Our robust outpatient substance abuse treatment services are an important addition to our continuum of care serving the needs of Westchester." People who seek treatment for co-occurring mental health and substance use disorders at WJCS are offered the following treatments and supports:

- 6-week Intensive Outpatient Treatment Program for those aged 18 and older
- Encompass, a modular evidence-based treatment for substance use and co-occurring mental health concerns, comprised of motivational interviewing, CBT, motivational enhancements to reward progress in recovery, and psychopharmacological treatment
- Psychiatric evaluation and treatment, including Medication Assisted Treatment
- CRAFT family treatment program
- Overdose prevention training and supplies
- Peer support services
- Case management
- Vocational and educational counseling

To learn more about WJCS programs for co-occurring disorders, contact Sam Mogilensky, LMHC, Encompass Coordinator, at 914-949-6761 x2447; smogilensky@wjcs.com *Source: National Institute on Drug Abuse



Westchester County Parks' Conservation Division to Host Solar Eclipse Events

Westchester County Parks' Conservation Division will host solar eclipse events county-wide, on April 8, where participants can safely view the solar eclipse and learn more about this astronomical marvel.

A total solar eclipse is where the moon will briefly cover the sun, leaving the sun's outer corona visible. This eclipse will also fall over more places in the United States than usual.

Westchester County Parks was able to obtain viewing glasses for all events as it is not safe to look directly at the solar eclipse.

Westchester County Executive George Latimer

said, "It is rare for a total solar eclipse to be viewable to so many people and it's exciting that it will be partially visible in our area. Experiencing it safely at our parks is a great way to mark this special phenomenon."

The following locations will host solar eclipse events: Cranberry Lake Preserve in North White Plains, 2 p.m. to 4 p.m.; Edith G. Read Wildlife Sanctuary in Rye, 2 p.m. to 4 p.m.; Lasdon Park, Arboretum, and Veterans Memorial in Katonah, 2:30 p.m. to 4 p.m.; Lenoir Preserve in Yonkers, 2 p.m. to 4 p.m.; Trailside Nature Museum at Ward Pound Ridge Reservation in Cross River, 2 p.m. to 4 p.m.

Events and parking are free.



www.westchester-women.com



www.shorelinepub.com

Reasons to Advertise with Westchester Women Magazine

- Women purchase 85% of all consumer goods.
- Each issue of Westchester Women is mailed to over 27,000 homes in the lower Westchester County area, with additional copies distributed to businesses, libraries and city halls.
- Westchester Women is published by valued and highly experienced team of women who value each and every reader and advertising partner.
- Each issue of Westchester Women magazine contains interesting and informative articles that are available both in print and online.

Get Started Today!

- Advertising in WW magazine is a stress-free and easy process.
- Choose the size ad and rate that suits you, your business and most importantly your budget.
- Don't have your own marketing team? No problem. We'd love to design a custom ad for you at no extra charge, or you can submit your own ad.
- Your all set! For more information on deadlines, sizes, etc. contact us today. We are here for you!

Contact our office to get started. Call 914-738-7869.

The Ambassador of Scarsdale Luxury Assisted Living – Superior Service



*Senior living
as you've never imagined.
Come see for yourself.*



The Ambassador
SCARSDALE

Unparalleled Luxury. Superior Service.

9 Saxon Wood Road, White Plains, NY 10605-5204

www.theambassadorscarsdale.com



The Ambassador of Scarsdale

A luxurious assisted living and memory care option on the forefront of exceptional senior living - combining world-class hospitality with individually tailored services.

Our Memory Care Program

A truly beautiful setting specifically designed to enhance the lives of people with Alzheimer's and related disorders features a private landscaped garden and certified Music and Memory program

For information on our community please call Jean Dunphy, President at 914-428-3782 ext# 104 or email jdunphy@theambassadorscarsdale.com

