

Continued from page 10

fied policy to the pandemic.

May be too much to ask, but would be incredible if all of the shul rabbonim would also agree on a consistent policy, especially as we enter the Yomim Noraim period.

Let us pray that all of our shuls take proper safeguards, and create a meaningful and safe atmosphere, and create a kiddush hashem, rather than be *mazikim*, or worse.

Thanks,
Yaacov Lewis

Dear Editor,

The ICC's (International Criminal Court) threatened moves to single out American and Israeli officials for prosecution is a politically motivated charade. Rather than go after peace-loving paragons of freedom and decency like Iran, North Korea, Russia and China, this pathetic excuse for an international criminal court should be censured, if not out rightly disbanded. In light of the criminal activities perpetrated by the court, the acronym ICC should instead stand for the International Court of Criminals.

Shmulick Kovitz

Dear Editor,

Nitzavim (standing) is the antithesis of Vayelech (moving), yet they're attached. This year, these parshiot are read before Rosh Hashana. What's the message?

In life, you must first stand and reflect and then move with the knowledge you absorbed. It would be counterintuitive to walk in your ways without a contemplative introspection beforehand.

Rosh Hashana is a time of judgement but also one of reflection and goal-making. Beginnings bring with them renewal, the opportune time for goal-setting. Setting mindful goals at the outset of the year will ensure a year of calculated and successful movement.

Steven Genack

Dear Editor,

Attention: Mrs. Beer

Thank you for your informative article about protein powder. I agree with you that there are some products with nutritional deficiencies, however, not all protein powders should be vilified! One very good product that is made from organic ingredients and without soy is Orgain Organic Protein plant-based protein powder. It has an OU hechsher. If you drink organic milk, it comes as a ready-made drink.

(And has a much better nutritional value than Ensure or Boost.)

I count on protein powder as an almost-daily form of economical, easy, and delicious way to add protein to boost the nutritional value of non-dairy yogurt, to balance the carbohydrates in even healthy cereal, and easy, versatile, and quick protein shakes. Protein shakes can be made easily and quickly either in a shaker cup or an inexpensive blender. I use coconut or almond milk, a bit of a banana for flavor and frothiness, and add other ingredients like acai berry juice, aloe juice, pomegranate concentrate, liquid magnesium and trace minerals. Sometimes, I make a double batch and pack one serving with an ice pack in an insulated bag which I take with me in the field. On an extended trip, I buy the single brick packs of unsweetened almond milk and pack portions of the powder in sealed bags along with a shaker cup.

When my energy level drops, I have a ready-made, nutritious snack. Protein grounds me and provides longer-lasting energy than sugar does. For those who have hypoglycemia or are sensitive to sugar, protein intake is must to balance carbohydrates. The above are examples of how protein powder can be used effectively and to boost nutrition.

L'chaim!

Shoshana Averbach
Brooklyn, NY

Dear Editor,

It's time to reopen indoor dining at NYC restaurants.

Ironic that NYC Mayor Bill de Blasio and Governor Andrew Cuomo claim to be advocates and friends for working and middle class New Yorkers. It is pure class warfare by de Blasio to claim that only wealthy people can afford to dine out. Millions of working and middle class people pre COVID-19 would eat out several days per week. Yet, these are the same people Cuomo & de Blasio continue to deny the opportunity to go back to work. As each week goes by, hundreds more restaurants – small, medium and large – will permanently close their doors. After six months, it is becoming more and more difficult to remain in business with no income coming in.

Follow the New Jersey model and allow NYC restaurants to reopen on October 1 at 25%. Follow common sense health protocols. Wait four weeks. If there is no significant spike in COVID-19 cases, proceed to 33% indoor capacity on November

1. Again, if there is no significant spike in COVID-19 cases, move on to 50% on December 1. Pause at 50% until we have distribution of a COVID-19 vaccine. We can then proceed to permit 75% and 100% capacity over a shorter time period.

Winter business for restaurants is always difficult. Bring back the Early Bird Specials between 3 and 6 p.m. to attract customers. Offer other discounts on slower early weekdays.

Sincerely,
Larry Penner

Dear Editor,

After reading the editorial in your September 3rd issue, I had to double check to see that Donald Trump is still (unfortunately) the current holder of the office of President of the UNITED States of America.

Every single riot taking place is happening on his watch. Every single peaceful protester availing themselves of the 1st Amendment rights our soldiers died to defend being tear gassed so the President who never attends religious services can stand in front of a church holding a Bible upside down was in Trump's America. When you feel unsafe because of the anti-Semitism unleashed under a President who said that there were good people on both sides when neo-Nazis & Klansmen were on one of those sides, this is in Trump's America. When you see his henchmen openly display vile white power symbols, that is Trump's America. When the gunmen who murder congregants at Tree of Life or Poway quote Trump's hateful rhetoric, it too is happening in his America.

But it is not just a matter of disturbances or domestic terrorism. If you cannot safely attend High Holy Day services in person, that too is in Trump's America due to his criminally inept response to COVID 19, because he put his need to golf, hold hate-filled rallies reminiscent of the Third Reich, and Tweet ahead of the needs of Americans, ignoring both his

Presidential Daily Briefings and the sage advice of former Vice President Joe Biden.

But there is a choice.

We can elect a mensch like Joe Biden, who made a Shiva call to mourn an elderly supporter who contributed \$18 to his campaign. We can elect a man who has known & met every single Israeli Prime Minister since Golda Meir, and who has the respect of every ally on this planet.

We can elect a leader who has supported good police officers, passed the 1994 Crime Bill, the Violence Against Women Act, as well as the Assault Weapons Ban. We can elect a leader who opposes defunding our police, and seeks to put out the flames of racial hatred that Trump has poured gasoline on.

And we can elect a man who listens and cares, a man who will show all of us who are hurting his empathy because he has suffered the unimaginable loss of his first wife & infant daughter due to a tragic auto accident, and then lost his beloved son Beau to cancer.

And we can make history by electing Senator Kamala Harris the first woman ever to serve as Vice President – a woman who as a child went door-to-door collecting donations to plant trees in Israel. And Douglas Emhoff will be the first Jewish spouse to hold a Bible during an Inauguration on January 20, 2021.

This is not a close call.

I cannot wait to cast my vote, along with the overwhelming majority of Jewish voters, New Yorkers, and Americans for the Biden/Harris ticket in about two weeks when my absentee ballot arrives.

And I advise all readers who want to cast their ballot safely from the comfort of their homes by promptly applying for their absentee ballot at <https://absenteeballot.elections.ny.gov/>

David S. Pecoraro
Former Vice President
Rosedale Jewish Center

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Please send all correspondence to:
editor@fivetownsjewishhome.com.