

Everyday *Life*

REVIVED



Featured Articles:

Survival Of The Holocaust
Maintaining The Momentum
Throughout The Summer
New Place To Call Home
A Time Of Refreshing

FROM THE EDITOR

Always Hope

Dear Readers:

I'm very excited about the word God gave me for this season: **Revived.**

As I began to meditate on the word "revived," the Holy Spirit began to show me the power in the word, "Revived." In Psalm 19:7(ESV), it states, **"The law of the LORD is perfect, reviving the soul."** There is only one way you can experience true revival and that is by loving the law of God. If you want to experience truth coming to life, then you must be strengthened by being grounded in the Word of God. It is the power of the Word of God that changes everything. The Word of God has the power to resuscitate hopes and dreams that have been dead.

In the winter time, everything seems to stop growing while other things die. The winter represents death or things remaining dormant. Spring arrives in its time, bringing in renewal of hope, growth, and beauty. So it is with us. There is a season for everything in our lives. God renews us when we finally understand and learn His ways are perfect and give life to the soul.

Let's look at one aspect of Jacob's life (Genesis 35:1-15). God gave Jacob a new touch. He did this because just above this chapter, Jacob was at his lowest point, a very sad place for him to be at. You see, Jacob had things he needed to reconcile with God. He needed to be revived. Jacob had been a deceiver and a liar in his younger years. He seemed to suffer by being self-centered and only thought of himself. God, however, had made a covenant with Abraham, his grandfather. God also knew Jacob's heart. He would allow the death and destruction of the things in his life that needed to end in order for him to be revived and be the man God had called him to be. There was a mandate on this man's life. He truly had a mantle destiny. God needed to allow the characteristics, actions, and sins to die in his life that were not pleasing to God. His "winter season" was a place of correction, introspection, and repentance. Now God brought him back to meet his brother, and he came to Bethel for the second time. The first time, he saw a ladder going to Heaven. It was there he was touched forever as he wrestled with God (Genesis 32:32GW). You see, Jacob was now in a place of a dry and weary land, but God was making His man, preparing Jacob and raising him up to be the father of the 12 tribes of Israel.



“Spring arrives in its time, bringing in renewal of hope, growth, and beauty. So it is with us. There is a season for everything in our lives.”

Dr. Teresa Allissa Citro

Oftentimes, especially when there is a call on our life, God takes us to a place where it seems like everything around us is dead because it is in that place God is shaping and molding us into whom He has created us to be. In this winter place, there was something dormant which was about to be revived. His winter was about to end, and his spring was springing up to life. God brings Jacob back to the place he clearly remembered, and now God was reconciling the relationship between Jacob and Esau. It was his revival time. Things had taken a turn and the blessings were coming. Jacob had finally learned the secret of truth, honor, respect, and humility. Like a tree is dormant in the winter and all the dead leaves are removed, the roots are very deep in the ground and the roots are not dead. The spring is going to bring forth a new set of beautiful, vibrant, and colorful leaves. Some trees will produce colorful blossoms, and some will bear fruit. So it was with Jacob, and God was about to change his name to Israel.

God wants to do the same for you and me, especially if there is a call on our life and destiny to fulfill. God will allow a time of testing in a winter season. Do not give up. Meditate on Psalm 19:7 ***"The law of the LORD is perfect, reviving the soul."*** You see there is a very specific and important thing you must do; you must be rooted

and grounded in the Word of God, studying to show yourself approved as a workman who need not be ashamed.

Allow the Holy Spirit give you new strength and give you the energy you need to accomplish what has been set before you. Allow Him to revitalize what is dead in you whatever way He sees fit. Let Him strengthen and fortify you.

This spring marks 74 years for the Holocaust Survivors. In a time of death and destruction, God would not allow the extermination of the Jewish people as promised to Jacob now called Israel.

Our feature story is all about the horrific, painful, excruciating, living nightmare of death and destruction all around you and yet God is keeping the seed of Abraham alive in the worst time and moments of the Jewish people. God is keeping you and me in the worst of

times. The Word we have stood on and meditated on in the most painful times of our life is about to be revived!

Dr. Teresa Allissa Citro
Editor In Chief

***"The law of
the LORD is perfect,
reviving the soul."***

Psalm 19:7

REVIVED

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TIME TO BE REVIVED

AN INTERVIEW WITH DR. TERESA ALLISSA CITRO

Recently, I had the opportunity to sit down with Dr. Citro to talk with her about the word “Revived” which has become one of her favorite words. Dr. Citro has always been passionate about reading and studying the Word of God. More than that, she is consistent in applying the Word to her life. In the most difficult times of her life, she has found that living out the Scriptures has not only increased her faith but has also brought about one blessing after another. So, what is it about the word “Revived” that is very important? It was in this interview, I found out why the word “Revived” has captured her attention and, hopefully, this word “Revived” will capture your attention as well.

Linda: You have come to love the word “revived” recently, and I was wondering what is it about the word “Revived” that has attracted your attention and why?

Dr. Citro: Linda, “revived” is a very important word that needs to be completely understood especially when we are in a place where everything around us seems to be dormant or dead. Let’s face it, Linda. Haven’t you been in those places? I believe that everyone goes through those times of dry and weary places, but those are very important times in our lives. In these places, we are either made or broken. This is why I chose this particular bible verse found in Psalm 19:7(ESV) to go with this theme, *“The law of the LORD is perfect, reviving the soul.”* I have found, just like David, it is only the Word of God that can truly revive us when we find ourselves in a place that is barren.

Linda: You had mentioned David, and I know David had his times of trouble and heartache. We can tell that, not just by the Bible stories but also through the Psalms he had written. Have you found yourself in the middle of troubles and trials like

David and can you give us an example of how you were revived by God?

Dr. Citro: Linda, I am so glad you asked that question, because yes, I have gone through many trials. As you know, Linda, because you were there when I walked a particular road. It was after my divorce where I was devastated, confused, and hurt. I didn’t understand how I got here. I didn’t understand how God would allow such a harsh road before me. It was a time I literally barricaded myself in my home and meditated on God and His Word. I ate, drank, and dreamt God’s Word. I could identify myself with David when he was in the cave and talked about being in a pit of despair. That’s where I was. It is exactly in the pit of despair that the Word of God comes and revives

us. You see, Linda, why this verse is important. You cannot be revived in any other way, form, or shape. David was not revived by a human being in his days of sorrow. He was revived by the Spirit of the Living God. He was revived by God’s power alone, and you know why that is, Linda. The answer is very simple. It is because He meditated on the Word of God day and night. God, by His power, revived him and put him in as

I believe that everyone goes through those times of dry and weary places, but those are very important times in our lives.

the king of Israel. Who doesn't know about King David and all of his accomplishments? However, he had to go through a time of excruciating pain and agony so he would know who God is in his life and the power that gives life where there is death.

Linda: I know you, and I know you are always trying to teach a lesson through the messages you give or the lessons you teach. What is it you want everyone to fully grasp and take hold of especially if they are going through troubles and trials right now?

Dr. Citro: There is no other way to deal with problems except to take them to the feet of Christ. It is there that He meets us. It is there that He takes our burdens. It is there that He consoles us. It is there that He guides and leads us. And it is there that He reassures us that He has us right there when we are in the pit, and in due time He will lift us up out of the pit we're in. Linda, we have it all wrong. We think the Christian life is problem-free and trial-free. That's not true. Everything I read in the Bible is contrary to that. The greater the calling, the greater the trials. So how did they make it? They made it because they trusted in God and threw themselves at God's feet. Linda, David is a major person because David found himself in a lot of trouble and turmoil.

He was surrounded by enemies. Talk about seeing the death of your dreams, the death of your marriage (Saul gave Michal, David's wife away), being betrayed by his friends and relatives as well colleagues. Yet, David was a man after God's own heart. So what was David's secret? It's right here in this bible verse. David delighted himself in the Word of God which revived him after every single trial. This is what we must do too. It is the perfect law of the LORD which revives the broken soul.

Linda: The Word of God does revive the soul, but does it revive the soul without the individual putting the Word of God into action in his or her life? Please Explain.

Dr. Citro: Linda, I absolutely love your question. One of the most important things you can do while you in a bad situation is to refresh others who are going through worse situations. This is what I love about David. While he was fleeing to get safety, Linda, he didn't know whether Saul would catch up and kill him. Sometimes I think we forget we have the final part shown to us. David didn't know whether or not he would live or die. So I believe these three things he incorporated are what we should be doing when we go through hardships. The first one we already talked about was to meditate on and study the Word of God because the Word of God revives us. It's the Word of God which speaks truth, and as we study it, we learn the character of God. His Word is what revives us. Second, it's important to speak life into our situations. Remember David encouraged himself in the Lord, singing and

worshiping God. He spoke life and revived himself. And thirdly, this is very important. Everywhere David went, he helped others; let me give you three examples I have found in the book of 1 Samuel. Interestingly enough, Bishop Prince Obinna wrote about one of them in this issue. David brought the men who were on the run and David spiritually revived by ministering to them. They became great warriors along with him. He trained them.

He took a situation of hopelessness in these men and restored hope, vision, and destiny in them. There was also the young boy he found in the wilderness who was left there to die. David gave him food and nursed him back to health, allowed him to live, and that boy led him to the camp of David's enemy where he defeated them. And who can forget the beautiful love story between David and Abigail? David didn't go through the horrific murderous rampage that he was about to do to Nabal's household. He was humble and took the advice of a woman. You see, Linda,

Meditate on and study the Word of God because the Word of God revives us.

everywhere he went he could have been angry, ruthless, mean, and evil in his actions. Instead, he revived all those who came in contact with him. Is it clear to you what I'm saying? I want our readers to know they have power within them because of the Word of God and the power to revive what is dead in them. Revive is a very powerful word. God is the only One who can revive us, but He wants us to cooperate with Him and understand that just like a tree is barren in the winter months, it's roots are buried within the soil protected against the elements of the weather and will be revived in in the spring. We are also protected and buried in His Word which will keep us to spring up in due season.

I hope you have been blessed by this interview with Dr. Citro as she touched on a vital point for us to all remember found in Psalm 19:7, "The law of the LORD is perfect, reviving the soul." As you go through difficult and trying times, make sure you are being rooted and grounded in the Word of God because not only will the Scriptures protect you, but you will also find the Word of God revives you.



SURVIVAL OF THE HOLOCAUST

Recorded 16 August 1987

TESTIMONY BY IRENE KLASS

THE TESTIMONY WHICH FOLLOWS IS MY TRUE,
UNALTERED ACCOUNT OF MY EXPERIENCES DURING
THE HOLOCAUST PERIOD OF WORLD WAR II.

I DEDICATE THIS TESTIMONY TO THE MEMORY OF MY PARENTS...

I was born in Poland in Lodz in 1931. I was an only child living in Poland; until the war broke out I was very happy.

In summer we used to go for holidays to the north of Poland to Copoty which was a seaside resort. In winter we used to spend our holidays in the south of Poland in Zakopany. We were quite well-off and I never experienced any hardship before the war.

My father had an exclusive gift shop in Lodz on the main street. The street name was Piotrkowska and we were opposite the grand Hotel which was in the center of Lodz. It was a beautiful shop. My father used to import crystal and gifts from import but towards 1937/1938 it was difficult for him to import.

Anti-Semitism was already spreading and having the name Sztyller it became difficult to import and the business was going down and down.

My mother was a very brave and courageous wonderful woman; she decided to start her own business. In those days women seldom worked, nevertheless she opened a club. It was a card club and quite legal in Poland. People used to come every evening to play cards, have dinner or sit in a lounge and generally enjoy themselves. This club was

**My mother
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woman...**

very prosperous. From a small beginning my mother built it up to a wonderful business and she was very well respected in Lodz.

We moved to a brand-new flat just before the war broke out, it was about six months before the war broke out and the name of the street where our new flat was Sienkewicza Street; it was in the center of Lodz. Contrary to the set up in Johannesburg, the center of the city of Lodz was the most prestigious part to live in. The flat was beautifully furnished.

As I said, I was an only child and needless to say I must have been spoilt. We had a cook who did everything including the domestic work. When I was small I had a type of governess who looked after me because my mother was working. They were both Polish peasants and lived together with us. The area we lived in was not predominantly Jewish it was very mixed.

I went to a primary school, where the name of the school was Orzechowska where I started in grade 1. Before I went to primary school, I went to a nursery school. I do not know how far one's memory can go back but I do remember the primary and secondary schools. I remember a distant relative of mine from the school and I was a very bad eater and my mother must have told her to see that I finish all my food.

I think it was a mixed school and not only Jewish. The primary school I would say was 80% non-Jewish. That was the first time that I felt anti-Semitism, I cannot give any details, I can only remember that the Jewish children stay together and the non-Jewish children stay together. Sometimes there were small incidents and little insults as far as Jewish children were concerned.

My parents only spoke Polish, they did not speak Yiddish. As far as the Jewish holidays were concerned, my parents did not observe them, although my grandfather used to go to the synagogue on the high holidays, Rosh Hashanah and Yom Kippur. I remember going to my grandfather on the high holidays.

When war broke out I was eight years old. I remember going to a primary school before the war. I did one or two years in high school after the war.

My parents tried to immigrate a year or two before the war. We had distant relations in South Africa

and I can remember that pictures and some documents were sent but nothing materialized. If we did immigrate I would not have the story to tell. I am not sorry that we did not immigrate at that stage.

The war broke out in September 1939. We were spending a holiday in our country home in Kochanowka, about half an hour by train from Lodz. It was a large holiday house with a very big garden, a small river and woods; it was quite a big area. I have a lot of many happy memories of that particular holiday resort where we spent holidays together with my aunt and her children.

I heard the announcement on the radio. We were told in a very grim voice that the German army had crossed the border of Poland and that Poland was at war with Germany.

To a child of eight years old, war was almost a foreign word, but I could sense from everybody's behavior that what I heard over the radio was something very traumatic and terrible. We knew the Germans would be bombing us and we immediately started digging trenches in order to hide ourselves.

Poland was taken over by the Germans very quickly with very little resistance. The Poles did not stand a chance.

Soon after the outbreak of the war, we packed all our belongings and went back to Lodz. There was no transport and we put all our belongings on a horse and cart. On my sixth birthday, I got my first bicycle and that was my most precious possession. I could not forgive my grandmother who was packing our belongings for not putting that bicycle on the horse and cart.

Everybody was in a great panic and they were trying to get back to where they belonged as soon as possible. We got back to our flat and a couple of days later the Germans came to Lodz. They decided to establish headquarters in our prestigious building. They called it "Reichs Propaganda." I am not pronouncing it

properly but from what I can remember it was a propaganda Bureau for Poland and very high ranking. German soldiers moved in and we were told to leave our flat immediately. The German soldiers came to our flat and told us that we could take only one suitcase with us and that we must vacate our flat, they knew that we were Jewish. We were in a terrible state and I remember my mother sending me out of the room where they were sewing diamonds and valuables in the shoulder pads. Smuggling in those days was easier than at a later stage of the war. My parents realized that because of the war, money was of no value and everything was transferred into jewelry and diamonds. For many years we lived out of things that we managed to smuggle out. We left our beautiful flat now broken not knowing where to go with one little suitcase!

All of our possessions were left in the flat while we went to live with my mother's sister Genia for a couple of days. My parents decided that the best thing to do was to go live in Warsaw which was a bigger city than Lodz as we had nothing left in Lodz. My mother's and father's business were all confiscated.

We moved to Saska Kępa just on the outskirts of Warsaw. It was predominantly a non-Jewish area. My parents had some friends there and managed to hire a flat. They were non-Jewish friends who lived there until the ghetto was formed in Warsaw. Life in Saska Kępa was pretty normal before the ghetto was formed. My mother had her friends over for cards and I had a Polish teacher who used to come to me a few times a week and she taught me all subjects. We lived off the smuggled jewelry. Rationing had already started. The only things that were rationed were sweets, chocolates and cigarettes. We could manage to get food at a price.

The ghetto was formed in 1940. My father did not look Semitic and did not go to the ghetto. He got Christian papers and lived on the Christian side in order to help us. My mother looked Semitic, she had a big nose.

My mother, my uncle Witek, my grandmother and I had to go to the ghetto. We lived together in one room. There were notices on the street saying that all Jews had to move to the ghetto by a certain date and it was compulsory. We had to wear the yellow star before we had to move to the ghetto. Even a little baby, in a pram, was to wear the yellow star. At one stage we had to wear a blue band with a star on it and later the yellow star. There were two different stars. We had to wear the yellow star so that we could be picked out in a crowd. We resented this. If a Jew did not wear the star he was beaten up and persecuted or killed. The Germans used whatever punishment they wanted to use. My father's Christian name was Sikorski.

German soldiers moved in and we were told to leave our flat immediately.

The ghetto was in the worst part of Warsaw and consisted of a small area. We lived in shocking conditions: The four of us lived in a tiny room where we ate, slept, washed and did everything. There were another three families living in the same flat. We all had to use the same toilet

and bathroom. Food was getting very scarce, in the beginning one could get food for money. My staple diet was mielie meal and potatoes. We made potato latkes at night. We also had a big barrel of sauerkraut, as cabbages were obtainable.

We had contact with my father over the phone. It was dangerous to do so in case the phones were tapped. We used false names when we spoke to him. My father was unable to get food to us. Smuggling of food was prohibited however it did take place. It was very dangerous to smuggle as the walls of the ghetto were guarded as smugglers who were caught were shot. We paid for our room which my mother managed to get through someone she knew.

We lived on Pavia Street. The next street was Mila 18. There was a famous prison on our street which was known as Paviak prison. Day and night we heard gunshots from this prison, probably prisoners were being executed.

My education needless to say suffered all the time. There were no schools in the ghetto. I joined a small group of children to whom a teacher gave lessons about four streets away from where we lived. The moment we heard a knock at the door we had to hide our books and pretend that we were talking or playing or knitting. Education was strictly forbidden; if the Germans found us we would have been in big trouble.

There was no electricity and no radios in the ghetto. In the beginning, we had a water supply which was cut off when the Germans started to invade the ghetto. In winter, it became dark very early; we used to amuse ourselves by sitting in the dark and singing songs. My mother and uncle had beautiful voices. A small coal stove which we used for cooking kept us warm. We managed to get coal for it.

In the early days of the ghetto one could get almost anything for money, but later money could not buy anything. Old people and orphaned children walked the streets begging for money and food. We threw some money, a potato or a slice of bread to them from the window of our room.

**People were
dying like flies.
They were dying
quicker than
the authorities
were able to
bury them.**

I remember seeing dead bodies lying in the street. Some were covered with newspapers which were held down by stones so that the wind did not blow the papers away. I wanted to run away when I saw the first dead body! As conditions became worse and worse I used to walk among the dead bodies.

There was a terrible epidemic of typhus. There were no medicines and no hospitals available. If there was an outbreak of typhus in a building, the Germans sealed off this building and nobody

was allowed to leave or enter. My mother used to warn me that whenever I walked on the street to be careful that my clothes should not rub against another person because that is the way the lice were transmitted from one person to another.

There were soup kitchens in the ghetto, when we could not get any other food my mother and I took our cups to get some soup. The soup consisted mostly of boiling water and cabbage leaves.

There were Jewish police in the ghetto who were helping to run the ghetto. That is all I can remember about the Jewish police. The Germans formed working camps in the ghetto where people had employment. I don't think anybody was paid; they probably got a loaf of bread and soup. My mother was working in one of those factories, I think making uniforms and sewing buttons.

We were in contact with my father and told him things were getting very bad in the ghetto and we asked him to do anything to get us out. It was easier said than done. He had to obtain false papers for us, for there was a danger of us being discovered on the Christian side and being shot on the spot if the Germans found out that we were Jewish. We decided to stay in the ghetto as long as we could.

The Germans decided to liquidate the ghetto in 1943 before the uprising. They used to send soldiers in with big guns to surround the buildings and order everybody to get out. If you were an invalid or not able to walk there was no excuse. Any person found in the building a sickbed or whatever would be shot on the spot. During one evacuation of our building, there was a lady about my mother's age who was bedridden. I do not know what was wrong with her. She had two choices when we had to evacuate the building, to stay in bed and be shot or be carried down. She managed to put her feet down and two people carried her out. We were given only a few minutes to leave our room.

It was winter in Poland and the weather was very severe. My mother told me to put on my warm boots and take warm clothing and carry as much as I could. I remember turning to my mother and saying "Matus where we are going

we won't need any clothes." She has always reminded me of this sentence because I knew we were not going to any work camp but were going to be killed. At that stage we already knew what was happening. At the beginning of the evacuation, we did not know that people were being sent to concentration camps. Only later on the news started filtering through that all the Jews were going to be sent to concentration camps to be gassed.

We gathered outside a building and the Germans were shouting "rause raue and schnell" (Out Out Quickly). We had to walk in a convoy. My uncle Witek and my grandmother were with us. There were soldiers on either side of the convoy. The question often being asked is "why did you not fight back?" It is very easy to ask this question but it is very different matter if one is in those circumstances standing in the street, with soldiers with guns on both sides of you and the moment you make a move or run you are going to be shot. You have no choice!

There was a place called Umszlak Plac. We were marched to the Umszlak Plac and were told by the Germans that we would be put on the trains and taken to a work camp. At that stage we knew otherwise. We walked for about two or three streets and were not allowed to walk slowly. They wanted us to be quick as the soldiers were given a certain amount of time to liquidate the Warsaw ghetto. The Germans I am afraid to say were very efficient in carrying out orders.

My uncle Witek, who was not married at that time, had only my mother, my grandmother and I. He saved our lives as he was a very brave man and spoke many languages. He spoke German fluently. He told us to keep to the back of the convoy which we tried to do. He plucked up the courage and went up to one of the soldiers, and spoke to him in German. That soldier could have shot my uncle on the spot without asking any questions. My uncle felt maybe this man will save our lives. He told him that he had only one sister, one niece and a mother and asked him to allow us to go to the back of the convoy and not to look back, that we would escape to one of the buildings. By some sort of miracle this German did not shoot my uncle, agreed to turn a blind eye, to let us escape.

We ran into one of the buildings. Everything was deserted because everybody had evacuated. We stayed there for about an hour, making sure everybody had vacated. We made our way back through deserted streets, not a soul on them, we were afraid that the Germans may still be patrolling the streets. The Germans knew there was nobody about because they had searched every building and had looked for all possible hiding places, cellars and cupboards. Anybody found hiding was shot. We went back to our building and managed to phone my father. There were still phones, we told my father that things are critical and if he did not get us out we would all perish.

It was very difficult for my father. Many people had the same ideas to escape. People escaped through the sewers, while others tried bribing the guards if they were lucky. There were people like ourselves but not many, while on the Christian side the Germans were on the lookout for escaped Jews. We waited to get news from my father. My uncle Witek felt that the best thing to do while we were waiting was to go to work in another part of the ghetto which had not yet been evacuated. We all went into one of the factories and worked there for a while. We lived and slept in the factory.

The Germans were eliminating the ghetto street by street, block by block. They came later to evacuate the factory where we worked. There was no escape. I cannot remember, but I think my grandmother was not with us at the time, as she was an old lady and could not keep up the pace. I think she was in hiding somewhere. It was just my mother, my uncle and I. Once again we were evacuated and had to go to the umschlagplatz for the second time.

This time we reached the umschlagplatz at the railway station where people were packed into cattle trucks and sent to concentration camps. At umschlagplatz we were herded like cattle into one big room. The conditions there were unbelievable: no sanitary facilities, no water and no food.

My uncle once again performed miracle number two, he found out that from umschlagplatz people were taken through the ghettos to work

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A TIME OF REFRESHING

PRINCE OBINNA, JP

“Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the LORD; And He shall send JESUS CHRIST, which before was preached unto you.” -Acts 3:19-20

When humanity fell from grace through the “Adamic” sin and got spiritually disconnected from GOD, the whole of humanity got into a state of spiritual dryness. Humanity began to lack the spiritual moisture that is needful for both a productive life and a spiritually healthy life.

Like a sheep, we went astray; and whenever a sheep goes astray, it begins to lack the reviving freshness of the pastures that maintains life.

“All we like sheep have gone astray; we have turned everyone to his own way.” -Isaiah 53:6

Because man is a spirit, GOD immediately began the process of reviving us back to fellowship with HIM, which is the only way we can have a refreshing life. It takes the spirit of man connecting with the spirit of GOD to stay revived and refreshed.

“Deep calleth unto the deep; and iron sharpeneth iron.” -Psalm 42:7 and Proverbs 27:17

Until the spirit of man gets reconnected with the spirit of GOD through repentance, humanity will remain in a dry spiritual state.

It has been GOD’s desire to revive humanity;

“A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.” -Ezekiel 36:26

I believe that we are in the time of the fulfillment of this scripture and also the prophecy of Joel:

“And it shall come to pass afterward, that I will pour out my spirit upon all flesh.” -Joel 2:28

Beloved friends; get ready for a refreshing revival from GOD!

It takes a revived spirit to be able to add value both to yourself and to others.

WHAT DOES IT MEAN TO BE REVIVED?

1. To be revived is to be spiritually alert and conscious in order to perceive, discern or decode spiritual signals, events and signs so as to apply them appropriately and positively to your life and that of others.
2. To be revived is to be infused with supernatural joy that is not subject to present conditions or situations. It is to carry the joy that radiates the love of GOD to others.
3. A revived person is one who is alert to divine inspirations that add value both to yourself and to others. A revived person is a blessing to others.
4. To be revived is to be active and enthusiastic about life. It is knowing that you are alive to make a mark and a difference.

A revived person is a carrier of the oil of excitement that makes life worth living; a revived life is a life lived above depression.

David, the poster king of Israel was a personality that carried a revived spirit, and so he became a source of revival and inspiration to others.

“And David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father’s house heard it, they went down thither to him. And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.” -1 Samuel 22:1-2

David was under threat from Saul, and therefore had a legitimate reason not to carry additional burdens; but because he had a revived spirit he not only accepted the challenge, but also revived these depressed people into mighty men.

“These be the names of the mighty men whom David had: The Tachmonite that sat in the seat, chief among the captains; the same was Adino the Eznite: he lifted up his spear against eight hundred, whom he slew at one time. And after him was Eleazar the son of Dodo the Ahohite, one of the three mighty men with David, when they defied the Philistines that were there gathered together to battle, and the men of Israel were gone away: He rose, and smote the Philistines until his hands were weary, and his hands clave unto his sword: and the LORD wrought a great victory that day; and the people returned after him only to spoil. And after him was Shammah the son of Agee the Hararite. And the Philistines were gathered together into a troop, where was a piece of ground full of lentils: and the people fled from the Philistines.

But he stood in the midst of the ground, and defended it, and slew the philistines: and the LORD wrought a great victory.” -2 Samuel 23:8-12

These were people written off by their contrary situations but their association with a man carrying a revived spirit; not only revived them but also inspired and motivated them to fulfill their destiny.

You shall be like David from now, in the mighty name of JESUS!

I believe that as you read through this special edition of this Everyday Life magazine; the LORD shall revive and refresh you and make you a source of revival and inspiration to others in JESUS mighty name.

PRINCE OBINNA, JP
LEAD SERVANT,
POWERHOUSE
ASSEMBLY
MINISTRIES
PORT HARCOURT,
NIGERIA
CEO: LIFECARE
FOUNDATION INC.



REVIVE

DR. BUKOLA WILLIAMS

Dating Right

Dating is often regarded as a stage in a potentially romantic relationship where two people meet socially with the aim of assessing each other's suitability as a prospective partner for marriage.

Dating implies spending time with the other person. And in some quarters, dating is often regarded as a form of courtship characterized by social activities. Many people have gone ahead to add commitment to their dating and has resulted in getting happily married. Dating may be as short as one week or for many years.

Dating the godly way

Dating can be an amazing period for both people to spend time together, hang out socially, get to interact with other people, and build new interests. However, dating for Christians comes with some insights that will keep it godly and potentially fruitful.

Define your intentions from start

When you start dating, let your intention be clear from the beginning and define the relationship.

It will help both of you get on the same page. While hanging out may result in dating, someone may just be hanging out with you and may not be interested in dating you.

This is also important because there are several reasons people set out to date, which may include dating for fun or dating to acquire knowledge of each other.

Set boundaries

Having a date means you are going to be seeing someone specific with purpose and on a regular basis. It is important to set the boundaries in order to keep it godly.

Setting boundaries in dating would include avoiding physical intimacy such as kissing, caressing, and sex. Engaging in any of these can blind the two people towards reality and form a deceptive attachment. Some people have built their conviction for marriage on the feelings alone, and when the feelings 'die out,' the marriage breaks down.



Some positive signals while dating

As dating progresses, there comes the time for it to undergo transition into a committed relationship through an engagement. Here are some signs to watch out for if you're dating merits the transition:

- You like someone and you are trying to get to know them better
- You are spending time with the purpose of finding a committed relationship
- You see the person in the future and feel at peace. At that time your conversations become more of "we" instead of "I."

When to quit dating

Some people date for as short as a few days and as long as many years. Remember that the duration of the dating is not an indication for progression. If it is not working, move on.

When dating becomes harmful or destructive to your physical, mental or emotional well-being, it is not a healthy relationship and you should seriously consider quitting.

Also, when you are dating someone who is aggressive (verbally or physically), extremely possessive, self-centered, manipulative and volatile, you may want to consider discontinuing the relationship.

When the other person puts you under pressure for sex beyond what you can cope with, you should consider quitting. No one should put anyone under pressure for sex.

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Renewing love and releasing happiness in marriage

DR. BUKOLA WILLIAMS

When you get married, you are overwhelmed with the excitement that comes with spending your time and your life with the person you love. There seems to be no boring moment. You overlook your partner's mistakes and love speaks on, and you are happy.

However, for some couples, as the years go by, it turns out that the excitement diminishes. Many have described their situation as the absence of love and happiness. This has equally led some people to seek separation or divorce.

A group of psychologists had done a study. The results of a study included this fact: Happiness fades away from marriage with time. This, in part, explains why some people who were once happily married ended up becoming unhappy, feeling unloved, and breaking up.

One thing that many couples will find helpful in staying married is to revive the atmosphere of love and release happiness into their marriage; You can do this through applying some of the wisdom shared below.

Time does not kill happiness in marriage

First, we have to understand that marriage is like a seed a man sows and has to water consistently for it to grow and yield its fruit. If you stop watering it, it may begin to dry up, and the fruits would not come again. So, time does not kill happiness in marriage; it is habits, ignorance, and neglect that do. On commitment, even if a wedding was conducted by angels, it will take work and wisdom to keep the flames of love and happiness in the marriage.

Release happiness

There is a relationship between love and happiness. Many times when people say love has died it is actually happiness that has faded. The lack of happiness can hide the face of love. You may think and say you don't love him again,

but the truth is, you are actually not happy. If you can find happiness again, you will see that love will flood and flow from your heart.

Make your marriage is a priority

You need to plan out time for your spouse and be intentional about it. Avoid planning out your time and fixing the remaining time for your home. Rather, plan for your home and fix other things in the available spots.

You should not be excelling at work and failing at home. It is an imbalance that can fight happiness. Deliberately give your best to your marriage. The irony is this: when people lose or leave their jobs, they return to the home and spouse they have never really invested attention to because of those same jobs. Go on vacations and family holidays.

Keep love alive and aflame

Love is not just a feeling, but a decision to be committed to another person. This commitment is the life-wire of a happy home. Where there is love, happiness will thrive. You have a responsibility to keep love ablaze in your marriage.



In order to keep love alive, you have to learn, understand, and communicate the love language of your partner. Every time you speak the love language of your spouse, you release an aura of happiness. The person will likely reciprocate it.

Engage communication

Do not assume that your partner understands or knows your inward feelings. Assumptions are not usually helpful. Rather than bottling up things inside of you, speak them out, and while it is important to say how you feel, be sensitive to the atmosphere. Some concerns are best communicated at certain times. You don't want to pass a message across and stir unending conflicts.

Live in appreciation

Be grateful for whatever your partner contributes to the marriage no matter how small it looks to you. Never talk down what someone is offering because of what you are offering; it may just be their best.

Invest in their interest

Avoid talking down the interest of your partner simply because you don't share similar views. You don't have to agree, but you don't have to make your disagreement an issue that would result in conflict. Always look out for what you can do to make your partner's positive interests a continued source of happiness to both of you and your marriage.

Give priority to intimacy

Intimacy fuels matrimonial love and happiness. Sex is not the only thing in marriage, but it is also a vital thing. Intimacy involves a lot of things and is not limited to sex. However, sex is a vital part of intimacy among couples. Intimacy means closeness and attachment to your spouse. It involves emotional intimacy and physical intimacy, which is the domain where sex lies.

Renew and refresh the vow

Many people treat the marriage vow as merely something that took place on the wedding day. Many people do not even remember what it is. Interestingly, the wedding vow is meant to be renewed daily in words and actions. That vow is stronger than the wedding ring.

When your marriage vow resonates strongly in your heart, it promotes more commitment to the marriage. You need to call the vow to heart. Couples need to arrange for vow renewal conducted by a servant of God. It is ceremonial but also fuels and renews marriage commitment, which will result in your marriage experiencing the best of love and happiness!

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Power Surge

DR. CAROL DRAKE WHEATLEY

Your Life Sucks! Ever Wonder Why?

You have to love Google. One of their definitions of "success" is "the opposite of failure." Well, alrighty then!

Are you a success? Yes? No? Maybe? It all depends on who you ask and what their personal worldview happens to be. The only valid opinion of your success is the opinion you have in your own mind. The problem, however, lies in your interpretation of what's in your mind. Since childhood, we have been programmed to believe certain "truths" about ourselves (which may or may not be true at all).

If you were raised to do well and be proud of whatever level of achievement you reached, you'll probably have a more realistic outlook on who you are and how successful you appear to yourself. If, on the other hand, you were raised to believe that no matter what you did you would probably fail, then your self-worth and self-value will undoubtedly be pretty low. These two opinions manifest in very similar ways even though the intrinsic motivation for either might not be the same. Let me explain:

There's an old Western saying that explains a lot: "Big hat, no cattle." In other words, while you might *appear* to be successful to people (big hat), there is no substance to your success and no credibility to your claims (no cattle). People in general tend to "puff up" who they are and what they have accomplished for two basic reasons: to impress those around them, and to position themselves as a person of influence within a group.

We all want to appear knowledgeable. We all want our opinions to count. We all want to contribute something worthwhile. But we never want people to find out what we really are inside. We like being treated like "one of them" and belonging to "their" club, driving a great car like "theirs," and spending lots of money on clothes and jewelry like "they" do. But what if they find out you're *not* one of them? What if one day your mask falls off and your truth is uncovered? For most people, that would suck.

**The only
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So who are you?

True Success

Knowing who you really are is critical to being "successful" but knowing who *God says* you are is the only authentic path to lasting success. His opinion of you has substance and credibility, so let's look at what He says.

God says He loves you! He loves you so much, in fact, that He sent His only Son to carry the punishment for your sins so you can be forgiven and have eternal life. That's a lot of love. Even if you were the last person on earth, God loves you enough to still send Jesus to save your soul.

You know, we hear about the Bible being a book full of "don't do this" and "don't do that." But the most important, the most foundational statement in the Bible (Matthew 22:37-40) is the one that says,

“...you shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the first and greatest commandment. And the second is like it, you shall love your neighbor as yourself. On these two commandments hang all the law and the prophets.”

If you'll read that again (maybe even twice more) you'll begin to get a sense of just what it is God thinks of you. He loves you and wants you to love Him. He wants you to love your neighbors because He loves them, too. Sometimes, however, when we don't truly love ourselves, it's very hard to imagine a God who loves us. Let's face it, God has gotten a bad rap in most churches. Sadly, we have an entire society that thinks He's either a Celestial Amazon waiting to deliver whatever we order, or they think He's the boogey man ready to beat us over the head if we make one wrong move. Both perspectives are wrong.

God does want us to obey Him, but He knows that much of the time, we simply don't. And knowing this about frail human beings, He made a provision for us to stay in His good graces anyway. 2 Corinthians 9:15 tells us that

“...God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.”

In other words, God no longer holds our sins against us when we turn to Him. The punishment we deserve was paid for by Jesus. He's the one who got beaten and hung on a cross. That's what we deserved for disobeying a Holy God. In spite of that, Luke 6:35 tells us that “He is kind to the unthankful and evil.” That's really good news, don't you think? And if that wasn't enough, God tells us in John 1:9 that Jesus was “the true Light” and that He “gave light to every man” coming into the world. That, my friend, is your conscience which enables you to know the difference between God's way of doing things and the wrong way!

Many folks think that God doesn't love them and yet we see from just a few simple quotes that He does love you...even if you're evil, mean, wicked, bad, and nasty! He loves you and sent His Son to die for you so you could live in peace.

God even reassures us in Jeremiah 29:11 by telling us,

“For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me and I will listen to you. And you will seek Me and find Me when you search for Me with all your heart.”

But wait...there's more!

God not only wants us to accept His love and love each other, He wants us to be successful. Let's look at the promise He made in Joshua 1:8 to those of us who obey Him:

“This book of the law shall not depart from your mouth, but you shall meditate in it day and night that you may observe to do according to all that is written in it. For then you will make your way prosperous and then you will have good success.”

This statement that the book of the law “shall not depart from your mouth” is simply the prelude to the scripture in Mark 11:22-23 that says that whatever things you say with your mouth, you shall have when you believe it in your heart and have faith in God. This is not the “name it and claim it” mentality of greed, it is the heart of God Who has given you everything you need to live a purposeful and successful life.

God wants your success more than you do! He wants you to know the truth of who you really are and the importance of knowing who He has made you to be. God has confidence in you. **Self-**confidence never works because it fades in and out with our emotions and our circumstances. But the confidence that we have in God’s love for us will strengthen us in all we do.

The bottom line...

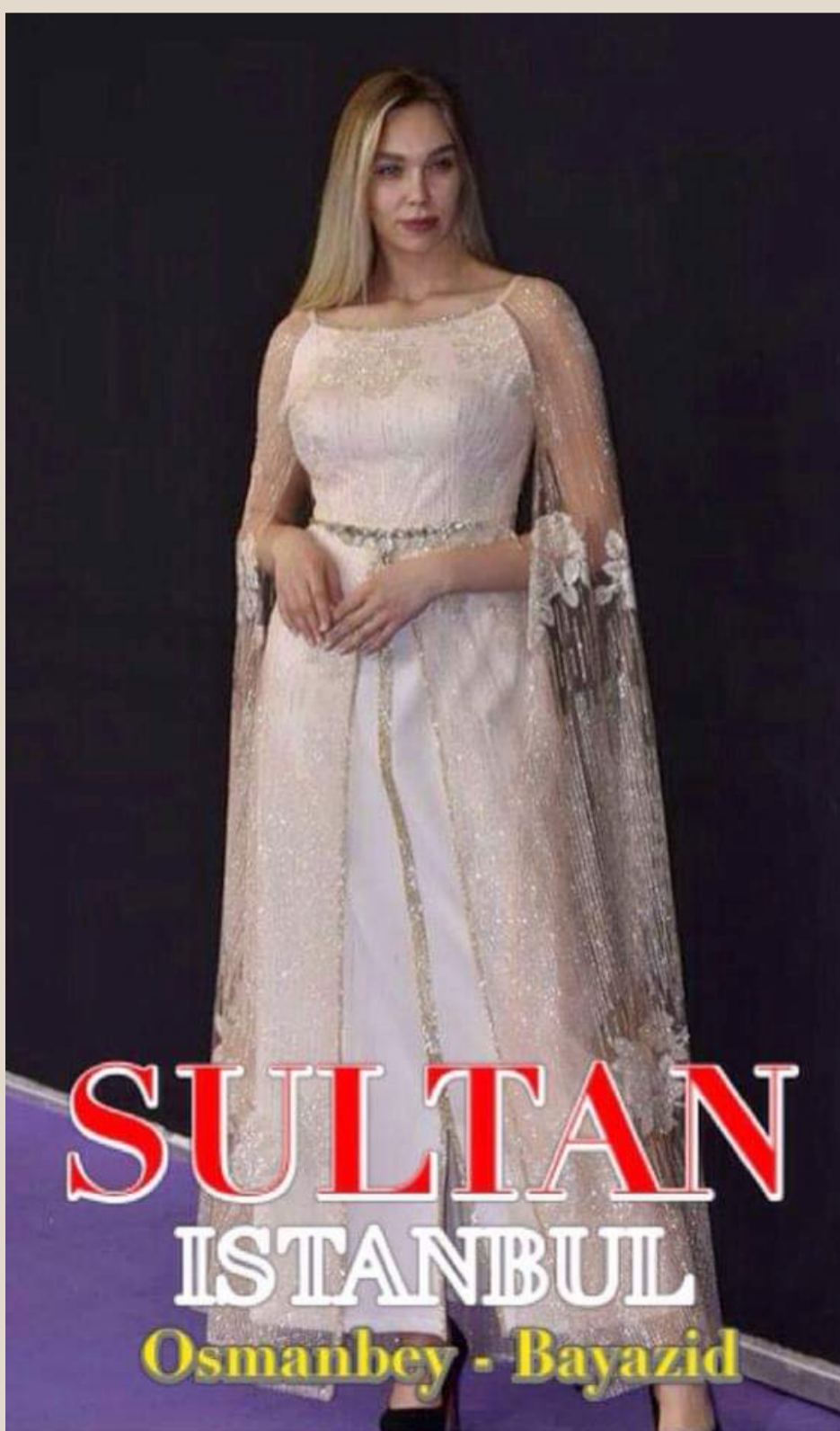
So now you can stop wondering why your life doesn't always seem to be working out. It can't when you're living a life that you've tried to build on your own human frailty. Your life was always meant to be part of God's plan for mankind. You're important to Him and to the people around you. You have a special job to do, a job that God created just for you, that only you can carry out. Give God a chance to show you what He's really like by submitting your life to Him today. It's easy. Just admit that you've messed up and thank Him for fixing things. Thank Him for forgiving you and thank Him for giving you eternal life. It's easy to turn your life around. You just repent (change the way you think about yourself and about God), thank Him for forgiving you, and submit your life wholeheartedly.

May the Lord bless you and keep you!

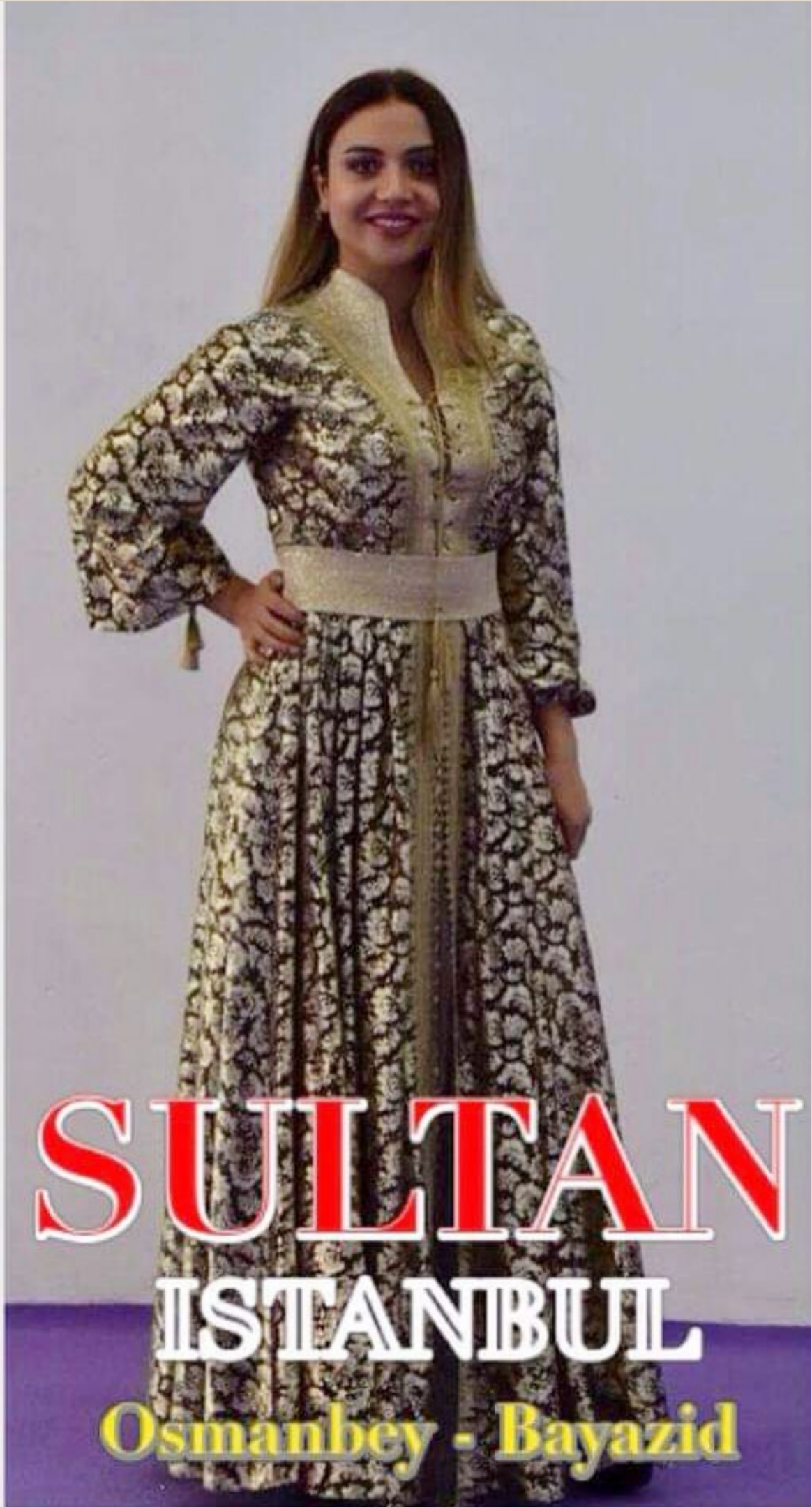
DR. CAROL DRAKE WHEATLEY IS A RETIRED ORGANIZATION DEVELOPMENT AND GRANT CONSULTANT. SHE IS THE FOUNDER OF POWER IN THE WORKPLACE MINISTRIES AND IS A RESPECTED TEACHER AND LEADER IN THE BODY OF CHRIST. CAROL IS ALSO AN ORDAINED CRISIS RESPONSE CHAPLAIN, AS WELL AS A KNOWLEDGEABLE AND EXPERIENCED BUSINESS MENTOR. SHE IS THE AUTHOR OF SEVERAL BOOKS AND NUMEROUS TRAINING PROGRAMS PRESENTED TO CHURCHES AND INDUSTRY.

EL Is Proud To Showcase the Gorgeous Evening Styles This Spring

KATAYA SPOSA
BY SALIM KATAYA
ONE OF THE TOP
DESIGNERS OF
TODAY, A SYRIAN
BORN DESIGNER
THAT WON THE
RESPECT OF ALL
THOSE IN THE
FASHION INDUSTRY
BY DESIGNING
GORGEOUS
WEDDING AND
EVENING GOWNS.
HIS STYLES ARE
KNOWN FOR THEIR
ELEGANCE AND
BREATHTAKING
LOOK.



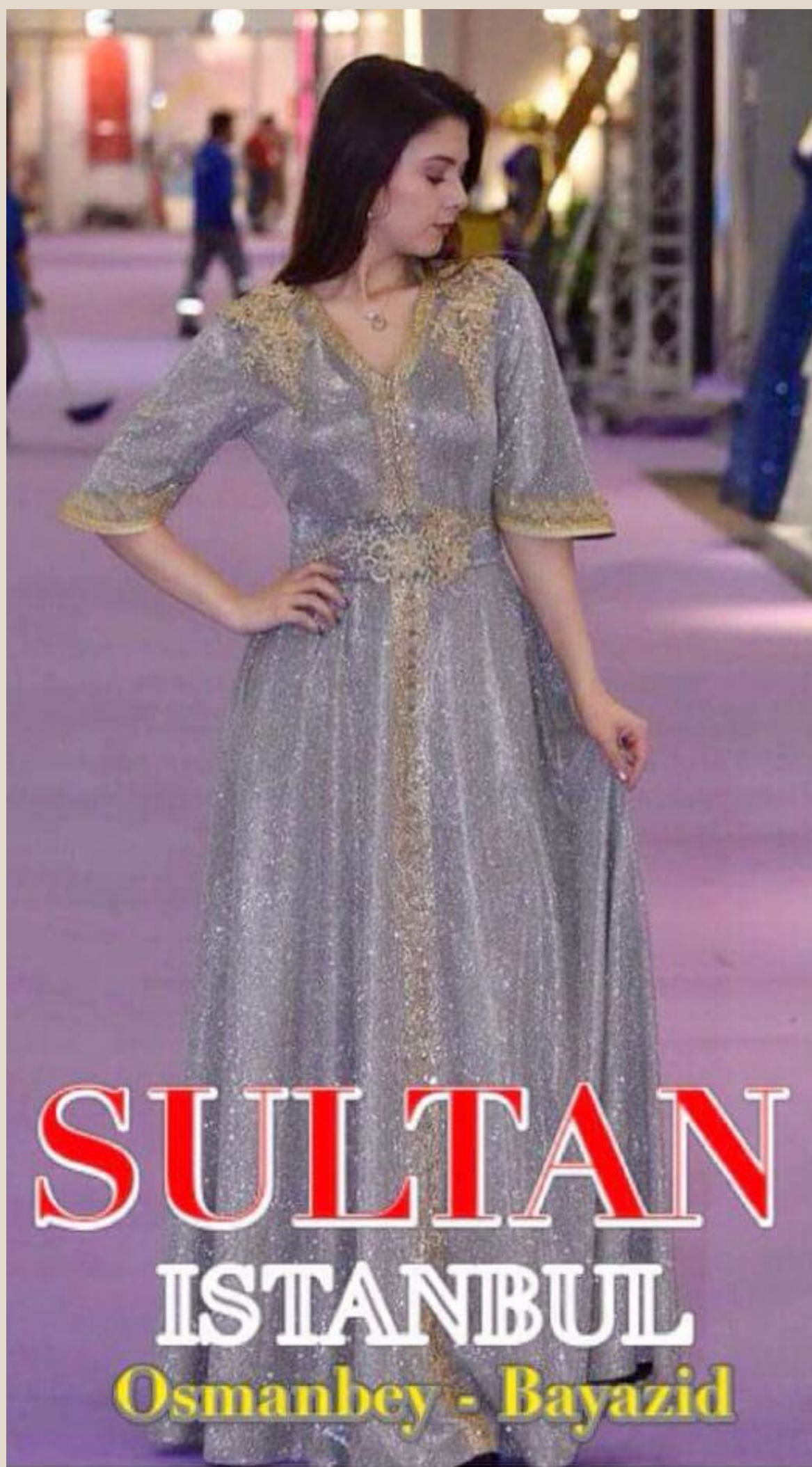
SALIM KATAYA CONTINUES TO
DAZZLE US WITH HIS INSPIRING
STYLE AND FASHION.



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ISTANBUL

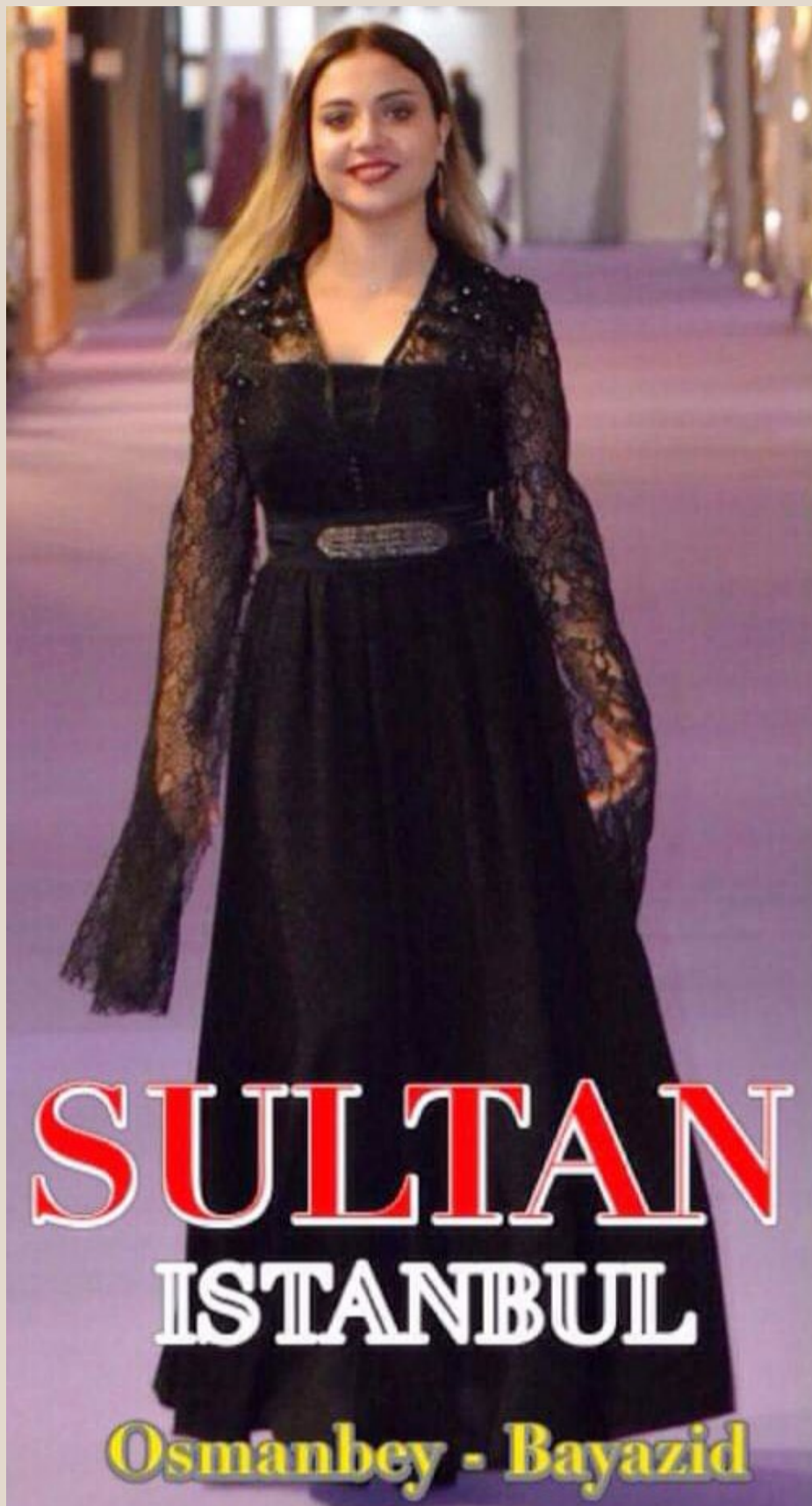
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MR. SALIM KATAYA IS A WORLD-RENOWNED DESIGNER WITH OFFICES IN DUBAI, UNITED ARAB EMIRATES. HE BEGAN HIS CAREER IN FASHION IN DAMASCUS, SYRIA AND ROME, ITALY UNTIL THE SYRIAN WAR. HE THEN RELOCATED TO DUBAI. HIS DESIGNS ARE SHOWCASED ON THE FASHION RUNWAYS AND IN FASHION MAGAZINES AROUND THE GLOBE. HE IS A RESPECTED DESIGNER, AND HIS DESIGNS HAVE EARNED HIM MANY ACCOLADES. WE ARE HONORED TO SHOWCASE HIS COLLECTION FOR 2018.









Are you looking to have young and vibrant skin? Are you looking for skin care that reduces fine lines? Great looking skin doesn't just happen. It's something we do. There are so many great products out there for all skin types and all budgets. The important thing is to make sure you get plenty of water, eat clean as much as possible, protect your skin from the sun, and use good cleansers and proper moisturizers, along with anti-aging products.



Revitalizing Your Skincare Routine From Winter To Spring And Summer

BY DR. TERESA ALLISSA CITRO

Everything seems to come to life in the Spring! This includes your skin. Everything is revived. After months of frigid temperatures our skin has fought the cold weather and all of the elements that came against it. Winter has left us with dry and itchy skin.

Even if we have spent the winter months layering all sorts of moisturizers, serums, balms, and antiaging products our skin still goes through the shock of going from cold and dry weather to the warmer air that is now becoming increased with humidity. This means our skin is going from cold to warm and it will go through a shock process.

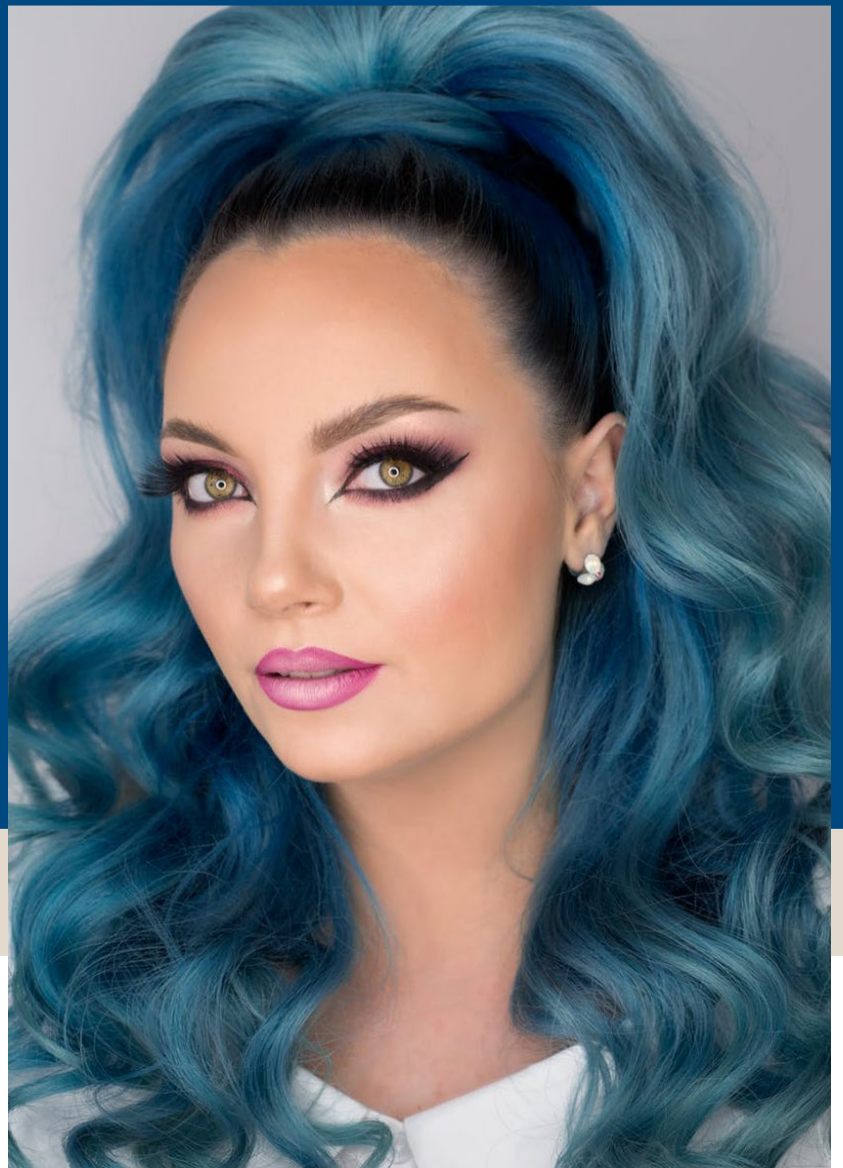
This transition means we must change our routine a little bit. Our skin is very clever. Our skin adjusts to the weather. This translates to our skin holds more water in the spring and summer months. As a result, we don't require a heavy moisturizer. Swapping your moisturizer for something lighter is an important thing to do. When looking for a good moisturizer, we should look for is one which has hyaluronic acid or water-based formula. When choosing a moisturizer, it's important to look for one with an SPF 50. In the winter the sunshine is less so using one that is SPF30 is sufficient. However, in the Spring and the Summer, as we discussed in our Winter Issue of Everyday Life, exfoliation is very important. To get a beautiful glowing skin, exfoliate, exfoliate, and exfoliate! Again, we use a gentle exfoliating cleanser with a small amount of glycolic acid in it.

Just like we do a house spring cleaning, we need to throw away things that are over six months old, especially mascara. I personally replace my mascara every three months. Remember to replace your makeup brushes.

It is important to wash your makeup brushes once a week with a regular hand soap and, then, use a blow-dryer to dry them. Makeup brushes are always overlooked. Unfortunately, they harbor germs and viruses. This is an important habit to maintain. It makes a huge difference in the health of your skin.

Summer time is perfect time to exchange your heavy foundation for a tinted moisturizer. The sun is strong in the summer months, and a good moisturizer will be a better choice.

Hottest Hair Trends







A well-balanced diet is important for good health. For a real transformation, it starts from the inside out. Exercise is also important to control weight, build healthy bones, and tone muscles. There are so many exercise programs out there to try. Walking, swimming, jogging, body lifting and sculpting are just a few. Speak with your doctor which is best for you. It's important for our self-esteem, and after a workout, we're infused with energy. Enjoy the health benefits of eating organic, exercising, and replenishing your body with the right vitamins and what they can do for you.

EVERY SEASON OF DEATH BRINGS NEW LIFE

NOEL MATHUR

As we enter the spring season, we find ourselves looking at the last piles of dirty snow, and the ugly brown grass hidden by the cold all season, is now beginning to slightly turn. It doesn't happen overnight. The process takes weeks before we start to see the sun shining from behind the clouds, to hear the birds waking us up with their songs, and to see the vibrant flowers of spring breathing new life onto our once dead landscape. We are surrounded by life again.

WHAT DOES THIS HAVE TO DO WITH FITNESS

YOU ASK? You are probably thinking "I sat down to read a fitness article," and I usually write about

fitness, foods, and healthy diets. Today, however, I am reminding you that old things need to die before new things can spring to life. Those old habits that seem to defeat our success, the next sugar craving, the mindset that you can't get through the week without that plate of fried food, warm bread, or delicious dessert; maybe we are feeding the inner voices of loneliness and despair and thinking that the food will comfort us. Just like when you were a child and you mom or dad would give you a cookie if you fell, we find comfort in foods.

We find comfort in food because it releases all the same chemical reactions in our brains that make us crave more, just like a drug... and we let it defeat us.

I am challenging all of you to unlock the key to your true success this season by evaluating the things in your life that need to die so that you can break free from the holds they have on you. I am challenging you to believe in yourself. You **CAN**

AND WILL SUCCEED so that food and bad habits don't have a hold over you anymore and that you WILL take the necessary steps to maintain your goals; it starts there.

Overcoming bad habits and setting yourself up for success:

- Clean out your cabinets: when it comes to defeating old habits, willpower isn't always enough! What's in your kitchen has a direct impact of the success or failure of your weight loss goals? Take note of the ingredients and nutritional values of the foods you are putting into your body and only allow foods in the house that will help you reach your goal.

Of course when you don't live alone and you want there to be indulgences for the other people in your home, every now and then, this can be challenging, so pick ones you won't be tempted to cheat with!

1. Commit to move every day for 10 minutes: 10 minutes?? It doesn't sound like much, but this is less about sweating it out in the gym with a hardcore

workout and more about ridding bad habits from your life. Create new ones! If you start with a 10 minute workout such as a brisk walk or even some cardio drills in your home you will get the blood flow started and most likely your body and mind will want you to continue to move for longer so your 10 minutes soon will turn into 20, 30, or more. Now you have created a new habit that will help you realize your goals.

**...old things
need to die
before
new things
can spring
to life.**



2. Hydration is key. Step 1: Clean out the cabinets. Step 2: commit to move. Step three: HYDRATE. To get your body functioning on all cylinders, you must hydrate. By the time you feel thirsty you are already in a state of dehydration so please drink your water! Proper hydration is key to your health and your weight-loss success. It not only helps you feel full, it also helps your properly digest and detoxify your body. The recommendation is 6-8 glasses of water a day, but if you want to be more specific, there are daily water intake calculators that base your intake on your weight and activity level.

Spring is here so let the negative thoughts go, and breathe new life into your goals. You can achieve anything you set your mind to. Remember, only you are responsible for your success. Get it!



Breastfeeding Overview

GERALD ENTE, MD FAAP

It seems odd still to be writing about Breastfeeding, when, after all, the system is ancient, natural, inexpensive and has already had thousands of articles written that extol its virtues. The option is formula, which is artificial, expensive and environmentally unfriendly and the fact that all the commercial manufacturers keep changing their constituents and percentages while always maintain that they are as good as breast milk tells me they are not. Cow milk is not an option as it is harmful to a human infant.

The American Academy of Pediatrics [as well as the Canadian] the American College of Obstetricians and Gynecologists and the World Health Organizations are a few of the organizations which strongly recommend the sole use of breast milk for at least 6 months. Although, your physician, hospital, family will all share their strong opinions, the choice of breast feed is yours alone. I hope that will help you make a decision more easily.

Breast milk is the perfect source of nutrition for your baby. It contains the proper amount

of fats, proteins and carbohydrates as well as the necessary vitamins and minerals along with other supplements necessary for baby's perfect health and growth development. Believe it or not it is species specific, it even alters its composition and quantity to fit the needs of

the infant. It is more easily digested than artificial formulas and in addition contains antibodies from many of the diseases that you have had during your life and other immune substances which will help prevent other illnesses.

Feeding with breast milk lowers the risk of allergies, eczema and asthma. It has been linked to higher IQ scores and lower obesity rates in later life. It prompts physical as well as emotional bonding, thereby increasing feelings of security and decreasing feelings of anxiety. If used exclusively for six months and continued for one year, it reduces the number of serious colds, ear infections, vomiting and diarrhea along with other infectious medical illnesses, These include but are not limited to pneumonia, croup, bronchiolitis, urinary infections and certain forms of meningitis. These side effects can persist for about six years. There is a lower

**Breast milk is
the perfect
source of
nutrition for
your baby.**

risk of child developing SIDS (sudden infant death syndrome) certain childhood leukemias, and some cancers. The bacteria in breast milk remain in the intestine of the baby, converting the ecosystem of the baby (what we now refer to as microbiome) to fight against disease and promote health. This does the job of the supplements, probiotics and prebiotics at no extra cost.

Now, what about the benefits for you, the mother? Well, lots of nursing moms feel relaxed, fulfilled and joyful at one with baby, hence feelings of emotional and physical delight are helped along by the release of hormones, namely prolactin and oxytocin. Prolactin produced by the pituitary gland aids in the production of the milk and has hundreds of other bodily functions including production of a relaxed state in the mom

Oxytocin, the love hormone, produced by the hypothalamus and secreted by the pituitary gland makes mom feel warm and content, helps the bond with baby plus it speeds the uterus to return to normalcy and there is less uterine bleeding.

So, moms who breast feed recover from childbirth more quickly and easily, have

reduced rates of breast and ovarian cancer as well as osteoporosis. They also develop less cases of certain medical disease such as diabetes type 2, high blood pressure, high cholesterol and rheumatoid arthritis. It is said that breast feeding burns off extra calories, it helps you loose pregnancy weight faster.

Some moms worry that their breasts are too small to produce adequate milk. This is a myth. Every woman's breast is suitable to nourish her baby. There are, however, a small percentage of women that the American Academy of Pediatrics state are contra indicated from nursing: "Women with HIV, human T -cell lymph atrophic virus type 1 or type 2, active untreated tuberculosis, or herpes simplex lesions on the breast." Woman taking certain medications should not nurse their babies while on the medications

So you can now see that breast feeding is best for baby and mom, Nothing more for me to say, but I am available to answer any questions you may have in regards to this subject.



Teresa's Recipes

RECIPES BY DR. TERESA ALLISSA CITRO

GRILLED SHRIMP AND VEGETABLES

A delicious, elegant, and simple recipe. It is perfect for summer grilling. The shrimp and veggies are coated in an amazing buttery, wine, lemon garlic blend that is delicious and light.

Preparation time 20 minutes;

Cook Time 12 minutes for (shrimp)

Total time approximately 30 minutes

Prepare your grill with olive oil (Light Olive Oil)

Prepare the Shrimp

Prepare the seasonings

Prepare your skewers if they are not metal (soak in water if they are wood for about 5 minutes)

Ingredients Needed:

1 Pound, about 24 raw jumbo shrimp peeled and deveined, tails on

Seasonings:

Melt 4 tablespoon of organic butter

1/4 Cup of organic olive oil

1/3 Cup of white wine

Salt to your tasting

White pepper to your tasting

Few leaves of Italian parsley, finely chopped

Dash of red pepper flakes

2 Tablespoons finely minced garlic

2 Tablespoons fresh lemon juice

Sprinkle with Italian oregano

Prepare all of the above in a bowl

(all the ingredients and vegetables are optional) you can add or delete anything you prefer

Vegetables:

Red Onion

Yellow Onion

Small cherry tomatoes (red, and yellow)

One Red Pepper

One Green Pepper

One Yellow Pepper

a package of small mushrooms

2 fresh lemons cut into slices

Directions:

Wash all your vegetables and cut them into small pieces (except for the cherry tomatoes keep them whole). Cut the mushrooms into half if they are big (I use the small ones so I keep them whole). Add all the vegetables (except for the lemons) and shrimp into your bowl. Mixing everything together well. Take your skewers and start with your shrimp, lemon, (whatever vegetable you want next) and finish with shrimp and lemon. Place them on your grill and cook them on medium-high for about 5 minutes each side or until shrimp is opaque and vegetables are cooked. Use the rest of the marinade to brush on both sides of the skewers and cook for about another minute. Pull out of the grill and serve over cooked brown or white rice (optional).

GRILLED SALMON

Preparation Time: 10 minutes to prepare;
10 minutes to cook (without the cooked spinach)

Ingredients Needed:

1-2 lbs of Salmon Fillet washed and cut into desired pieces

Seasonings:

5 Tablespoons of Olive Oil

5 Tablespoons of melted butter

3 Finely chopped garlic

3 Tablespoons of fresh squeezed lemon juice

Few leafs of finely chopped Italian parsley

Sprinkle of white pepper

3 Tablespoons of white wine

Sprinkle with sea salt

Mix all the above in a bowl



Directions:

Place your cut pieces of salmon in aluminum foil and brush the seasoning all over the salmon pieces. Close the foil and place on the grill. Grill over medium heat for about 7 minutes per side (maybe a few more minutes, it all depends on the thickness of salmon). The salmon is done when it flakes easily with a fork.

You can place your salmon on top of a spinach salad, or cooked spinach, with slices of lemon and lime on the side (optional).

Diabetes Type 2

GERALD ENTE, MD FAAP

So you want to hear about diabetes to even begin to understand diabetes you need to know what A1C means A1C is a medical abbreviation meaning the average of your circulating blood sugar for the previous 3 months

The good news is that by losing weight, by eating right, by increasing your exercise, you can retake control of your body and improve your DM2

A level of 5.7 means that you have pre-diabetes, which means that you are surely on your way to getting diabetes and unless you change something like your weight diet or exercise you will certainly develop diabetes. 1 person 3 Americans is pre diabetic and many don't know it. That is over 84,000,000 people

A level over 6.5 means that you are diabetic. Now there are 2 types of diabetes that we will talk about. Diabetes type one previously called juvenile diabetes is caused by a genetic inability of the pancreas to make insulin, luckily this is not as common and will not be included in today's discussion. 95% of all diabetes is type 2 (adult onset diabetes). Here we go, let's just refer to it as DM 2 for the sake of brevity

DM2 is the leading cause of death and disabilities

in America. It is said to have no cure but it can be treated and it may be prevented. Many people have DM2 and do not know it. This is one good reason for regular checkups. DM 2 is caused by the inability of the pancreas to produce enough insulin by the body to use or for your body to use the insulin properly so your blood sugar builds up doing its damage and the rest of your body is starved of energy. If left untreated DM 2 can lead to blindness, heart disease, kidney disease, stroke, nerve damage, poor wound healing and repeated infection

In America, we lived a good life. We overeat, we watch television instead of exercising, we drink too much. Over 90% of us (yes, I have it too) are too heavy. There is a difference between being obese and being overweight, but not here. Both will result in diabetes! The good news is that by losing weight, by eating right, by increasing your exercise, you can retake control of your body and improve your DM2. I personally think you may be able to even cure your DM2, you can reduce or possibly stop needing your medicine and keep your A1C within a normal range.

Let's see who is at risk for DM2:

- People who are 45 to 70 years old (both men and women)
- people who are heavy for their height (I am not calling them fat, but you know who they are)
- people who have diabetes in their family
- people who don't exercise much
- people with high blood pressure, high cholesterol, low HDL (good cholesterol) or high triglycerides people with high stress
- people who smoke

- people who don't get enough sleep
- women who had gestational diabetes (another form coming during pregnancy)
- Certain ethnic types like Native Americans, Africans, Latinos, Asians and Caucasians

(if you are not included in this list I like to meet you)

If you wonder what some of the symptoms of diabetes are, think of excessive thirst or hunger. Then from excess drinking, we see excessive urination. Even when the increase in eating we lose weight. Suddenly, we notice that our cuts sores and infections are slow in healing, our vision gets blurry may be worse in the morning, we may lose feeling in our feet, not noticing a burn after walking on hot dry sand on the beach (like I did) or we might feel tingling or extra pain in our hands. We may just feel tired or not right for no reason or we may not feel or notice anything different and may have no symptoms at all

We have already mentioned several things we can do to help our diabetes. Certainly, we should see our physician of choice on a regular basis. It is too obvious to state that we should heed the advice of this physician. See the other specialist as recommended. Take our medicine[s] as directed. Stop smoking, lose weight. Eat a better diet [less carbs, less saturated fats, less red meat (oy vey)]

On July 27th came a major breakthrough [I hope it is true] A Danish researcher published an excellent article in a respected medical Journal showing that drinking wine is linked to a decrease risk of developing DM 2. It seems that red wine is better than liquor. For men up to 14 drinks a week for women up to 7 [not more, folks] is the amount in the article. It seemed to be work best statistically if the drinking was done on 3 or 4 days each week, rather than daily. This regimen lowered the risk of DM 2 30% from non-drinkers. 70,000 Danes partook in this 5-year study, This is considered to be a moderate high drinking a reason why this may work is that the polyphenols in red wine may help to manage the blood sugar.

Beer is different, for the studied women being made no difference. From men a few be assured a positive effect in lowering the risk for women in the study who had 7 drinks of liquor per week showed an 83% increased risk of developing DM 2

Alcohol has long been known to affect our health both positively and negatively in at least 50 different diseases and conditions. Do not start drinking just to prevent DM 2. Probably 1-2 drinks a day is OK for your long-term health. Here's to your good health

**Eat a better
diet [less
carbs, less
saturated
fats, less
red meat
(oy vey)]**



This section on education is important to us and is there to help encourage parents for better communication between home and school for a successful academic career.

Maintaining the Momentum throughout the Summer

DR. MARK TAYLOR, ED.D.

For school children with disabilities, the summer months can lead to the development of extracurricular activities that allow students to peruse other interests outside of the standardized academic context. These activities can also work to build professional skills that a classroom cannot always foster. A leadership-oriented club, for example, will help students to learn essential skills in management and delegation, while a debate or speech club will provide additional public speaking practice for students. Sports most often have the effect of fostering strong team-building skills and training students in holding long-term goals. In short, extracurricular activities can arm students with many of the skills future employers will be looking for.

Academic rigors such as in-depth reading and complex problem-solving strengthens the mind academically, but extracurricular activities

High-endurance sports like soccer, swimming, and basketball will train students to maintain patience and resilience in the face of intense difficulty.

will take this mind strengthening even further. High-endurance sports like soccer, swimming, and basketball, for example, will train students to maintain patience and resilience in the face of intense difficulty. However, the demands of the academic schedules do not permit school children to engage in extracurricular activities during the academic year. The summer months seems to be the only time when students can peruse nonacademic interests that will help build social skills. Although the summer months can help students to engage in activities that will refresh the mind, for most children, this also means less time engaged in educational pursuits like reading, math, and problem solving.

Educational professionals have argued that long summer vacations from school in the U.S.



lead to a “summer slump,” where students forget some of what has been learned over the previous school year. Some studies have found summer loss equaled about one month of classroom learning, and students tend to regress more in math skills compared to reading skills. Studies have also found that students from middle- and upper-class families improved in reading over the summer, while students from lower-income families regressed.

For students with learning disabilities, the summer slump is even worse. This is because the specific needs of a child with disability already involve deficits such as academic delays, behavioral issues, social deficits or a combination of the three. Thus, any disruption in the learning process can cause further delays. The overall effect of a two-to-three-month summer break, however, may vary significantly from one student to another as disabled children differ in cognitive abilities. For children with severe needs Extended School Year Service (ESY) will ensure that they receive an individualized program to support their learning and retention of skill throughout the summer holidays.

Under (34 CFR Part 300) in IDEA Regulations: Extended school year services must be provided only if a child’s IEP team determines, on an individual basis, that the services are necessary for the provision of Free Appropriate Public Education (FAPE) to the child.

The term extended school year services means special education and related services that—

- (1) Are provided to a child with a disability—
 - (i) Beyond the normal school year of the public agency;
 - (ii) In accordance with the child’s IEP; and
 - (iii) At no cost to the parents of the child; and
- (2) Meet the standards of the IDEA



...long summer vacations from school in the U.S. lead to a “summer slump,” where students forget some of what has been learned over the previous school year.

It is estimated that less than 2% children receiving special education services qualify for ESY services because they do not meet the regression-recoupment criteria. This leaves a lot of parents with disabled children frustrated and lost on how to maintain academic gains throughout the summer. There are several options available for children who do not meet the regression-recoup criteria and yet are at risk of losing academic gains during the summer.

If there is concern that a student will regress with certain skills, academic regression can be avoided if parents are diligent about helping their kids with summer reading and math in the home environment. The child’s regular or special education teacher can provide specific suggestions and activities for the parents to carry over throughout the summer on a less structured basis, as compared to the school setting.

If a parent is aware that his or her child has social difficulties, the parent can make extra efforts to provide opportunities for a special needs child

Some organizations offer day camps that are specifically geared toward individuals with special needs.

to interact with other children. This can be carried out through planned trips to the library, the local pool, bookstore or friends' houses.

Some organizations offer day camps that are specifically geared toward individuals with special needs. Options include science camps, computer camps, swimming camps, or horseback riding camps. These camps offer wonderful opportunities to work on social skills as well as the specific topics that the camp addresses.

Children who don't qualify for extended school year services may still attend summer school courses in subject areas like reading and math. This option can be beneficial for students diagnosed with Learning Disabilities who primarily struggle with academics. Parents can still enroll children in other public schools if the child's attending school is not offering summer school programs.

Lastly parents should keep a record of how their child does after summer and holiday breaks, and if they notice that the child struggles after the break, this may be a warning sign that regression is an issue. Parents can present this evidence at the next IEP meeting to acquire ESY services for the child under the regression-recoup criteria.

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NEW PLACE TO CALL HOME

NOEL MATHUR

If you have been thinking about buying or selling a home, this is the time of year most home owners start to put their homes on the market and people are out shopping for a new place to call home.

The spring market is here, and with the slowdown of sales this past winter, there is speculation that a market shift is coming soon and, in some regions, already seeing the signs. Home prices are starting to come down a little to give the buyer a bit of a reprieve compared to the last several years where the feeding the frizziest buyers would pay over asking price just to get the home they want. That's not to say there will not be multiple offers coming in on properties. In fact, agents are still saying multiple offers are coming in but at a more relaxed rate. Also consider the rate dropping again. It would seem that now is a great time to buy as we are entering a slightly more balanced market.

So what steps do you need to take to purchase your home if you decide now IS the time? Top 3!!!

1. Line up financing BEFORE you start your house hunt! In a hot market (or really any market for that matter), you must have financing in place in order for your offer to be considered. The last thing you want is to find your perfect starter home or dream home and not have your offer considered because there is no financing in place. It also gives you a concrete number to work with so you are not shopping out of your price range.
2. Consider what size down payment you will need as most loans need 20% down. There are several loan programs you may qualify for less down depending on several factors. Keep in mind with a lower down payment, you may need to pay PMI and the property you chose will have to pass their assessments.
3. It is always a great idea to consult and sign on with a Licensed Realtor. Not all agents are created equal. Make sure you have a person you can trust. Choosing an agent who is also a member of the National Association of

Realtors means you are working with a highly qualified agent who set themselves apart by subscribing to the strict code of ethics. You are about to embark on the most valuable investment and you want to make sure your agent is working with your best interest in mind.

Although there are a lot of things to consider, find the right people to guide you through the process will make this journey very exciting, and contacting a realtor with resources to help you along the way will be worth its weight in gold!

Happy House Hunting!
Noel

Noel Mathur

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Applying Scripture to an Academic Journey

BY: DR. DARIEL "DT" HENRY

Three years ago, I received my Doctor of Education in Educational Leadership in Higher Education. I'll never forget the day I was "hooded" as Dr. Dariel "DT" Henry. My family was there with camera phones out and snapping pictures as I processed in with my other classmates. In a room full of hundreds of graduates, 13 of us were doctors. After graduation I never hung up my paper degree. I have a photo of me being hooded in my doctoral regalia. Students and colleagues immediately recognize the ceremony and asks questions about my doctoral journey.

There's a saying I love that goes: "Everyone looks good in the beginning of the race, but it is the end that tells the real story". Over the years, I have come to learn that the end may tell one story, but it is the beginning that lays the fundamental skills one needs to even run a race. With that said, I am always excited to talk about the end of my academic journey, yet the beginning of my doctoral journey was significant in my ability to finish.

One year after starting my doctorate program, my father passed away. He was a Pastor, making me a preacher's kid, and he had a major impact on who I am today. Many people thought I would quit my program, take a break, or lose momentum when he passed away, but the reverse happened. I gained more momentum and kept moving forward with a passion like no other. I'll admit that I am not without sin. But I have never lost my relationship with my Lord and Savior. With that in mind, I want to share this with you.

Often, when we start a difficult path, we create a plan. But too often, our plans do not include the spiritual elements. A few weeks after my father passed, I was reading my bible when I learned that in order to stay motivated to finish my degree, I needed a motivating atmosphere. Coincidentally, the Sunday after the reading during praise and worship at my church, we started singing the chorus of *Here As in Heaven* by Elevation Worship. As I listened to the words closely, it confirmed my earlier revelation that one strategy we can include in our journey is to **change the atmosphere**. The song says:

**The atmosphere is
changing now, For the
Spirit of the Lord is
here, The evidence is all
around, That the Spirit
of the Lord is here.
Overflow in this place,
Fill our hearts with
Your love, Your love
surrounds us,
You're the reason we
came, To encounter
Your love, Your love
surrounds us.**

It helps to create a space that ushers in the spirit of the Lord and changes the atmosphere to your environment. I remember when my mom would change the television in my room to the Christian Network while I slept as a teenager. One day, I asked her why she did it? She replied, "Be careful what you usher into your spirit while you sleep". I never forgot that. Combining that early lesson my mom taught me with revelations I had while reading the Bible and singing at church, I adapted my lifestyle to change my atmosphere.

For my doctoral journey, I hung motivation quotes around my apartment. I had a motivation sermon playlist on YouTube. I decided that before I allowed negative energy to find residence in my space, I would fill my atmosphere with an

**I had to understand
and be faithful
to my purpose.**

abundance of positive energy for me to absorb all day, every day. The scripture that confirmed this strategy was 1 Samuel 16.23: *So it came about whenever the evil spirit from God came to Saul, David would take the harp and play it with his hand; and Saul would be refreshed and be well, and the evil spirit would depart from him.*

Conducting and writing research can be a long process. There are many doctoral students that do not finish the process and remain ABD (All But Dissertation) for years. That's why **Endurance** matters. When I got tired throughout the doctoral process, I leaned on scripture from Isaiah 40:29-31. (29) *He gives strength to the weary and increases the power of the weak. (30) Even youths grow tired and weary, and*

young men stumble and fall; (31) but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.

Another element so crucial to the journey is having and keeping the faith.

The first year I applied to doctoral programs I got turned down from 8 schools and waitlisted for 2. Although it hurt to be rejected, I did not crumble. I activated my faith and kept moving forward. Eventually, I was accepted into the Educational Leadership Program at Johnson & Wales University. My faith and purpose were tested again when a colleague, someone whom I respected, told me my researched topic "Effective Strategies for Recruiting African American Males in the Undergraduate Education Major", was pointless. They told me that no one would ever use my research, let alone read it. It was tough to hear from someone I respected. But I knew in my heart, my research would be important in my community. In other words, I had to understand and be faithful to my purpose.

After I completed my research, I was contacted by Regis College to develop and launch the Regis Diverse Educators (RDE) program. Through RDE, I recruit diverse students into the undergraduate education major with full tuition scholarships. Students in the program must be dedicated to working with underserved populations. We have a teacher licensure track and non-licensure track. When we think of increasing diversity in the education industry, we often think about the job of teachers. With RDE, we understand that there are multiple jobs within the education industry, and we want to diversity all of them. It was through the presentations I gave on my research that led RDE to reach out to me. And the faith and purpose I had in my research led me to meet RDE's goal of recruiting five incoming freshmen education majors with a focus on working with underserved populations.

This includes technology, policy, and curriculum development. We are currently recruiting high school sophomores, juniors, and seniors. Our application deadline is January 1st, 2020. If you know of any students that would make great candidates for our scholarship, please contact me at dariel.henry@regiscollege.edu

Many researchers would like to have their research activated and funded. I am blessed to have my research put into action so fast after completing it. I believe that applying scriptures to my academic journey is what helped me stick to my purpose and complete it. The scripture that sustained me in this area was Proverbs 19:21, *"Many are the plans in a man's heart, but it is the Lord's purpose that will prevail."* I encourage you to apply a scripture to your strategies for whatever life journey you start. The little techniques you use in the beginning of your journey may seem minute in comparison to your goal but in Zechariah 4:10 we are told *"Do not despise these small beginnings, for the Lord rejoices to see the work begin"*.

SURVIVAL OF THE HOLOCAUST

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camps if one was fit and healthy. I know of no one who has escaped from umschlagplatz. Once again, somehow or other, my uncle arranged with a guide to let us go through and leave umschlagplatz and to go to one of the work camps. How he did it I don't know. He must've used his intuition, intelligence and wits to save us. There were people who were offering diamonds and bags of money to escape if they did not succeed. I think it was the way he went about it that saved us, he took a chance. He could have been shot for suggesting our escape to the guard. This was the second time my uncle saved our lives!

We managed to get in touch with my father again and told him of our escape. He was told that unless he got papers for us we may not survive. On Leszno Street, there was a building which had an entrance and exit in the ghetto and on the Christian side. Both sides were guarded. The ghetto was deserted at that stage as most of it had been evacuated. The uprising started just a few days before I left the ghetto. The Germans were getting very tough and said that they were going to flatten the ghetto to the ground and not leave a brick attached. It was very difficult to escape from the ghetto and difficult for my father to get false papers to get us out.

I remember a little bit of the fighting in the ghetto, petrol bombs were thrown at the tanks and that was great bravery amongst the organizers who had no arms or ammunition.

I was very young and did not participate in the uprising. The Germans were shooting left and right wherever they found resistance. They bombed cellars and buildings; they were ruthless! We got a message from my father that I must be in the Leszno building by myself, without my mother, as he only managed to get papers for me, at a specific time and that the guards had been bribed to let me through.

I stood in the burning ghetto on the steps of one of the buildings and said goodbye to my mother. I did not know whether I would ever see her again. Although my father promised that he would try and get her out at a later stage.

I was sensible and realistic enough to know that he may not be able to do so. My mother told me to be very brave and said she was sure she would see me again. My father was a brave and courageous man and he would do anything to get my mother out the burning ghetto.

I said goodbye to my mother, I was very frightened because I was on my own. I grew up very quickly, I had no childhood, I lost my childhood because of the war. When I think now my grandchildren of 12 and 10 they were babies compared to me at that age. I had to be grown-up to survive. I went into the Leszno building and knew that my father would be waiting for me on the Christian side. I had not seen him since we were in the ghetto.

My father was waiting for me on the other side and I could not give him the welcome that I wanted to as he told me to act in a very casual way. Here I am walking out the burning ghetto to so-called freedom on the Christian side, where people walked freely and normal life was taking place. There were cars and buses, horses and shops, an entirely different world. I can remember, I felt like a hunted animal and was afraid of everything and everybody. I was scared somebody would point me out as a Jew and have me killed.

My father took me to the place where he was living. He was living with a Christian family who knew about him and me. I was very thin and starved, the first thing the woman did was to warm up some milk for me which I had not seen or tasted since I was in the ghetto. I can still remember the smell of that warm milk, it was indescribable. I can not remember the names of those people nor where they lived, I was completely confused at that time. They tried to fatten me up and I stayed there for a short while. I don't think they were friends of my parents before the war, and it must've been a friendship which had developed.

All that I wanted at that stage was to be with my father and mother. But, it was not to be so. My father explained to me that if the Germans were to find us they would shoot both of us. There was a chance that one of us would survive if we lived separately.

My father put me in the care of a French woman, Mrs. Suliga. I had false papers; my

father's name was Sikorski and my name was Inca Kozminska. He told this woman that I was his niece and that my parents had died during the war as that he could not look after me as he travels on business. At that that stage, he was smuggling food from place to place. He paid Mrs. Suliga for taking care of me. Mrs. Suliga did not know I was Jewish.

I had to play the role of a Christian. On the top of my bed was a picture of Jesus, Mary and a cross. Mrs. Suliga was a Catholic. Opposite us was a beautiful church. I was taken to this church on Sundays and copied everything that Mrs. Suliga did. The first thing I observed was that when one walks into the church you kneel, put your hand into the water and cross yourself. I learned very quickly- it was a matter of survival.

My father came to see me sometimes weekly or every two weeks which was a great occasion for me. When I met my father in front of Mrs. Suliga I had to be very careful not to call him dad and I never slipped up.

My father managed to get papers for my mother but she had to go into hiding straightaway because of her Semitic features. My mother escaped through a sewer from the ghetto with other people. To escape through the sewer one had to walk through sewerage always up to one's neck and emerge on the Christian side if you were lucky. The Germans were wise to this and put gas and bombs into the sewers. My mother, fortunately, was one of the lucky ones! My father took her into hiding straightaway - she could not be seen on the street.

One afternoon, my father took me to see my mother where she was staying. It was safer to change the place where you were staying, rather than stay a long time in one place. He changed his accommodation every few weeks. He took me to a little house on the outskirts of Warsaw. My mother was in a room on the first floor. It had big windows, no curtains.

During the day, my mother had to crawl on all fours so that she could not be seen through the window or lie on the bed. She could only walk around when it was dark. There were other people in that building who lived downstairs. I cannot remember how my father found this accommodation for my mother. I could only

remain with my mother for half an hour. I wanted to be with my parents, I missed them very much.

The church which was across the road where I was staying gave me a lot of comfort. I not only went to this church with Mrs. Suliga, I enjoyed going there, and the tranquility of the church gave me something which I cannot describe. I did not go to church because I had had to I actually wanted to go. It gave me some sort of tranquility.

Though I had to act as a Christian in order to survive. I actually became more and more involved as it was giving me some sort of spiritual satisfaction.

My mother was taken to Podkowa Lesna by my aunt Wladzia. She worked there as a domestic servant at a place near Warsaw. Before the war my mother never put her hands into cold water or did any cooking, she never had to as we always had a governess for me and a cook. When you have to do things when your life depends on it, you manage. She did cleaning and looked after a sick woman. The name of the woman she worked for was Grzechowska. She did not know that my mother was Jewish, my mother had false papers and her Christian name was Kowalska. My family's names were now as follows, my father Sikorski, my mother Kowalska and my name Kozminska. My mother did all the manual work on that farm; she had to be very careful as all the Poles were suspicious. If a Pole denounced a Jewish person they were rewarded and they went out of their way to do so. My mother never went out, she got off a couple of hours on Sunday.

My father disappeared; we do not know what

happened to him. We heard that a note was dropped off -that he was taken to a certain prison in Warsaw. We did not know whether somebody informed on him, we do not know where and how he died. The last time I saw or I spoke to my father was in 1944. I told my aunt Wladzia about this note, she tried to find out the prison what happened, she was unable to find out anything.

It came to a stage where I had to support myself at the age of 13. My aunt introduced me to a wholesaler to sell soap and toiletries. I had a little suitcase and at the age of 13 I was a traveler. I used to call on chemists and shops, wherever I felt I could sell my goods. Nobody taught me how to do it or gave me a course in salesmanship; it was a matter of survival.

Mrs. Suliga was not a well-to-do person, she needed the money I paid her to support me. There were a lot of children doing similar things as I was doing: standing on the streets selling rolls, bread or other things from morning to night from their little suitcases. I was doing quite well. My aunt said to me that my mother needs money as all the savings had gone. My aunt used to take the money from me for my mother.

The uprising in Warsaw started, we all knew that there was a Polish underground movement but nobody knew that they were going to rise up against the Germans. When the Germans evacuated the ghetto they raised it to the ground. I can remember watching the horrible sight of the ghetto burning as I did not know who is still in the ghetto as there were still people in hiding. They died as heroes in the ghetto as described in the book "Mila 18." Mila was just one corner away from where we lived Pavia.

The first thing I heard when the Warsaw uprising started was shooting-we did not know what was happening! The Germans announced that they were going to evacuate everybody and that the Poles had risen up against them. The Germans bombed us from the air and we had to stay for a long while in the cellars. Mrs. Suliga was very nice to me and shared the little food she had with me. That was the time that I really went around hungry - we only had dry bread and water. We sat in the cellars day and night for quite a few days. The cellars were not

equipped for people to live, there was no water, no light, no bedding and no sanitary facilities, everybody that lived in the building took shelter in the cellar. We had candles there.

When one is young one is much braver. At one stage I was so tired that I did not care if I was going to be bombed. I went upstairs to the second or third floor to have a few hours of sleep in spite of the bombing. Nobody could stop me.

After about a week or so the Germans did almost the same as what they did in the ghetto. They evacuated the buildings and made everyone stand in the street and told us they were going to shoot us. There was panic and people became hysterical. I remember saying to Mrs. Suliga, that I was still so young and that I had never lived and that now I was going to die. I asked if that was fair. She hugged me and told me not to worry as she was with me. The Germans kept us waiting for a short while but it felt like an eternity. They then changed their minds and told us that we were not going to be shot.

They marched us to the station and packed us into the train, we did not know where we were going to.

We passed a few stations and then they dropped us off at some sort of camp. I cannot remember its name. We were all put into some huge barracks, the Germans then started separating the people old women and children and I clung to Mrs. Suliga - I did not want to leave her.

Somehow Aunt Wladzia found out that our building was going to be evacuated on a certain date and where we were being sent. She was living near my mother at that stage, she was

also very brave. I heard later that many young girls were sent from that place to camps where experiments were carried out on different organs of the body.

My aunt dressed as a Red Cross nurse and she arrived at this place. At first I did not recognize her. The Germans were terrified of disease. My aunt said she was going to remove people from the camp who had typhus. She came up to me and started whispering, and told me that she was going to put flour on my face to make me look white and sick. She was going to tell the guards that I had typhus and I was in very bad way, that I had to be taken out of the camp. I had to act that I was very ill. I pretended that I was fainting and put on an act of a lifetime. We managed to get past the guards and I had to leave Mrs. Suliga behind. I do not know what happened to Mrs. Suliga. I learned afterwards that a young girl of my age was sent to the experimental camp. If Aunt Wladzia had not rescued me I would've been sent to one of those camps.

Aunt Wladzia took me to her flat where she was living under false papers. I was very thin and undernourished. After a few days Aunt Wladzia decided that the best thing to do was to take me to my mother and told the woman who was employed by my mother that I was her niece who survived the up rising in Warsaw. I had a different name to my mother who was known to them as Miss Kowalska. I had to call her auntie I never slipped up and I was very happy to be with her as my father was gone and I had only her.

We stayed on that farm. My mother was doing domestic work and my function was to look after the chickens. There was no separate bed for me, I had to share with my mother and things were very primitive. I had never looked after chickens before or done work of that sort, I soon had to learn. Some of the things were not too pleasant to do: cleaning the mess of the cows but I had to do this to keep myself with shelter; otherwise the farmer would not be interested in keeping me.

On that farm was an underground radio transmitter. It was doubly dangerous for us to be there in case the Germans would discover that there was a Polish resistance present,

who were transmitting the news to the outside world. They would blow up the house on top of finding two Jewish women staying there without the Poles knowing this. The Germans had their ways and means of finding out that we were Jewish.

Whenever we heard the Germans were going to come and inspect the area we used to quickly lock up and hide the equipment. We left the farm to hide in the bushes.

One day when my mother and I went to hide in the bushes we found a hole and as we went down the hole we found three Jewish men hiding there. They were hiding in that hole for a long time. They had little provisions. They told us that they were Jewish and we told them that we were as well and told them what was happening in the outside world. They do not know what was happening and were living almost like animals in that hole.

When the Germans left we told those men that we would be bringing them food and they must be very careful not to leave that hole because they will be spotted by the Polish peasants and that would be the end of them. We brought them food for a while and then one day we went there, they were not there, they had gone. I do not know their names. They had escaped from somewhere. The farm was about an hour from Warsaw in Podkowa Lesna.

There were houses there near a railway station. One of the Polish farmers working on the farm suspected that we were Jewish. He was a great anti-Semitic and used to tease us and tell us that we were Jewish, we denied this and told him our false names. We were always afraid that he would give us away.

Through the radio contact that we had on the farm we heard that the Russians were approaching. We were very happy when we heard this, because the Russians would liberate us. The Poles were not too happy because they do not know whether the Russians would be worse than the Germans. We could not show our joy of possible liberation.

One day when we woke up we heard the noise of the German tanks leaving and shooting - we knew that the end of the war was coming! We

heard all the atrocities that the Germans were committing as they were about to leave. I was 14 and my mother said to me that I must be locked up in the attic and I must not come out of there, because the Germans were raping young girls and were doing all sorts of terrible things. I remained locked up in the attic, my mother brought me food and let me out at night. I can remember seeing the German tanks and convoys leaving the countryside and we felt liberation was around the corner.

One day a Russian soldier walked into the kitchen where we were working and said in Russian to us "spitchki" which meant matches. My mother and I went to hug and kiss him but we did not want to show our excitement in case he found out that we were Jewish. He was the first Russian soldier that I had seen. His gun was hanging on a string; his boots were rags over his feet though it was winter. He did not look like a soldier but a like a beggar.

The war had ended and we told the lady of the farm that we were returning to where we had come from and still did not tell her that we were Jewish. We returned to Lodz because we knew that my father would return to Lodz as it would be the only place we would be able to find him. We were hoping all along that he was alive.

We came back to Lodz. It was not the Lodz that we had left. We made inquiries through different organizations. We went back to our apartment everything was gone and it was occupied by some Poles. We had no claim on them for our furniture and possessions. They occupied our flat after the Germans left. We came back to Lodz by train. Things were chaotic as everybody was trying to get back and find their families. The train journey was shocking. We stood right through the journey we had no clothes and we looked like beggars. I had no shoes; I wore a pair of shoes that somebody gave me which was so big that I had to fill them up with newspapers so that I would not fall out of them.

We applied to a Red Cross organization to find out whether my father and others had survived. My father did not return. There were cases where people came back from the camps after a few months suffering from loss of memory and very ill. My father could not be traced.

I stayed in Lodz for two years to 1947. We stayed with a distant relation who was a communist before the war. When the Russians came she was a privileged person. She had better accommodations than the non-communists. She had a flat with two beautiful front rooms and we were lucky to get a back room for which we were very grateful. Parcels were sent from overseas by UNRA. They contained clothing and food. I think they came from American Jews who were helping those of us who had survived. All I can say is, it is more pleasant to be on the giving end than on the receiving end. When I make parcels now of clothing, I always think of the days after the war when I was given a warm winter coat by UNRA. It was a beige coat with a little fur collar, it was something warm to wear. The food parcels contained tea, coffee, cocoa, sugar, etc.

During my stay in Lodz I went to high school. The schools were primitive and I was more interested in boys than school. I missed all of that in the process of growing up. There was a young chap in my class, I cannot remember his name, and whom I was more interested in than learning. I suffered the loss of my childhood education and everything. We were hoping that my father would come back but as this did not happen my mother and I had to start our lives afresh.

My mother was still a young woman 39 and I was 14. I was hoping and not hoping that my mother would remarry. She felt that there was no future for us in Poland. At that stage, immigration to any part of the world was closed. The Russians applied their laws to Poland. My mother heard of Rabbi Schenfeldt from England who came to Poland to take with him a transport of Jewish orphans and half orphans back to England. My mother asked me if I would like to go and explained to me that she feels that it would be the right thing to do and that I would have a better future in England, and when the quota was opened she will also leave Poland and maybe we would unite again. I agreed and looked forward to the venture going to England to something better than what was in Poland. The quota opened for Israel. My mother had remarried in the meantime and with her husband left to settle in Israel.

I stayed in England with some people in Sheffield who had no children and signed guarantees for me. I was very unhappy there. It was a different life for me I did not speak English and it was a very different culture to which I was used to. My mother wrote to our relations in South Africa and told them about me. They tried to get papers for me.

The Smuts government was in power in South Africa and there was a quota for Jewish immigrants. It was very difficult to get papers. I went to live in a hospital in London together with Polish refugees of my age who knew me from the ghetto. My mother managed to sell the country home, which was left by my grandfather to us. My signature was necessary for the sale. She had remarried and left for Israel in 1949. I went to Pitmans College to learn English and had my Polish friends. Life in England was very different to what I was used to; I missed home life, my family, and the things that I saw other English youngsters of my age were enjoying.

The Jewish community was very sympathetic and helpful to us refugees. I reached England by ship from Gdansk. I had my first romance at the hospital, his name was Charlie Ettinger. My family in Durban managed to get a permit for me to come to South Africa. I was 17 at that time and Charlie and I were very fond of each other and we were both unsettled. I knew Kazil (Charlie) from the ghetto; we used to meet in the early days of the ghetto at Small Park to which one needed a season-ticket to enter. I was working in an office in London doing typing and paid for my keep in the hostel. I was in two minds whether to go to South Africa or stay with Charlie.

I went to South Africa by air and came to my relations in Durban. Although I was with relations, it was a big culture shock for me. My relations were brought up in South Africa and I was one of the relations from Poland. We were miles apart. They were very kind and nice to me but it took a while for me to settle down. They wanted to know my experiences, I was not keen to talk about it as I did not want people to feel sorry for me, I did not want pity.

My mother immigrated to Israel in 1949. I wanted to be with her as we had missed many years of being together. I went to Israel in 1950 by air. I stayed in Israel for six months and met my first husband on the plane to Israel. It was a quick romance, too quick; it lasted for three and a half years. We lived in South Africa. We came back to South Africa after we married.

Straight after the war I told my mother that I would like to become a Christian. My mother was wise enough to tell me that I was very young and that she was not going to allow me to be a Christian and told me to wait till I was older and then decide what I wanted to be. With hindsight, there were probably two possibilities for my request. I suffered because I was Jewish and I was persecuted because I was Jewish and maybe I wanted to break away from that. I feel my mother did the right thing by not allowing me to change my religion. I would do the same if it had to happen to my child. I was born Jewish and I will die Jewish. My children have been brought up in the Jewish faith.

For more information regarding Ms. Irene Klass's testimonial or to get a message to Irene, please contact her oldest daughter, Michelle Buchman. Per request Michelle is willing to deliver Irene's testimony live. Michelle's email address is: michbuchman@gmail.com.

The Top Five Christian Movies



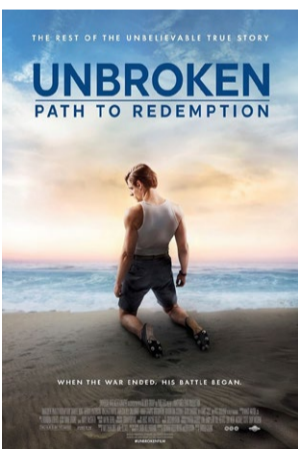
BREAKTHROUGH

BREAKTHROUGH is based on the inspirational true story of one mother's unfaltering love in the face of impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction. BREAKTHROUGH is an enthralling reminder that faith and love can create a mountain of hope, and sometimes even a miracle.



GOD BLESS THE BROKEN ROAD

Amber's ideal life is shattered when she loses her husband to the war in Afghanistan. Two years later, she finds herself in a struggle to save her home while providing for her 9-year-old daughter, Bree. When up-and-coming race car driver Cody Jackson rolls into town, Amber and Bree become wrapped up in his pedal to the metal way of life. With her faith hanging in the balance, Amber is forced to decide between the broken road she knows so well or trusting in a new path that God has provided.



UNBROKEN: PATH TO REDEMPTION

Haunted by nightmares of his horrific experiences, World War II hero Louis Zamperini meets Cynthia Applewhite, a young woman who becomes his wife. Zamperini's personal demons soon threaten to destroy his marriage -- until he hears the stirring words of the Rev. Billy Graham in 1949. Embracing his newfound Christian faith, Louis starts to turn his life around by learning to forgive his former oppressors and spreading the message of peace and love.



PAUL, APOSTLE OF CHRIST

Risking his life, Luke ventures to Rome to visit Paul -- the apostle who's bound in chains and held captive in Nero's darkest and bleakest prison cell. Haunted by the shadows of his past misdeeds, Paul wonders if he's been forgotten as he awaits his grisly execution. Before Paul's death, Luke resolves to write another book that details the birth of what will come to be known as the church.



I CAN ONLY IMAGINE

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe.

& Must Watch Movies



AVENGERS: ENDGAME

The grave course of events set in motion by Thanos that wiped out half the universe and fractured the Avengers ranks compels the remaining Avengers to take one final stand in Marvel Studios' grand conclusion to twenty-two films, AVENGERS: ENDGAME.



CAPTAIN MARVEL

Captain Marvel is an extraterrestrial Kree warrior who finds herself caught in the middle of an intergalactic battle between her people and the Skrulls. Living on Earth in 1995, she keeps having recurring memories of another life as U.S. Air Force pilot Carol Danvers. With help from Nick Fury, Captain Marvel tries to uncover the secrets of her past while harnessing her special superpowers to end the war with the evil Skrulls.



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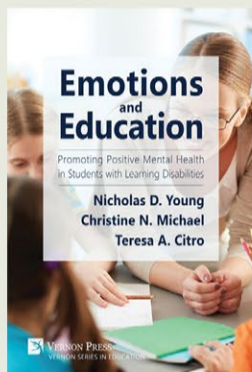
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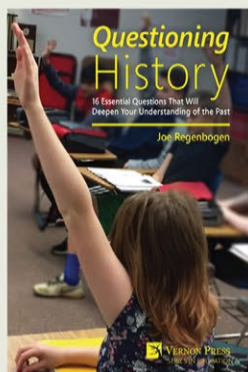
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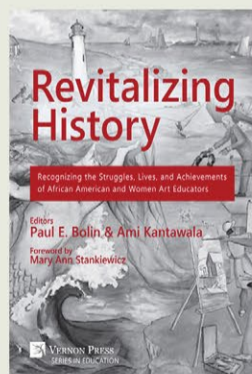
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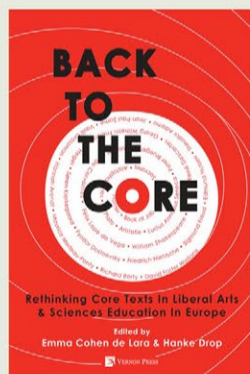
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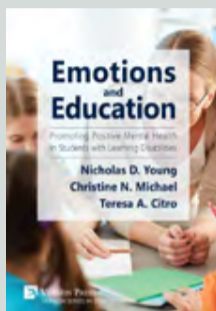


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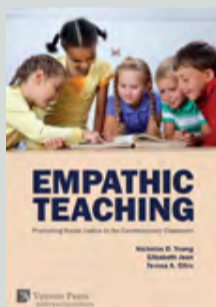


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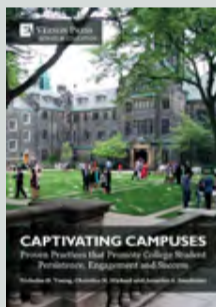


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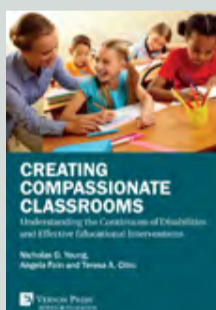


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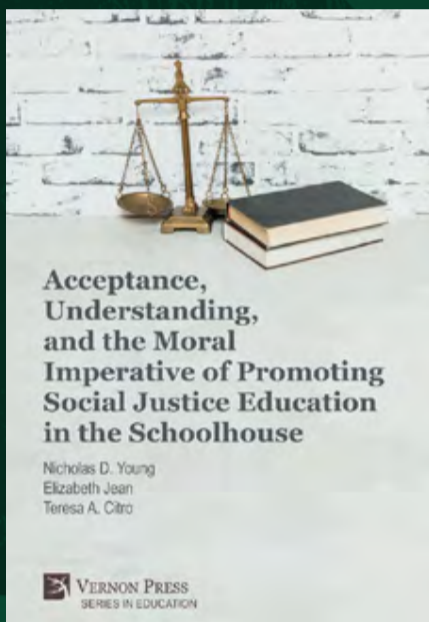
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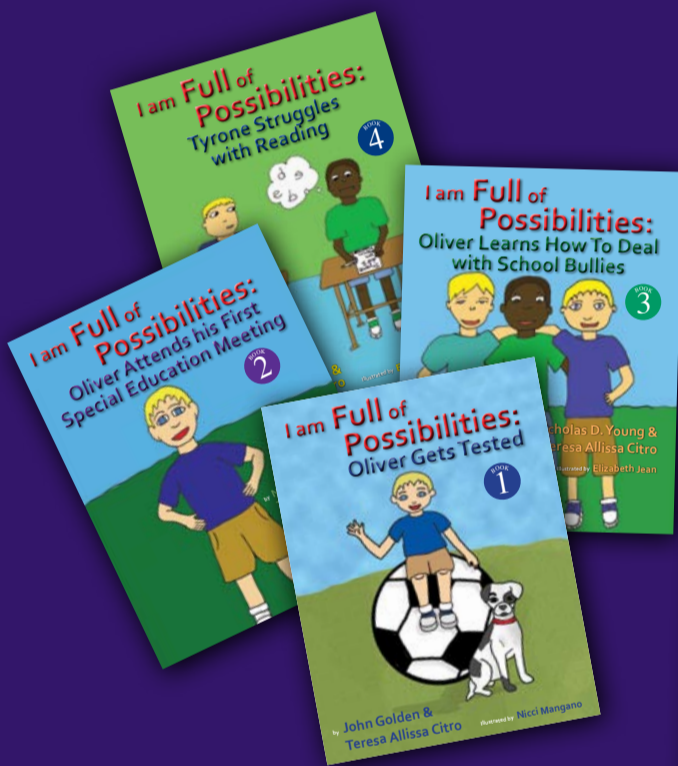
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1.2 Billion Can't Find Good Food



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The Two Faces of Malnutrition

THE LACK OF FOOD

All the wars, terrorism, and natural disasters combined don't come close to the devastation caused by malnutrition. Approximately 6,000,000 children alone die each year from malnutrition related issues...



6 Million

The number of children who die each year from malnutrition issues.

THE WRONG FOOD

Malnutrition is a dietary lack of the essential vitamins and minerals required to keep our bodies functional and able to resist disease.

The World Health Organization reports there are more malnourished overweight & obese people than malnourished starving people.



Over 6 Million

The number of malnourished overweight and obese people in the world according to the World Health Organization.

How Can You Be Overweight AND Malnourished?

We Spend On Empty Calories

90 cents of every dollar spent on food in the U.S. is spent on processed food, highly deficient in essential nutrients.

The U.S.D.A Answer

5-7

The old recommendation for daily consumption of fruits & vegetables

7-11

The revised recommendation of daily servings of fruits & vegetables

The Publics Answer

50%

The percentage of Americans whose answer was to start taking vitamins and mineral supplements on a daily basis.

95%

The percent of all the vitamins sold in the world that are synthetically made from petroleum or coal tar, and come in the form of what's called chemical isolates.

Our Crops Have Lost Nutrition

FASTER & BIGGER

The demand of modern commercial farming technologies

THE RESULT?

Popular foods have lost significant levels of vitamins & minerals...

STUDIES SHOW

You would need to eat 8 oranges to get the same level of vitamin A our grandparents got from eating 1 fifty years ago.

Synthetics vs The Real Deal

FAKE

Synthetic vitamins are absorbed but difficult to use. The body must leach the same type co-factors from its bone, tissues, and fluids, and bond them to the isolates for proper uptake and usage. Very inefficient and as a result, most is excreted - very expensive urine!

REAL

Vitamins in nature are bound to other nutrient co-factors like trace minerals, lipids, amino acids, and other phytonutrients. This is called a food matrix. It's the vitamins in this food form that best nourish the human body. All these co-factors are needed for the optimal usage of essential nutrients.

The most cost-effective and nutritionally sound way to supplement food sourced vitamins and minerals is through the world's oldest form of food stabilization, fermentation. It binds nutrients into a complete food matrix. In other words, for real results, choose a plant-based, whole foods option for vitamins and minerals.

SANCTUARY OF Hope



We preach against abortion, but in addition to taking a stand against this practice, we must also provide an alternative answer for these young mothers who at times feel they have no other option when they find themselves in seemingly impossible circumstances. We need to give them, and their unborn children, a viable option for their collective futures, and Sanctuary of Hope plans on being just that.

Partner with us, and together let's make this dream a reality.

Let's provide the hope of Christ to these mothers and children in a very tangible way.

DONATE TODAY

at SOHcares.org or by calling 1-800-854-9899.

As you give... We want to respond and say, "thank you" with some beautiful, custom-crafted gifts of appreciation for your generosity.



With your gift of \$500 or more:

Hope & Liberty Limited Edition Painting

With a captivating view of God's creative landscape in the background, this beautiful and inspiring commissioned framed-art print features a stunning eagle soaring and carrying the flag of the United States.

Each time you look at it, this special 16 x 20 Limited Edition print will remind you of God's divine plans of liberty and hope that He wants you to experience.

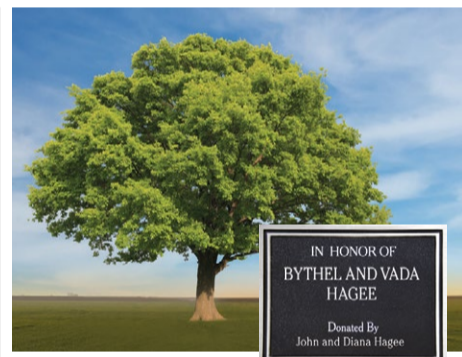


With your gift of \$1500 or more:

Forever Free Commemorative Bronze Sculpture

This stunning custom bronze, measuring over a foot in height, features a majestic eagle in flight, carrying two flags. On one side, you'll see the flag of the United States, and on the other, the flag of the nation of Israel, signifying our love for country and unwavering support of Israel.

Whether sitting on your desk, bookshelf or other prominent location, this magnificent bronze will be a constant reminder of the hope and freedom that God intends for His people throughout the world.



With your gift of \$2500 or more:

Living Legacy Tree & Plaque

A tree will be planted, with your personalized plaque, on the Sanctuary of Hope campus. This living legacy will serve as a reminder to everyone that visits of those that have faithfully prayed, and sacrificially given, so that others might experience God's hope and future. With your gift of \$2500 or more you will also receive your choice of either the Forever Free bronze or the Hope & Liberty Painting as a thank you for your generous support of Hagee Ministries.

"Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, *and* to keep oneself unspotted from the world." — James 1:27

THE VISION IS BORN...

As a teenager, I was employed by an orphanage in Houston, Texas. It was there that I saw life through the eyes of an orphan. It was there that I saw the pain of rejection, and the agony of not having a family.

As you can imagine, it was heart-wrenching to watch these children, week after week, as no one came to visit and no one seemed to care. This experience placed a vision deep in my heart that has been watered by the Holy Spirit through my years of ministry.

When I first came to San Antonio in the late 1960's, I tried to make that vision a reality by starting an orphanage, but was prevented from doing so by circumstances that were beyond my control. I was disappointed and discouraged. I had a dream to help these children that were unwanted and unable to help themselves, but it just didn't happen. Now, here we are nearly 60 years later and there are still hundreds of thousands of children that are discarded, abandoned and unwanted. The desperation that I had experience with all those years ago, still remains today - and SO DOES THE VISION!

Organizations like Planned Parenthood are literally destroying the future generations of the world. When a mother walks into one of these clinics for an abortion, they are handing their unborn child a death sentence. What if we could offer a viable alternative that gives young mothers, and their precious unborn children, the option of LIFE, and the possibility of a productive future?

We don't believe that abortion should ever be the answer, but it is not enough to simply believe - we must continue to take a moral and Biblical stand against this practice, and provide an alternative for these young mothers who at times feel they have no other option. With your help, we will give them, and their unborn children, a future and a hope...a Sanctuary of Hope.

Thank you for investing in the lives of these children and the future of the world. May God bless you.

Bringing hope to a hopeless world,



Pastor John Hagee



SANCTUARY
OF
Hope

Sanctuary of Hope is our 85-acre multi-building campus that will provide world-class housing, medical care, counseling support and educational facilities for unwed mothers and their children.

This incredible campus will allow them to receive care, treatment and training previously thought to be unobtainable.

***"Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world."** - James 1:27*

Unwed Mothers and
Orphaned Children Need a
Life-giving Solution...

You can provide a life-giving solution filled with hope!

Unwed mothers will receive:

- On-Site Medical Care
- Parental Training
- Christian Formation and Counseling
- Life-Skills Counseling
- GED and Course Credit Recovery
- College and Career Track
- Pre & Post Adoption Support and Counseling
- Job Placement Assistance
- And more...

Orphaned children will receive:

- Residential Family Structured Care
- Adoption Referral Service
- Christian Formation and Counseling
- On-Site Distance Education
- Christian Education through Cornerstone Christian Schools
- On-Site Pediatric Care
- Age Appropriate Life Skills Training
- And more...



Thread of Type

Everyday

Life