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The Rising Star

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14 Adar 5786 3 March 2026



President
Richard

From the President

Purim is just a day away. On Friday, we will be wearing disguises and making noise as Lay Leader Andy reads the *Megillah*. Why do both young and old get into costume?

The Purim story, as recounted in the Book of Esther, involves a series of events where the divine intervention is not overtly visible. The miracles that saved the Jewish people were disguised within

natural occurrences. Wearing costumes reflects this theme of hidden identities and the concealed nature of the miracle.

The character of Esther herself embodies the theme of hidden identity, as she concealed her Jewish heritage from King Ahasuerus until the right moment. This act of disguise is mirrored in the tradition of wearing costumes.

bration. Costumes contribute to the carnival-like atmosphere, encouraging revelry and community participation. This festive spirit is akin to celebrations like Mardi Gras, which often coincide with Purim on the calendar.

Dressing up allows individuals to explore different aspects of their personalities and engage in playful self-

Purim is a joyous holiday marked by merriment and cele-

Continued on p. 5 – [From the President]

Wisdom From Afar....

Suzan Cohen



Suzan Cohen

Welcome to March, when we get ready to welcome spring and our many spring holidays. Purim arrives first, beginning at sundown on Monday, 2 March 2026 and ending at nightfall on Tuesday, 3 March 2026. Purim commemorates the saving of the Jewish people from Haman in the ancient Persian Empire, as told in the Book of Esther.

Next, we celebrate Passover, which begins at sundown on Wednesday, 1 April 2026 and ends

on Thursday, 9 April 2026. Passover (Hebrew: *Pesach*) commemorates the story of the Exodus (as recited in the *Haggadah*) in which the ancient Israelites were freed from slavery in Egypt.

Both Purim and *Pesach* are occasions of great joy, featuring family gatherings and eating symbolic foods. On the other hand, we are also obligated to tell the story of the struggles our ancestors had to face to achieve their salvation before we can fully rejoice.

This pattern of remembering how we got here before we can rejoice in where we are is reflected in modern Israeli holidays. *Yom HaAtzma'ut*, Israeli Independence Day, beginning at sundown on Tuesday, 21 April 2026, commemorates the declaration of independence of Israel in 1948.

But before the great achievement of Israel's independence can be celebrated, Israelis (and others) observe *Yom HaShoah*, which begins at

Sundown on Monday, 13 April 2026 and ends at nightfall on Tuesday, 14 April 2026. *Yom HaZikaron laShoah ve-laG'vurah* (Holocaust and Heroism Remembrance Day) is observed as Israel's day of commemoration for the approximately six million Jews and five million others who perished in the Holocaust as a result of the actions carried out by Nazi Germany, and for the Jewish resistance in that period. In Israel, it is a national memorial day and public holiday. It was inaugurated in 1953, enacted into law by the Israeli Prime Minister David Be-Gurion and Israeli President Yitzhak Ben-Zvi.

Another observance that precedes Israeli Independence Day is *Yom HaZikaron*, Israeli Memorial Day. Held the day before Israeli Independence Day, *Yom HaZikaron* remembers those who died in the War of Independence and other wars in Israel, including victims of acts of terrorism.

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Let us fervently pray for the comfort and recovery of our dear temple members and friends and for the continued strength of their caregivers.



Susan & Brian Berry
Richard Horowitz

Michael Davidson
Tom Llewellyn



A zissen Pesach

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Rabbi Scott Weiner

Rabbi Scott is scheduled to return to Temple Beth Elohim on 17 April 2026.

The rabbi will lead a class on Saturday morning, 18 April 2026.

Arrangements for Rabbi Weiner are made possible through THE ALWYN O. GOLDSTEIN MEMORIAL SHABBAT FUND.

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Thanks for your support.

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BIRTHDAYS

ANNIVERSARIES



MARCH

APRIL

MARCH

APRIL

- 3 Art Kaufman
- 4 Mace Lieberman
- 4 Dan Mathless
- 8 Craig Lieberman
- 20 Debbie Kaufman
- 22 David Kossove

- 4 Michael Davidson
- 12 Michele Bennett
- 18 Lynn Davidson
- 19 Tom Llewellyn
- 22 Brian Berry
- 30 Susan Berry

- 23 Jana & Paul Hletko

- 22 Debbie Smith & Alan Sherlock



Let us pray for the restoration of health of

SHANE FINKEL

grandson of Carrol Sallas

DONATIONS



Michele & James Bennett to the Security Fund
Randy Cavaliere to the General Fund in memory of Sam R. Berne, Alma Berne, and Tony Cavaliere
Joanne & Ronnie Craig to the General Fund in memory of Fred Craig
Richard Dimentstein to the Security Fund
Edwina & Andy Friedman to the General Fund in memory of B. Albert Friedman
Patti & Gary Friedman to the General Fund in memory of B. Albert Friedman
Shirley & AJ Giegerich to the General Fund in memory of Arthur Giegerich, Meg Giegerich Irving,
And Ruth Ader
Roz & Louis Greenzweig to the Security Fund
Diana G. Heller to the General Fund in memory of Arthur Heller
Kathryn & David Kossove to the General Fund in memory of Albert Kossove
Debra & RJ Lewis to the General Fund and the Security Fund
Ariane & Craig Lieberman to the General Fund in memory of Morris Ulrich and Morris Lieberman
Tish Richter to the General Fund in memory of Evelyn Poaster
Carrol Sallas to the General Fund in memory of Barnet Levine
Susan Volansky to the General Fund in memory of Saul Aaron Volansky
Kitty Gold Watkins to the General Fund in memory of the Gold Family Members interred in
Temple Beth Elohim Cemetery



Dr. Craig Lieberman

Craig's Corner

by Dr. Craig Lieberman

SHORTNESS OF BREATH

I'm sure you can imagine, over the years, how many times a patient presented to my outpatient office with the chief complaint of, "Gee doc, I just can't breathe." Since you all know my personality flaws, my gut instinct is to say, "Look in the mirror, dumbass, you're

fat, old, smoke, and you're a couch potato whose only exercise is hand to mouth sit ups."

Before I go all *Crazy Craig* on you guys, let's go through a more logical approach. There are several key categories that need to be considered. These are intrinsic lung disease, metabolic derangements, neuromuscular disease, primary cardiac ideology, and lastly obesity and deconditioning. Metabolic abnormalities such as anemia, hypothyroidism, renal or liver disease are easily screened by routine blood data. These parameters are the basic fuel for the body and even minor abnormalities can cause shortness of breath. If abnormalities are found, further evaluation is necessary to find the cause and implement treatment.

A basic screening for intrinsic lung disease would include a chest x-ray and pulmonary function tests.

This is a great way to screen for basic abnormalities of structure and function. Asthma, tumors, and chronic changes would be identified and, if found, treatment would be pursued. Certainly, further investigation of structure may require a CAT scan or other imaging modalities. One of the most indolent and difficult to diagnose intrinsic abnormalities will be that of pulmonary embolus, which is the sudden formation of clots traveling through the venous system into the lungs. We must always have a high level of suspicion for the more unusual diagnosis while pursuing the more likely. These non-cardiac causes are usually excluded by a family doctor prior to my evaluation.

Cardiac issues may include changes in left ventricular function, valvular abnormalities, or ischemic heart disease, related to blockages. Basically, any struc-

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Shortness of Breath

[continued from p. 4]

tural or functional limitations of the body to increase cardiac output, or gallons per hour, with activity can cause shortness of breath. Let's review some basics.

A normal cardiac pump at rest will be able to squeeze 50-60% of the volume in the chamber with each beat. With exercise, not only does our heart rate increase, but ejection fraction, or squeeze, should ramp up and eject up to 90% of the volume in each beat. This is no different than pushing the accelerator in your car. The RPM increases, as does fuel consumption, with higher speeds. Anything that limits the rate change, or fuel consumption, may cause shortness of breath.

Valvular disease may be in the form of obstruction (stenosis) or leaking (regurgitation). Either or both of these, if severe, can limit the output of the pump and cause shortness of breath. This is no different than a clogged or leaking pipe in your home. This is easily excluded by a good physical exam (if your doctor still does one) or, if necessary, an echocardiogram. In the last 5 to 10 years, we are now able to correct this without old-fashioned open-heart procedures.

Ischemic heart disease, or blockages of the coronary arteries, is one of the more common causes of shortness of breath. When the demand for blood or cardiac fuel occurs during exercise due to a limited supply from blockages, shortness of breath, with or without chest pain, may occur. A nuclear stress test with or without catheterization may be needed to exclude critical obstruction and planned repair.

There are a whole host of diseases affecting either the squeeze or relaxation of the cardiac pump which may also result in shortness of breath. These are followed by serial echocardiograms and are usually within the realm of medical management.

To summarize, I think we should not presume our shortness of breath is due to the evils of aging until all other etiologies are excluded.

CL

Wisdom From Afar....

Continued from p. 2

These are holidays and observances that help us to remember who we are as a people, and how we got to where we are now. The stories remind us that behind our successes there are hard work,

struggles, and sometimes genuine sorrow. But I think we appreciate it all the more when reaching the moments of joy feels well earned.

SC



From the President

Continued from p. 1

expression. This can enhance feelings of joy and community bonding during the celebrations.

The tradition of wearing costumes on Purim is rich with meaning, intertwining themes of hidden iden-

tities, historical context, and the joyous spirit of the holiday. It serves to enhance the communal celebration while honoring the deeper narratives of the Purim story.

RAD

Yahrzeits



MARCH

APRIL

2 Lieba Kaufman	member Temple Beth Elohim	1 Marie Barish	great aunt of Craig Lieberman
3 Adele Glassman	Temple Memorial Plaque	1 Bernard Snyderman	father of Noreen Davis
3 Sonya A. Friedman	mother of Andy Friedman	1 Peter Giegerich	brother of AJ Giegerich
4 Shirley Horowitz	mother of Roberta Schwartz and Richard Horowitz	2 Charles Richter	father-in-law of Tish Richter
4 Marvin Ball	member Temple Beth Elohim	6 Fred Kaufman	member Temple Beth Elohim
7 Herman Baruch	Temple Memorial Plaque	6 Philip J. Aarons	member Temple Beth Elohim
8 Ruth Rosen	member Temple Beth Elohim	7 Max Joseph Hirsch	grandfather of Debbi Jones
8 Annette Schultz	mother of Janet Solomon	8 Irene L. Kossove	mother of David Kossove
13 Anthony Gennarelli	friend of Richard Dimentstein	9 Irving Schultz	father of Janet Solomon
15 Max Goldstein	Temple Memorial Plaque	9 Maurice Stern	member Temple Beth Elohim
16 Jean Sisser Schneider	aunt of Susan Berry	11 Allan Glen Sallas	son of Carrol Sallas
16 Alwyn O. Goldstein	father of Roslyn Greenspon	11 Louis Kaufman	father of Art Kaufman
20 John Davis	first husband of Noreen Davis	12 Alec Berest	grandfather of Michele Gershman Bennett
22 Pearl Richter	mother-in-law of Tish Richter	13 Alice Salles	mother-in-law of Carrol Sallas
22 Sheldon Ulrich	father of Ariane Lieberman	15 Robert Levine	brother of Carrol Sallas
22 Ida Banner Goran	mother of Rosalind Greenzweig	15 Mary Berest	grandmother of Michele Gershman Bennett
23 Augusta Lefkow	grandmother of Ariane Lieberman	17 Ella Nierenberg	Temple Memorial Plaque
26 Christopher Cavaliere	step-son of Randy Cavaliere	19 I. Meyer Lewenthal	member Temple Beth Elohim
27 Harold Joseph Kossove	brother of David Kossove	19 Kathleen H. Cohen	mother of Alex Cohen
31 Miriam W. Lumiansky	grandmother of Debbie Smith	20 Webster Jones	husband of Debbi Jones
31 Rosalie L. Klein	aunt of Susan Berry	20 Hilda Kaufman	mother of Art Kaufman
31 Mary Seixas Emanuel Lee	Temple Memorial Plaque	20 Nathan Gold	member Temple Beth Elohim
		22 Joseph A. Zelesnick	grandfather of Craig Lieberman
		24 Rae Cohen	mother-in-law of Suzan Cohen
		25 Barney Solomon	father-in-law of Janet Solomon
		25 Estelle Heller	mother of Diana Heller
		28 Harry Fogel	Temple Memorial Plaque
		29 Sam I. Radow	father-in-law of Art Kaufman

**Any corrections or additions please contact Richard Dimentstein rdimentstein@gmail.com or at info.bethelohim@gmail.com .
Names are read every Friday night for *yahrzeits* in the upcoming week.**

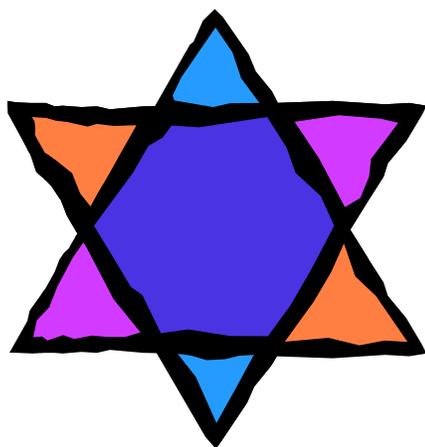
BETH ELOHIM CEMETERY

Cemetery plots are for sale in our unique, historic resting place. The Cemetery Committee, chaired by SEYMOUR BIRNBAUM, has prepared the appropriate documentation for the purchase of gravesites.

Call the temple (843 325-0389) and request copies of Burial Rights, Rules and Regulations, Fee Schedule, and a schematic of burial plot locations. All plots include perpetual care. Plots are only available to current members of Temple Beth Elohim and to their families.

New Memorial Plaques

Plaques are displayed permanently on our *Yahrzeit* Board and are lit on the death anniversary of the honoree. Any member who would like to memorialize a loved one should speak with one of our Board members.



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