



A MITZVA DILEMMA FOR THE SHABBOS TABLE



THE CANDY SALE

By Rabbi Yitzi Weiner

I'd like to share with you a true story that happened this week.

A 10 year old girl named Baila received an abundance of snacks, candy, and nosh during the holiday of Purim. Not wanting to eat it all herself, Baila and her sister, Leora, decided to combine their candy and nosh and sell it for Tzedakah, charity. They posted signs throughout the neighborhood, advertising their nosh and candy sale on Sunday.

Many people from the area came to Baila and Leora's makeshift candy store set up in front of their home, and purchased the candy.



TURNING DEEP PAIN INTO MUCH GAIN

With the loss of Reb Moshe Juravel this week, the Baltimore community lost a giant. Reb Moshe was a giant in many ways. He was truly a talmid chachom in so many areas of Torah. These included the standard scholarship in Mishna, Gemara and halacha but also included Tanach, dikduk, nikud and trup, tefillah and probably much more.

He was truly a great mechanich who cared for every talmid who passed his desk. He was a rebbe at Torah Institute for 47 years but he cared for every child, not just his fifth graders. When his talmidim left his class he continued to be concerned for them. He loved Torah and he loved life. Torah was his life and he grabbed onto every moment of it. As his health continued to decline he insisted on teaching; he needed it for his welfare. Rabbi Hirsch related that the final time he came to school to give a lesson on the Parsha, he came in completely white "we were not sure he was going to make it but as the lesson continued his color was restored and he already looked better."

He valued the opportunity to teach Torah to others. Not only to children but to every person who was interested in learning.

Reb Moshe once approached me regarding TableTalk pointing out that there is space in the margins to print a Parsha riddle that could be answered the next issue or in the margins of the back page. There was no

MITZVA MEME

The girls made a considerable amount of money. As night fell, they had to stop their sale, intending to resume it on another Sunday.

While putting away the candy, Baila noticed a bottle of Coke on the table. She was thirsty and had a strong craving for it but felt conflicted. She had intended to sell the Coke and donate the money to Tzedaka. Committed to selling the candy and giving the proceeds to Tzedaka, Baila wasn't sure if she could drink the Coke.

On one hand, the Coke wasn't explicitly designated for Tzedaka. She had only said that she planned to sell all her candy and use the proceeds from the sale for charity.

But on the other hand, it seemed as if all the candy, including the Coke, was earmarked to be used for Tzedaka.

Baila was unsure if she could drink the Coke.

What do you think?

This question was asked to Rav Tzvi Berkowitz.



space or time to be lost.

The following thought is brought in many seforim. When a tzadik passes on, his greatness stays behind in this world for others to take.

There was one outstanding quality that Reb Moshe possessed; grab every moment of opportunity to grow, to learn, to teach, to share with others. I personally gained so much from this quality of his and now that he is no longer with us this great gift is in jeopardy. Who will inspire us to grab every opportunity that comes our way to utilize it in growing towards HaShem and towards His Torah?

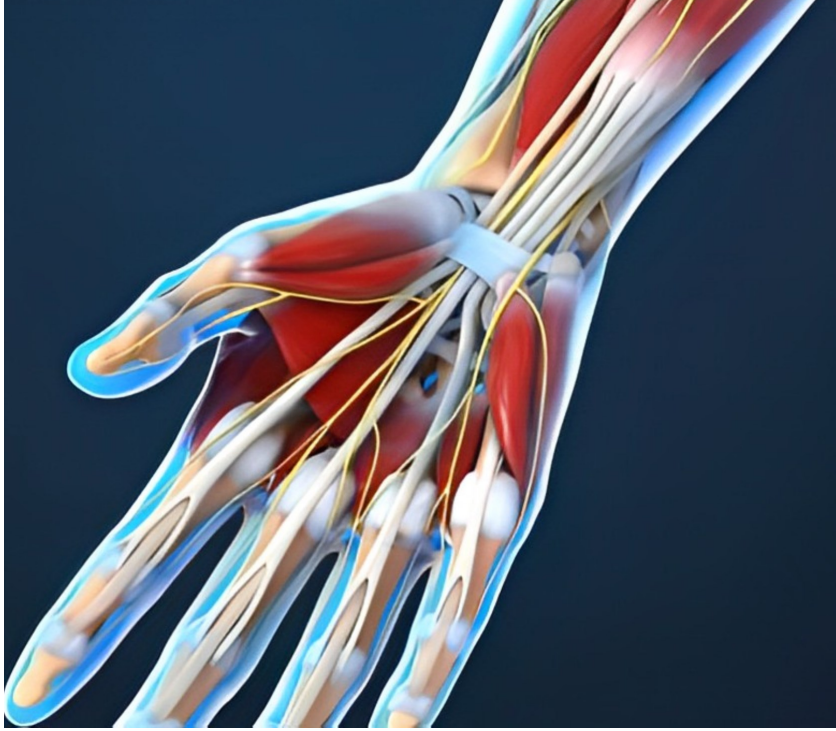
To this point Reb Yitzi and I have undertaken, with HaShem's help, to launch CarpoolTalk. The idea is a

very simple. We have a phone number that can be called from any phone which offers the option of choosing various choices; a Mitzvah dilemma, a “Wonders Of Hashem’s Creation” (science) piece and a story. These choices will come from TableTalks going back to 2017. There will also be an option for an advanced dilemma for the sophisticated and longer carpools. Through this service, every member of our community who participates in carpooling will be able to utilize those special precious moments that we have with our children and their friends engaged in fun, meaningful and educational conversation!

May this be an iluy for Reb Moshe and for a zechus to our beautiful community.

The number to reach this service can be found at the end of this week's answer to last week's dilemma.

Paysach Diskind



SHABBOS: CELEBRATING HASHEM'S CREATION

MUSCLES

As we get closer to Pesach many of us will be getting very active, either cleaning for Pesach, or buying items to prepare for Pesach. As we shlep around the huge sacks of potatoes, or move our furniture to clean for Pesach, let's appreciate the ingenious tools that Hashem gave us to do all that work. Our Muscles.

Did you know that your body has more than 600 muscles? These muscles help you move, play, and even breathe! Let's explore some amazing facts about how muscles work and the genius design that makes them so special.

Muscles are made of tiny parts called muscle fibers. Imagine that each muscle is like a big rope, and each fiber is a small string that makes up the rope. These fibers can pull and contract, or get shorter, to make your muscles move. The design of these fibers is ingenious because they allow your muscles to be both strong and flexible.

Let's look at how muscles contract. Muscles are made up of two special proteins called actin and myosin. These proteins work together like a team to make the muscle fibers contract. Imagine that the actin and myosin are like little hands that grab onto each other and pull, making the muscle fibers shorter. This is what happens when your muscles contract and help you move.

Fast-twitch and slow-twitch muscle fibers are like the dynamic duo of our muscular system, each with unique abilities that complement one another. Slow-twitch fibers, also known as Type I fibers, are built for endurance and stamina. These fibers are packed with blood vessels and energy-storing molecules, making them perfect for long-lasting activities like running a marathon or swimming laps. They contract slowly but can keep going for a long time without getting tired. On the other hand, fast-twitch fibers, or Type II fibers, are designed for quick bursts of strength and power. These fibers can contract much faster than their slow-twitch counterparts, allowing for explosive movements like sprinting or lifting heavy weights. However, fast-twitch fibers tire out more quickly, as they use energy at a faster rate. Our muscles contain a mix of both fast-twitch and slow-twitch fibers, enabling us to perform a wide range of activities that require varying degrees of strength and endurance.

Muscles can only pull, not push. However, by working in pairs, muscles can create both pushing and pulling movements. For example, when you straighten your arm, your tricep muscle pulls on your elbow, making your arm straight. At the same time, your bicep muscle relaxes, allowing your arm to straighten. This teamwork between muscles helps you move smoothly and easily.

Muscles also have a special feature called elasticity. This means they can stretch and then go back to their normal shape, like a rubber band. This helps your muscles work together and prevents them from getting hurt. Imagine if your muscles couldn't stretch – it would be hard to move without feeling pain.

Another genius design of muscles is their ability to adapt. If you

exercise and work out, your muscles get stronger and bigger. This is because the muscle fibers grow and become more efficient at doing their job. As you keep exercising, your body also builds more blood vessels to deliver oxygen and nutrients to your muscles, helping them work even better.

There are three types of muscles: skeletal, smooth, and cardiac. Skeletal muscles (such as biceps and triceps) are voluntary and can be consciously controlled. Smooth muscles (such as those in the digestive system and blood vessels) are involuntary and work automatically, without conscious control. The cardiac muscle is a specialized muscle found only in the heart. It is unique because it can contract continuously without getting fatigued, allowing it to pump blood throughout the body day and night.

We know that our body needs to stay warm. Where is the fire in our body that keeps it warm? Some of it comes from the muscles. When muscles contract and work hard, they produce energy. Some of this energy is used to power your movements, but a portion of it is also converted into heat. This heat is then released into your body, raising your overall body temperature. This built-in heating system is particularly useful in cold weather, as it helps to keep you warm and maintain a stable internal temperature. In fact, when you shiver, it's your body's way of activating your muscles to produce more heat, protecting you from the cold. The ability of muscles to generate heat is not only essential for comfort but also plays a vital role in ensuring the proper functioning of your body's systems, even in challenging environments.

Muscle memory is a fascinating aspect of our muscular system that demonstrates the incredible adaptability and intelligence of our bodies. When we learn a new movement or skill, such as riding a bike or playing an instrument, our muscles and nervous system work together to create a "map" of that movement. This map is then stored in our brain, making it easier for us to repeat the movement in the future. Even if we take a break from practicing the skill or go through a period of inactivity, our muscles and brain can still remember the movement pattern. This is because the neural connections and pathways that were formed during the learning process remain intact. When we return to the activity, our muscles can quickly "recall" the required movements, allowing us to pick up where we left off with relative ease. Muscle memory is not just helpful for learning new skills, but it also plays an essential role in our everyday movements, like walking and grasping objects. The ability of our muscles to remember specific patterns ensures that we can perform these tasks efficiently and smoothly, without having to think about each individual movement. This remarkable feature of our muscles highlights the incredible synergy between our muscular and nervous systems, which work together to help us navigate and interact with the world around us. Thank you Hashem for your wondrous creation!

PAINTING THE WALLS

The tiny apartment in which Rav Aryeh Levine lived had unfinished walls. They were concrete but we're not painted. This is how he lived his entire life.

A few days before his passing he told his children that he wanted them to paint the walls. In their surprise they asked him why he suddenly wanted the apartment painted.

He told them that he knows that his days are numbered and before long the family will be sitting shiva for his passing. There will be many people coming to be menachem aveil. Invariably, among those coming to be menachem aveil will be people who will express disdain for the manner in which the children allowed their father to live in such squalor conditions.

"I have no problem living in this apartment and my children have done nothing wrong, however I do not want anyone to have any complaints on the way my children cared for me."

Taken from the introduction to the fourth volume of Vebaarev Na

Pictured: A stock image of a random child painting a wall. You probably knew that though.



THE ANSWER

Regarding last week's question about the bonfire that fell and caused damage, Rav Zilberstein says that it would be similar to the case of a man pushing the elevator button. In this situation, the one who lit the fire, not the one who set it up, would be liable for the damages. As for whether the man can get his money back, if it were a typical case where his primary intention was to give tzedakah to the shul, then he would not be able to reclaim his money. However, if it was clear that his sole intention was to receive the honor of lighting the fire and not to support the shul, then he would have a right to ask for his money back.

CarpoolTalk (410) 873-9258

This week's TableTalk is dedicated to the second yahrzeit of our beloved mother, grandmother, and great grandmother

Merle Rosin Toooh A"H

פרידה מלכה בת בנימין בינוש ע"ה

May this dedication bring an Aliyah to her Neshoma.

By Rabbi Reuven and Janine Chapman and family

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