

# Pearls Of Wisdom

*Greetings to Everyone!  
We hope everyone is doing well and all families are blessed!*

## Pink Pearl News

### News 1

**Congratulations to the Student of the Month!  
Ella Polensky is the February Pearl!**



We remind everyone that the criteria by which we determine the Student of the month: Attendance, Positive attitude, Good sportsmanship, Respect, Hard work, Dedication, and Appearance.

### News 2

We welcome new students into our Pink Pearl Family!

Cecelia Nardelli

Emma Snyder

Madison Mellott

Abeni Bradley and Briana Howell

## Jonathan Horton, Jordyn Wieber win 2011 AT&T American Cup titles



03/05/2011

[Watch the webcast of the competition](#)

JACKSONVILLE, Fla., March 5, 2011 –2010 World bronze-medalist Jonathan Horton of Houston and 2009 American Cup champion Jordyn Wieber of DeWitt, Mich., won the men's and women's all-around titles, respectively, at the 2011 AT&T American Cup, an International Gymnastics Federation World Cup event, at the Jacksonville (Fla.) Veteran's Memorial Arena. The Ukraine's Mykola Kuksenkov and 2010 World all-around champion Aliya Mustafina of Russia finished second, with the USA's Jake Dalton of Sparks, Nev., and Alexandra Raisman of Needham, Mass., finishing third.

Horton, who competes for Cypress Gymnastics, started out strong on the floor exercise with his double-twisting, double-back mount to score a 15.066. He scored a 13.533 on pommel horse and had the highest score of the meet on still rings, 15.500. Horton scored a 16.000 on his front handspring double front vault. Horton scored a 15.066 for his parallel bars routine that is packed with difficulty, including a new front uprise double back, a piked Belle and a Tippelt. His parallel bars routine moved him into first going into the final event. Horton brought it home on the horizontal bar, posting a 15.033, which was the top score for this event. His bar routine included a full-twisting layout Kovacs and full-twisting double layout dismount. Horton's total all-around score was a 90.198.

"It was awesome, said Horton, who has won the American Cup twice before. "This is the second time I've won here in Jacksonville. I worked as hard as I could to come back, especially after my thumb injury. I'm so happy it went well today."

In her senior level event debut, Wieber had the top score of the day on three of the four events – vault, balance beam and floor exercise. She scored a 15.833 on vault for her Yurchenko 2.5. On beam, she earned a 15.266 for her routine highlighted by a standing full twist and a flip flop, flip flop 2.5 dismount. On floor, Wieber scored a 14.900, performing a double-twisting, double-tuck mount and 1.5 to triple full on her second pass. She had a problem on bars, scoring a 13.900 after missing a Tkatchev, but was able to maintain the all-around lead scoring a 59.899.

Wieber, who trains at Gedderts Twistars USA, said, "It felt great to win my second American Cup title. It's such an honor."

When asked about her miss on bars, she said, "I had to pretend like the fall didn't happen. I had to stay strong and stay focused."

On the men's side, Kuksenkov, who was fourth in the all-around at the 2010 World Championships, led the men's competition through the first four rotations and had the top score on pommel horse, 14.866. He finished second in the all-around behind Horton with a score of 90.032. The USA's Jake Dalton of Reno, Nev., finished third in the all-around with a score of 88.497. Dalton, who was a last-minute replacement for Russia's injured athlete Sergey Khorokhordin, had the top score on floor, 15.766, for his routine that included an Arabian double layout mount.

"I learned after breakfast this morning that I was in the meet," said Dalton, who competes for the University of Oklahoma.

"Overall I feel like I did what I needed to do. This was my first big international meet."

2010 World all-around silver medalist Philipp Boy of Germany had the high score vault of 16.100. Japan's Koji Uematsu had the high score on parallel bars at 15.433.

On the women's side, Mustafina started on vault with her Yurchenko 2.5 to score a 15.566. She moved to bars, where she did a staldler and in-bar elements and dismounted with a tucked 1.5 to score a 15.766, the highest women's score of the competition. On balance beam she dismounted with a flip flop, flip flop triple full and scored a 14.833. On floor she mounted with a 3.5 twist but unfortunately had a problem on her third tumbling pass and scored a 13.666, for a total all-around score of 59.831.

Mustafina said, "I was competing a new floor routine, and it is early in the season so I'm not so upset to finish second in the all-around."

Raisman, who trains at Brestyan's American Gymnastics, scored a 14.866 on vault, a 13.900 on bars, a 14.933 on beam and a 14.866 on floor exercise, where she added a piked double Arabian to her already difficult routine. Raisman's all-around total was a 58.565.

She said, "I'm really happy with my performance today, especially floor because that is the highest score I've received on that event."

For only the second time in the event's history, the AT&T American Cup is part of the FIG's World Cup series and the first of four all-around World Cup events in 2011. The other three all-around World Cup events are in Glasgow, Scotland; Stuttgart, Germany; and Tokyo, Japan. In accordance with the World Cup regulations, the gymnasts were invited based on performances at the 2010 World Championships.

## Background information

**Shannon Miller.** Miller is the most decorated American gymnast, male or female, in history, having won more Olympic and World Championship medals than any other American gymnast. She has earned seven Olympic medals and nine World Championships medals since her elite international debut in 1990. Her tally of five medals (two silver, three bronze) at the 1992 Olympic Games was the most medals won by a U.S. athlete in Barcelona, Spain. During her career, Miller won 58 international and 49 national competition medals, more than half of which were gold. A member of two U.S. Olympic Teams, she was part of the "Magnificent Seven," the first U.S. women's gymnastics team to win an Olympic team gold medal, at the 1996 Olympic Games in Atlanta. She also became the first American gymnast to win an individual gold medal on the balance beam in 1996. Miller is a member of seven halls of fame, including the USA Gymnastics Hall of Fame, International Women's Sports Hall of Fame and the U.S. Olympic Hall of Fame. Miller received a bachelor's degree in marketing and entrepreneurship from the University of Houston and a law degree from Boston College. In 2007, she began the Shannon Miller Foundation, which is dedicated to fighting childhood obesity. She recently launched Shannon Miller Lifestyle, a website and line of books and videos dedicated to health and fitness for women. Miller was named to the Florida Sports Foundation Board of Directors in 2008 and was appointed co-chair of the Governor's Council on Physical Fitness in 2007. She is married and has one son.

### 2011 AT&T American Cup, Jacksonville, Fla., March 5, 2011

#### Final Results

##### Women

1. Jordyn Wieber, DeWitt, Mich., 59.899
2. Aliya Mustafina, Russia, 59.831
3. Alexandra Raisman, Needham, Mass., 58.565
4. Qiushuang Huang, China, 57.232
5. Ariella Kaeslin, Switzerland, 56.098
6. Lauren Mitchell, Australia, 54.932
7. Jessica Lopez, Venezuela, 54.032
8. Hannah Whelan, Great Britain, 52.532

##### Men

1. Jonathan Horton, Houston, Texas, 90.198
2. Mykola Kuksenkov, Ukraine, 90.032
3. Jake Dalton, Sparks, Nev., 88.497
4. Koji Uematsu, Japan, 88.364
5. Cyril Tommasone, France, 87.632
6. Philipp Boy, Germany, 87.231
7. Samuel Hunter, Great Britain, 85.498
8. Daniel Purvis, Great Britain, 85.432

# Health & Fitness

## We invite you to join our Life Balance Fitness Club

Yoga - Pilates - Aerobics - Gymnastics - Dance - Fitness

Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30p.m.	9a.m. 6:30p.m.	3p.m.	9a.m. 6:30p.m.	3p.m.	7:45a.m.

[www.lifebalanceworks.com](http://www.lifebalanceworks.com)

As we try to improve the quality of our lives and reaching our goals we learn a lot from other people; how they made their journey successful...

Here are some thoughts from **Suzanne Somers** in her book "**Sexy forever**":

Body fat accumulation, especially around the midsection, suggests that your liver is not functioning as efficiently as it could. Detoxification is the way to a healthy liver - and a slim waistline. Here are some helpful tips to clean up the liver:

- Twice a day, just before a meal, drink a cup of warm water with the juice of half a fresh lemon or a tablespoon of apple cider vinegar. This lemon water or vinegar water aids in bile formation, resulting in more efficient fat metabolism
- Eat protein every day, preferably at every meal. The liver needs amino acids from protein to produce bile and to make enzymes used in detoxification
- Eggs are great source of protein, plus they are rich in lecithin, a substance your liver needs in order to produce bile
- Get essential fatty acids daily, especially omegas-3s from walnuts, flaxseed and/or flaxseed oil, salmon, fish oil supplements or cod liver oil
- Essential minerals such as copper, magnesium, and zinc, as well as B vitamins

**Another simple tip to a healthier you from "The Illustrated Encyclopedia of Healing Remedies":**

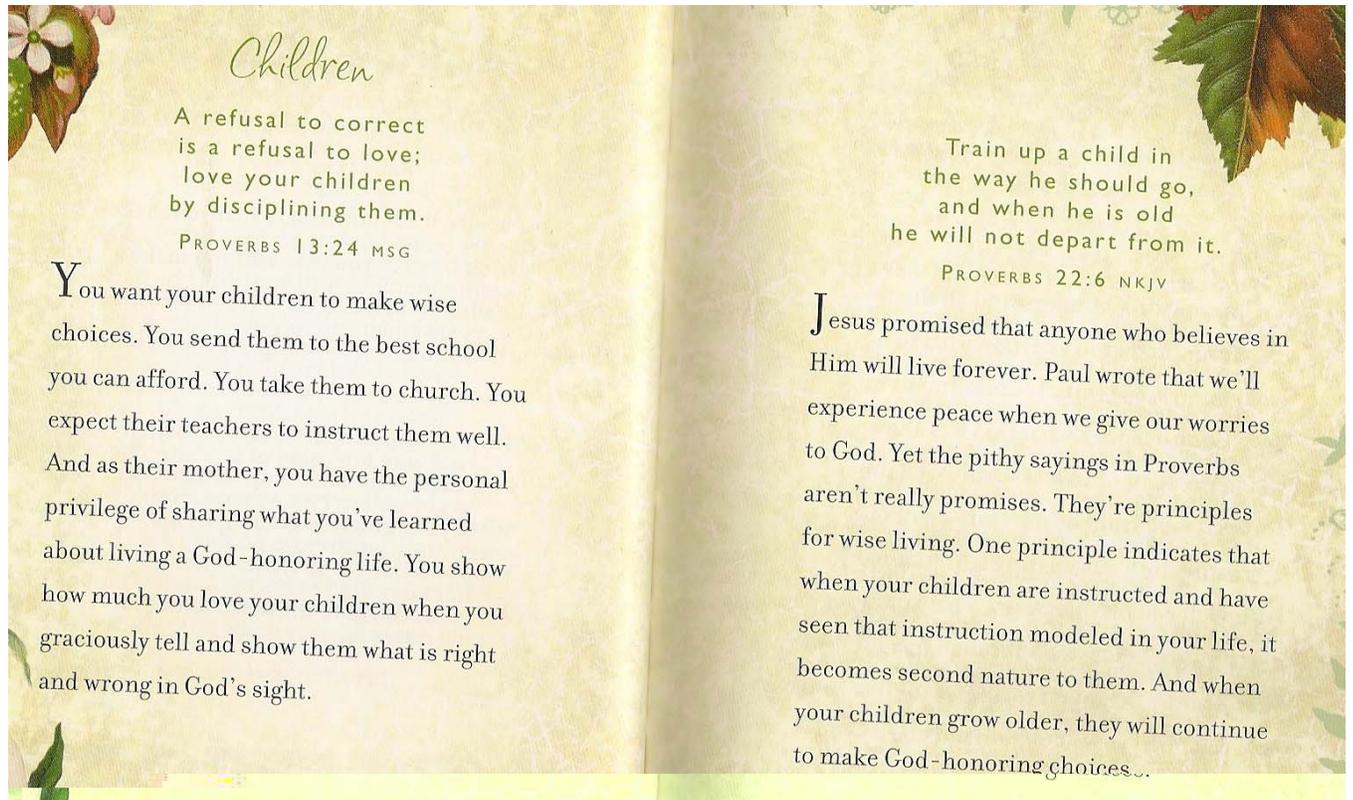
**Garlic:** one of the oldest known medicinal plants. A remedy using garlic was found on Sumerian clay tablet dated back to 3000 b.c. The practitioners prescribed garlic literally for cancer and leprosy. Garlic has a rejuvenating effect on all tissues and systems: digestive, respiratory, nervous, reproductive, and circulatory. Conditions treated: colds, skin disease, parasites, joint problems and arthritis. Like onion, garlic helps to eliminate lead and other heavy metals from the body. Garlic can be used as a natural antibiotic, and as a blood pressure and cholesterol reducer. To obtain antibiotic effects, 6-12 cloves of garlic a day are recommended. Peel and chew three cloves of garlic at a time, two to four times a day.

Garlic syrup: relieves bronchitis, and lung infections. Chop 6-8 cloves of fresh garlic. Place the chopped garlic in a jar, and cover with 8 tablespoons of honey. Let it stand for several days, and then strain. The syrup can be given by teaspoonful (1 for children, 4 for adults) to boost the immune system and treat infections.

Note: The smell of garlic on the breath can be reduced by eating an apple, lemon, or fresh parsley.

# In God We Trust

## Children



*Here is a thought ...*

**Let's love our children with all our hearts,  
and ask God for guidance in raising our  
children.**



## The Girl With An apple *This story is being made into a movie called 'The Fence'. (This is a true story and you can find out more by Googling Herman Rosenblat. He was Bar Mitzvahed at age 75)*

August 1942. Piotrkow , Poland .

The sky was gloomy that morning as we waited anxiously. All the men, women and children of Piotrkow's Jewish ghetto had been herded into a square.

Word had gotten around that we were being moved. My father had only recently died from typhus, which had run rampant through the crowded ghetto. My greatest fear was that our family would be separated.

'Whatever you do,' Isidore, my eldest brother, whispered to me, 'don't tell them your age. Say you're sixteen.'

I was tall for a boy of 11, so I could pull it off. That way I might be deemed valuable as a worker.

An SS man approached me, boots clicking against the cobblestones. He looked me up and down, and then asked my age.

'Sixteen,' I said. He directed me to the left, where my three brothers and other healthy young men already stood. My mother was motioned to the right with the other women, children, sick and elderly people.

I whispered to Isidore, 'Why?'

He didn't answer.

I ran to Mama's side and said I wanted to stay with her. 'No,' she said sternly. 'Get away. Don't be a nuisance. Go with your brothers.'

She had never spoken so harshly before. But I understood: She was protecting me. She loved me so much that, just this once, she pretended not to. It was the last I ever saw of her.

My brothers and I were transported in a cattle car to Germany . We arrived at the Buchenwald concentration camp one night weeks later and were led into a crowded barrack. The next day, we were issued uniforms and identification numbers.

'Don't call me Herman anymore.' I said to my brothers. 'Call me 94983.'

I was put to work in the camp's crematorium, loading the dead into a hand-cranked elevator. I, too, felt dead. Hardened, I had become a number.

Soon, my brothers and I were sent to Schlieben, one of Buchenwald's sub-camps near Berlin.

One morning I thought I heard my mother's voice. 'Son,' she said softly but clearly, I am going to send you an angel.' Then I woke up. Just a dream. A beautiful dream.

But in this place there could be no angels. There was only work. And hunger. And fear. A couple of days later, I was walking around the camp, around the barracks, near the barbed-wire fence where the guards could not easily see. I was alone.

On the other side of the fence, I spotted someone: a little girl with light, almost luminous curls. She was half-hidden behind a birch tree.

I glanced around to make sure no one saw me. I called to her softly in German. 'Do you have something to eat?'

She didn't understand.

I inched closer to the fence and repeated the question in Polish. She stepped forward. I was thin and gaunt, with rags wrapped around my feet, but the girl looked unafraid. In her eyes, I saw life. She pulled an apple from her woolen jacket and threw it over the fence.

I grabbed the fruit and, as I started to run away, I heard her say faintly, 'I'll see you tomorrow.'

I returned to the same spot by the fence at the same time every day. She was always there with something for me to eat - a hunk of bread or, better yet, an apple.

We didn't dare speak or linger. To be caught would mean death for us both.

I didn't know anything about her, just a kind farm girl, except that she understood Polish. What was her name? Why was she risking her life for me?

Hope was in such short supply, and this girl on the other side of the fence gave me some, as nourishing in its way as the bread and apples.

Nearly seven months later, my brothers and I were crammed into a coal car and shipped to Theresienstadt camp in Czechoslovakia .

'Don't return,' I told the girl that day. 'We're leaving.'

I turned toward the barracks and didn't look back, didn't even say good-bye to the little girl whose name I'd never learned, the girl with the apples.

We were in Theresienstadt for three months. The war was winding down and Allied forces were closing in, yet my fate seemed sealed.

On May 10, 1945, I was scheduled to die in the gas chamber at 10:00 AM.

In the quiet of dawn, I tried to prepare myself. So many times death seemed ready to claim me, but somehow I'd survived. Now, it was over. I thought of my parents. At least, I thought, we will be reunited.

But at 8 A.M. there was a commotion. I heard shouts, and saw people running every which way through camp. I caught up with my brothers.

Russian troops had liberated the camp! The gates swung open. Everyone was running, so I did too. Amazingly, all of my brothers had survived; I'm not sure how. But I knew that the girl with the apples had been the key to my survival. In a place where evil seemed triumphant, one person's goodness had saved my life, had given me hope in a place where there was none.

My mother had promised to send me an angel, and the angel had come. Eventually I made my way to England where I was sponsored by a Jewish charity, put up in a hostel with other boys who had survived the Holocaust and trained in electronics. Then I came to America , where my brother Sam had already moved. I served in the U. S. Army during the Korean War, and returned to New York City after two years.

By August 1957 I'd opened my own electronics repair shop. I was starting to settle in. One day, my friend Sid who I knew from England called me.

'I've got a date. She's got a Polish friend. Let's double date.' A blind date? Nah, that wasn't for me.

But Sid kept pestering me, and a few days later we headed up to the Bronx to pick up his date and her friend Roma.

I had to admit, for a blind date this wasn't so bad. Roma was a nurse at a Bronx hospital. She was kind and smart. Beautiful, too, with swirling brown curls and green, almond-shaped eyes that sparkled with life.

The four of us drove out to Coney Island . Roma was easy to talk to, easy to be with. Turned out she was wary of blind dates too! We were both just doing our friends a favor. We took a stroll on the boardwalk, enjoying the salty Atlantic breeze, and then had dinner by the shore. I couldn't remember having a better time.

We piled back into Sid's car, Roma and I sharing the backseat. As European Jews who had survived the war, we were aware that much had been left unsaid between us. She broached the subject, 'Where were you,' she asked softly, 'during the war?' 'The camps,' I said. The terrible memories still vivid, the irreparable loss. I had tried to forget. But you can never forget.

She nodded. 'My family was hiding on a farm in Germany , not far from Berlin ,' she told me. 'My father knew a priest, and he got us Aryan papers.'

I imagined how she must have suffered too, fear, a constant companion.. And yet here we were both survivors, in a new world.

'There was a camp next to the farm.' Roma continued. 'I saw a boy there and I would throw him apples every day.'

What an amazing coincidence that she had helped some other boy. 'What did he look like? I asked.

'He was tall, skinny, and hungry. I must have seen him every day for six months.' My heart was racing. I couldn't believe it. This couldn't be.

'Did he tell you one day not to come back because he was leaving Schlieben?' Roma looked at me in amazement. 'Yes!'

'That was me!' I was ready to burst with joy and awe, flooded with emotions. I couldn't believe it! My angel.

'I'm not letting you go.' I said to Roma. And in the back of the car on that blind date, I proposed to her. I didn't want to wait.

'You're crazy!' she said. But she invited me to meet her parents for Shabbat dinner the following week.

There was so much I looked forward to learning about Roma, but the most important things I always knew: her steadfastness, her goodness. For many months, in the worst of circumstances, she had come to the fence and given me hope.. Now that I'd found her again, I could never let her go. That day, she said yes. And I kept my word. After nearly 50 years of marriage, two children and three grandchildren, I have never let her go.

Herman Rosenblat of Miami Beach , Florida

*Have a great day! God Bless!*