

## Kosher Meals on Wheels

# The Kosher Konnection

## Word Power POWER JUMBLE



\*unscramble these words related to  
Independence Day

1. KRSOWREIF \_\_\_\_\_

2. RTYEBIL \_\_\_\_\_

3. OSNREFEJF \_\_\_\_\_

4. ARLCEDITNOA \_\_\_\_\_

5. DMOEEFR \_\_\_\_\_

6. ERSKLPSAR \_\_\_\_\_

7. MRESUM \_\_\_\_\_

8. GINK OEREGG \_\_\_\_\_

9. PENDNCEEDINE \_\_\_\_\_



**Humor from top 25 Jewish Comedians of  
All Time**

Roseanne Barr

**“I’m not going to vacuum until Sears  
makes one you can ride on!”**

**FROM THE DECLARATION OF  
INDEPENDENCE—**

***And for the support of this Declaration, with a  
firm reliance on the protection of Divine  
Providence, we mutually pledge to each other  
our Lives, our Fortunes, and our Sacred Honor.***

**JULY 2019**

**Happy Independence Day—  
Thursday, July 4th**



### **5 SUCCESS HABITS OF HIGH PERFORMERS**

By Rabbi Shlomo Buxbaum \*excerpted from Aish.com

What is the secret of the most successful people and high performers on the planet? Modern research has shown that it isn't some special talent, gift or brilliance. Rather, what they all have in common are “success habits,” the daily routines and rituals that they remain unwaveringly committed to.

These powerful habits can all be found in Judaism and every one of us can apply them to become the best version of ourselves. Here are the top five:

1. Morning Route for Body and Soul—...they carve out time before their workday begins for their own self-care for their body and soul. The emphasis on such a morning routine parallels beautifully the emphasis in Jewish tradition on praying first thing in the morning.

2. Blocking Out Time to Expand Your Mind—Research has shown that no matter how busy successful people are, they take out large chunks of time every day to learn something new, either by reading, taking classes or listening to a podcast. From a Jewish perspective, blocking out time every day to study Torah is part and parcel of the life of even the busiest people.

3. Visualization—the powerful effects of the mind on shaping reality has become a well-documented phenomenon. Taking even a couple of minutes to create vivid images as to what you want any scenario to look like can create a massive shift in how that scene will actually manifest. This powerful effect of the mind (also) impacts the spiritual.

4. Surround Yourself with Positive People—The energy of those that we surround ourselves with makes an enormous impact. Their positivity becomes our positivity.

5. Unplug—High performers realize that they need to occasionally disconnect from the information onslaught. They make sure to schedule times where they can get away from it all and just “be.” (For this reason) Shabbat is one of the great gifts of the Jewish people.

**FYI - As a reminder, please call in all same-day requests for pick-up by 9 AM at the latest. Also, you must wait until 12 PM or later, after we have finished dispatching the meals, to pick up your order.**

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## This Month's Trivia

## Personal Campaign Slogans

Which president used each slogan for his campaign?

1. *A chicken in every pot and a car in every garage*

a. Richard Nixon

b. Herbert Hoover

c. Lyndon Johnson

2. *A square deal for every man*

a. James Garfield

b. Chester Arthur

c. Teddy Roosevelt

3. *Save the Union*

a. James Buchanan  
Johnson

b. Abraham Lincoln

c. Andrew

4. *Peace, Prosperity, Progress*

a. Bill Clinton  
Eisenhower

b. George Bush

c. Dwight

5. *Let's Make America Great Again*

a. Ronald Reagan

b. Jimmy Carter

c. John F. Kennedy

6. *Return to Normalcy*

a. Woodrow Wilson

b. Franklin Roosevelt

c. Warren Harding

### KNOW IN SUMMER

We are very concerned about keeping the meals at the proper temperature, especially during the summer. If you are not home for your delivery, we will typically discard those meals that are returned to our office. This is done for safety considerations. So... if you come to our office to "pick-up" your meals without having informed us in advance, those meals might not be available. Best bet is to let us know, when possible, that you will not be home for your delivery. Together, we can work out an alternative plan.

## LAUGH A LITTLE

### Dog Eat Dog

\*excerpted from Jewlarious.com

Abe and Irving were neighbors in a Florida retirement community, and they were both proud pet owners.

"My dog is so smart," Abe bragged, "that every morning he waits for the paperboy, brings the boy his tip, and then brings me the paper, along with my morning medicine."

"I know," said Irving. "How could you know?" asked Abe.

"Because my dog told me."

Answers to JULY JUMBLE: 1. FIREWORKS 2. LIBERTY 3. JEFFERSON 4. DECLARATION 5. FREEDOM  
6. SPARKLERS 7. SUMMER 8. KING GEORGE 9. INDEPENDENCE

Answers to Presidential Campaign Slogans: 1. b 2. c 3. a 4. c 5. a 6. c

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**FYI — KMOV** If you always ask for the same type of menu change, you can request a "Standing Order" instead of calling the office each time. For example, if you don't wish to eat any hot meal of beef, you can request a "Standing Order" to substitute roast chicken any time beef comes up on the menu.

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