



Savouring the Versatility of Mushrooms

National Mushroom Day, observed annually on October 15, shines a spotlight on one of nature's most versatile and nutritious foods. From earthy shiitakes to delicate button mushrooms, these fungi are celebrated for their rich flavors, culinary adaptability, and health benefits, including immune support and antioxidants. On this day, chefs, home cooks, and food enthusiasts explore creative ways to incorporate mushrooms into meals, from hearty soups and savory sautés to gourmet dishes. Beyond the kitchen, National Mushroom Day also highlights sustainable farming and foraging practices, encouraging appreciation for this humble ingredient that adds both taste and nutrition to our plates.

#RELEASE

‘It's like they're family’



Visitors at Hostage Square in Tel Aviv.

Years and pride filled Hostage Square in Tel Aviv as all 20 living Gaza hostages were released after over two years of captivity. “We’ve been waiting two years for this moment, and now they’re finally back.”

Excited but scared

“Excited but scared” was how another woman described how she was feeling. She noted that the fate of some of the hostages is still uncertain, and also stressed that the suffering of the families right now is ‘unimaginable.’ She thanked Donald Trump for his efforts to secure the deal. In fact, praise for Trump was one of the standouts of the first release. When the President's name was mentioned on the livestream, the crowd erupted into cheers and whoops. Similarly, when Air Force One landed, the crowd cheered. No love was lost for Israel's Prime Minister in Hostage Square; his name was met with boos and hisme, but a group of about three women yelling ‘Bibi.’

“Do they not know it's the wrong forum for that,” whispered a man in front of me, echoing the general anti-Netanyahu sentiment at the square. Terrorists from Hamas's Izzadin al-Qassam

Hamas hostage ceremonies in previous release

During earlier exchanges this year, some handovers in Gaza were conducted in highly visible settings that

Key conditions

The handover follows the IDF's full repositioning over the weekend, a key condition for activating the first tranche of the agreement. The government had simultaneously prepared a parallel list of Palestinian prisoners for release, with final approvals confirmed just ahead of implementation. Disputes over specific names and timing were resolved in recent



Hamas appears to set up chair for a hostage handover ceremony, October 13, 2025.

‘So why does the Left hate Netanyahu so much?’

When one dares compare the transformation that he (Netanyahu) has undergone with that of Turkish President Recep Tayyip Erdogan, he is insulted, failing to see the similarities. Speaking of myself, I can say that since 1988, when Netanyahu first entered politics as a young, dashing and impressive novice, who seemed to bring a breath of fresh air into our younger staid political arena, I have progressively turned from an impressed observer into an increasingly worried one, with growing negative personal feelings. The first event that left me feeling disgusted and personally offended was in 1997, when Netanyahu was recorded whispering to the old Rabbi Yitzhak Kaduri: “The left-wingers have forgotten what it means to be Jews.” My immediate reaction was: “I have not forgotten what it means to be a Jew - you, sir, have forgotten what it means to be a mensch.”

Bulbul Joshi

Day before yesterday saw what the world had been waiting to witness with bated breath. It should happen, the rest of us thought, even if a major operator in this effort is our hated ‘Trump.’ This one we are ready to appreciate!

But lo and behold! Israel has an opposition! And just like any opposition that any government has! Operative, sometimes any which way. While the Israeli parliament was congratulating each other on a tough win, almost tearfully, and all could appreciate it, they were not fighting just the Hamas, they were fighting a huge part of the world to stay in command of their land, at least till ‘the large portion of the world’ wisely acknowledged that this is the correct truth. That sanctified moment saw what the world is made up of, and some of it is opposition. So, we need to know what they had against this win, rather Netanyahu.

‘Though I do not deny Netanyahu's many economic and political achievements, I shall be happy to see the Netanyahu era comes to an end.’

The above headline is the title of an article that appeared in the most recent issue of Ha-Umma, an intellectual right-wing quarterly edited by Yossi Ahimeir, written by one of the coeditors of Maariv, Doron M. Cohen, in Israel. Cohen argues that in Israel, there are both right-wing

THE WALL

The second, because while Netanyahu has spoken of the two-state solution (under certain conditions), he has, in fact, acted to ensure that such a solution will become impossible. According to Cohen, the Left hates Netanyahu for killing the two-state solution, and for causing the assassination of he who bore the message of this solution, Yitzhak Rabin. In Cohen's view, Netanyahu is, in fact, an anti-messianic leader, a true realpolitik leader, whose main concern is Israel's survival and prosperity.

religious messianics, who strive for Greater Israel, and left-wing secular messianics, who strive for the Two-State Solution. Both groups of messianics hate Prime Minister Benjamin Netanyahu, each for its own reason. The first, because while Netanyahu talks of annexing Judea and Samaria, he has in fact given the Palestinians large chunks of Ereẓ Yisrael and has failed to annex any of the territories liberated/occupied in 1967.

The second, because while Netanyahu has spoken of the two-state solution (under certain conditions), he has, in fact, acted to ensure that such a solution will become impossible. According to Cohen, the Left hates Netanyahu for killing the two-state solution, and for causing the assassination of he who bore the message of this solution, Yitzhak Rabin. In Cohen's view, Netanyahu is, in fact, an anti-messianic leader, a true realpolitik leader, whose main concern is Israel's survival and prosperity. I believe his analysis is wrong. While it is true that the Left views

#WORLD VIEW



Netanyahu as an enemy of the two-state solution, and accuses him of responsibility for much of the anti-Rabin incitement leading up to November 4, 1995, these are certainly not the reasons why the Left hates or detests Netanyahu.



First of all, for the Left, the two-state solution is not a messianic dream, but rather a pragmatic evaluation that in the absence of some sort of two-state arrangement, the only alternative, long-term solution is annexation by Israel of the whole of western Ereẓ Yisrael, in which case Israel will cease to be a Jewish state with a Jewish majority, or cease to be a democratic state according to all the parameters of a democracy (majority rule, equal human and civil rights for all, etc.). The advocacy of the two-state solution is simply the less objectionable between two imperfect solutions, for both Israelis and Palestinians. Furthermore, the Left never considered Rabin a messiah. In fact, he did not advocate the two-state solution, and he certainly did not initiate the Oslo process. It wasn't even

with several PLO personalities. It was adopted by both Labor leaders, who did not necessarily believe that it was feasible, but rather an opportunity that ought to be given an honest chance. In fact, history



THE WALL

At some point, he started to assume a Louis XIV stance, “l'état, c'est moi.” Now, he has gone on to depicting his rivals as mentally unstable crooks, even though it is he who has been indicted on serious charges, and mental instability is no stranger to his closest environment. Especially in the last few years, since his criminal investigations turned into charge sheets, and then indictments, his former support for the rule of law, effective gatekeepers and well-functioning democratic institutions seem to be evaporating into thin air.

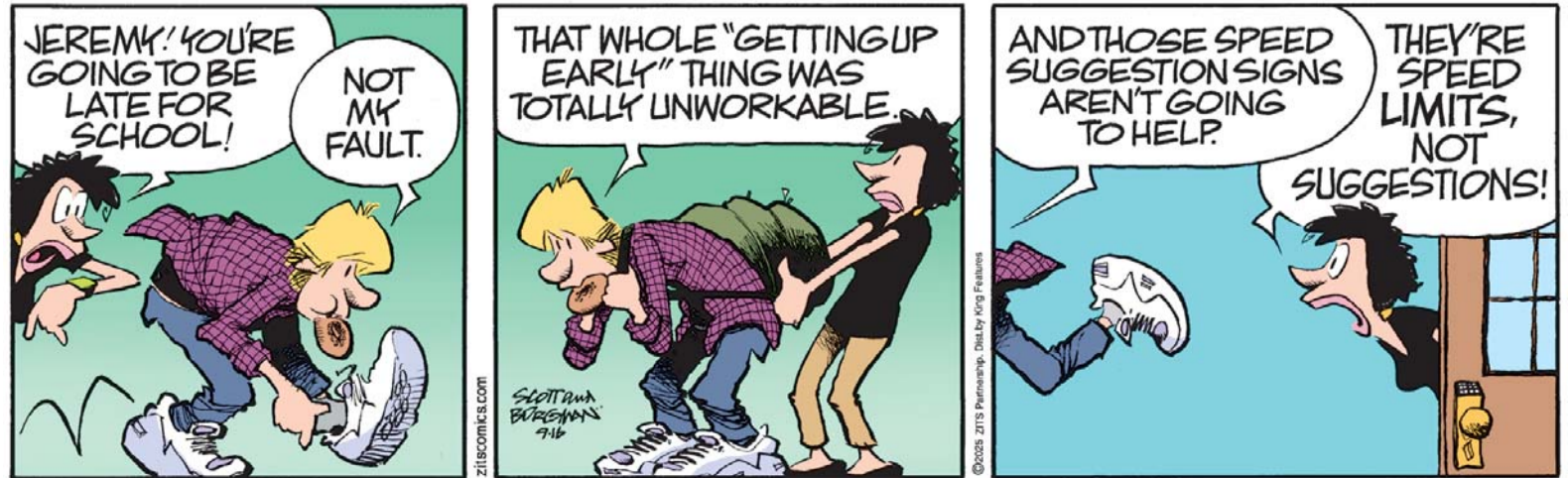
himself. It has to do with his inclination to manipulate facts, both past and present, well before the term ‘fake news’ was invented by US President Donald Trump in 2016, and with increasing frequency he simply lies. It has to do with his total lack of respect for and libelous comments about his rivals, who he is inclined to view as personal enemies, as well as enemies of the state. At some point, he started to assume a Louis XIV stance, “l'état, c'est moi.” Now, he has gone on to depicting his rivals as mentally unstable crooks, even though it is he who has been indicted on serious charges, and mental instability is no stranger to his closest environment. Especially in the last few years, since his criminal investigations turned into charge sheets, and then indictments, his former support for the rule of law, effective gatekeepers and well-functioning democratic institutions seem to be evaporating into thin air.

When one dares compare the transformation that he has undergone with that of Turkish President



By Rick Kirkman & Jerry Scott

ZITS



#FLOWER

Our Very Own Hibiscus

Medicinal Benefits of Hibiscus Varieties: Roselle, Red Hibiscus, Turk's Cap, and Cranberry Hibiscus



Hibiscus, a genus of flowering plants known for its vivid blooms, has long been celebrated not only for its ornamental value but also for its extensive medicinal properties. Among the most studied and widely used varieties are Roselle (Hibiscus sabdariffa), Red Hibiscus, Turk's Cap, and Cranberry Hibiscus. Each of these varieties possesses unique bioactive compounds and health-promoting qualities, making them valuable in traditional medicine and modern wellness practices.

Roselle, or Hibiscus sabdariffa, is particularly known for its deep red calyces, which are commonly used to prepare teas, jams, and herbal extracts. This variety is abundant in anthocyanins, polyphenols, flavonoids, and vitamin C, all of which contribute to its potent antioxidant activity. Traditionally, Roselle has been used across Africa, the Caribbean, and Asia to manage blood pressure, support kidney function, and aid digestion. Modern research supports these uses, showing that regular consumption of Roselle tea can help lower both systolic and diastolic blood pressure, reduce cholesterol levels, and promote heart health. Its high vitamin C content boosts immunity, while its mild diuretic properties assist in detoxification and maintaining kidney health. In addition, Roselle is linked to improved metabolism and weight management, making it a holistic aid for overall wellness.

Red Hibiscus, known scientifically as Hibiscus rosa-sinensis, has been revered in traditional systems such as Ayurveda and Chinese medicine for its benefits to hair, skin, and internal health. The plant contains significant amounts of flavonoids, anthocyanins, and organic acids, which impart strong antioxidant and anti-inflammatory properties.



Externally, red hibiscus extracts and oils have been used for centuries to promote hair growth, prevent premature graying, and condition the scalp naturally. Its applications in skincare are equally notable, with traditional preparations used to moisturize, heal minor wounds, and reduce signs of aging. Internally, red hibiscus supports digestion, improves liver function, and may help regulate blood sugar levels, offering both preventive and restorative health benefits.

Turk's Cap hibiscus, though less widely known, is increasingly valued for its medicinal potential. Rich in phenolic compounds, tannins, flavonoids, and saponins, this variety demonstrates pronounced anti-inflammatory, antimicrobial, and antioxidant effects.

Traditionally, Turk's Cap has been used to manage fevers, minor infections, digestive disturbances, and skin conditions. Contemporary studies suggest that its bioactive components help combat oxidative stress, strengthen immune function, and support liver detoxification. Turk's Cap is also associated with enhancing vitality and overall resilience, making it a versatile addition to herbal wellness routines.

Cranberry Hibiscus (Hibiscus acetosella) combines aesthetic appeal with medicinal potency. Its vibrant, cranberry-like appearance and tart flavor make it a popular choice for teas and beverages. Cranberry Hibiscus is particularly rich in polyphenols, anthocyanins, and organic acids, which provide strong antioxidant and anti-inflammatory benefits. Traditionally, it has been used to support digestive health, alleviate bloating, and improve gut function. Scientific studies further indicate that it may help regulate blood pressure, support heart health, and contribute to liver and kidney detoxification. Emerging research also suggests potential anti-cancer properties, owing to its ability to reduce oxidative damage to cells.

Across all these varieties, hibiscus offers a combination of cardiovascular, digestive, liver, kidney, and skin benefits, along with immune support and metabolic advantages. Regular consumption in the form of teas, extracts, or supplements can enhance overall well-being while providing a flavorful, natural approach to health. However, it is important to note that hibiscus may interact with certain medications, particularly those for blood pressure or diabetes, and individuals with specific health conditions should consult a healthcare professional before integrating hibiscus into their daily routine.