We know that older people are at risk of contracting a number of conditions that affect organs such as the heart, as well as the respiratory, nervous and musculoskeletal systems. It has already been shown that exercise can have a significant impact in tackling these diseases. However, a recent study led by Prof. Eli Carmeli and in collaboration with Dr. Einat Kodesh of the Department of Physical Therapy, suggests that physical activity also helps to lower anxiety and improve self-confidence in the elderly. "The study examined the effect of exercise on mice at older age, and the results showed that physical activity increased self-confidence related activities", said Prof. Carmeli. The findings were reported in the Jerusalem Post.
Our warmest congratulations go to Dr. Tali Kristal of the Department of Sociology and Anthropology who has just won a prestigious European Union ERC Starting Grant for Young Researchers for her studies into income inequality and changes in technology. 291 winners were chosen out of almost 3,000 applicants from researchers at Universities throughout Europe. The grant targets the most promising researchers who have the proven potential of becoming independent research leaders. The win was reported in Haaretz English and Israel Science Info.

The latest Leon Recanati Institute for Maritime Studies newsletter and 2014-15 Report has just been published (click here). The issue includes a number of fascinating articles reporting on the Institute's research. Prof Yaacov Kahanov reviews the construction of a sailing replica the Ma'agan Mikhael ship – a project made possible with the generous support of Sara Arenson, Hans Kahn, Ariel Recanati and more. Dr. Deborah Cvikel also explains the meticulous preservation process of the Byzantine Dor shipwreck, while Dr. Dror Angel gives an account of his research into tiny marine debris or 'microplastics' and the effect on the surrounding seas. The winners of the 2014 Maurice Hatter and Jacob Recanati Scholarships in Maritime Studies are shown receiving their awards.

Prof. Norman Bailey, of the Centre for National Security Studies and Geostrategy, was interviewed by Australia's ABC News, about a recent controversy between Russia and Turkey over accusations that that Turkey is buying oil smuggled in from the Islamic State. The "Islamic State's barbaric conquests are financed by collaborators among the business and financial circles of the West. The buyers are easy to find when oil tankers reach ports and are authorized to unload their goods" said Prof. Bailey.

Working in a stressful and demanding environment is a danger to health, according to a recent study by Dr. Michal Biron of the Faculty of Management. Exposure to stress at work impacts on an employee's health, the physical and psychological level in both the short and the long term. Exhaustion, fatigue and type II diabetes could be the possible results. Dr. Biron's research also shows that a supportive manager can reduce this risk. "This research model can help employers maximize the capabilities of their employees while maintaining physical and mental health ", stated Dr. Biron, whose study has been reported in several media outlets including The Jerusalem Post.
New research at the University reveals that exposure to stress during adolescence can affect the behavior and hormone levels of a person's children and grandchildren. The study, conducted by Dr. Inna Gaisler-Salomon of the Department of Psychology, with doctoral student Hiba Zaidan and in collaboration with Prof. Emeritus Micah Leshem, has just been published in the international journal Psychoneuroendocrinology. “Our studies suggest that there are processes, unrelated to maternal care, that can explain how information is transmitted from generation to generation” said Dr. Gaisler-Salomon in a recent article in the Jerusalem Post.

Prof. Emanuel Gross, an expert in criminal law at the Faculty of Law, has been widely quoted in international media in relation to the recent conviction of the murderers of Mohammed Abu Khdeir, who was brutally killed in July 2014. Prof. Gross commented on the late insanity plea submitted to the Israeli court, days before the verdict in the trial, which has raised many questions about its legality. The New York Times, Washington Post, Boston Herald, Houston Today, and Fox23 were among the media outlets.

Four researchers from the University of Haifa’s Zinman institute of Archeology were featured in a recent issue of the Biblical Archaeology Review. The issue focuses on the views of 40 leading archaeologists on the future of archaeological research and the direction of its development in the coming years. The Biblical Archaeology Review has the highest circulation in the world of any English language journal, and aims to connect academic research with a broader audience. Articles written by each researcher: Dr. Michael Eisenberg, Dr. Ayelet Gilboa, Prof. Guy Bar-Oz and Dr. Lior Weissbrod were included.