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Project Ezra's Dinner Brings Us Together to Support Our Neighbors

By Bracha Schwartz

Englewood—A true community event, Project Ezra's annual dinner will be held on Saturday evening, December 17 at Ahavath Torah in Englewood. While scotch and sushi bars, artisanal beers, fleishig and dessert buffets and more await attendees, Su-

san Alpert, Development Director, said that the goal of the dinner is much larger. While she admitted that it has become a truly must-attend event for many of Bergen County's couples, the point is to bring people together for an enjoyable evening while raising much-needed funds for the organization's unique blend of employment

services, financial-management assistance and lifestyle guidance programs. "We want people to have a good time and know that all the money made raised from the dinner goes directly to client services," she said.

Project Ezra was launched 15 years ago by Rabbi Yossi Stern, z"l, to help Bergen County neighbors in financial stress. Project Ezra started out by reorganizing and improving clients' financial outlooks with meaningful monetary assistance and budget management and guidance. Today, while staying true to its initial goals, many other types of private assistance are organized by Project Ezra for their clients; many community members (doctors, lawyers, tutors and dentists, for example) provide meaningful pro-bono services as need-



Rabbinic honorees at this year's dinner, Rabbi Ari and Michal Zahtz (CREDIT: COURTESY OF RABBI ZAHTZ)

ed. The most current figures for 2016 show that Project Ezra is helping almost 70 families with basic living expenses and budgeting techniques, and adding an average of two families per month.

➔ CONTINUED ON P. 30

Northern NJ Holocaust Memorial Center to Launch Capital Campaign

By Lisa Matkowsky

Teaneck—Congregation Keter Torah will host the inaugural capital campaign event and dessert reception on Saturday night, December 10, 8:00 p.m. to benefit a new Holocaust Memorial and Education Center.

This first fundraising event for the Holocaust Memorial will feature a musical performance by re-



Dr. Tamara Freeman

➔ CONTINUED ON P. 21

TABC Dinner to Honor Community Leaders

By Rochel Leah Glatter

Torah Academy of Bergen County (TABC) will hold its 34th Annual Dinner on Thursday, January 12, 2017 at Factory 220 in Passaic. The Board of Directors, Dinner and Campaign Chairs and school administration look forward to greeting their geographically diverse parent body at this new central location. This year's



Gail and Terry Novetsky, Guests of Honor at the TABC dinner

➔ CONTINUED ON P. 26

Kushner Cobras Experience 'Shabbat House,' Defeat RTMA



The Kushner Cobras team is pictured here after giving Rabbi Baruch Klahr (center, in blue shirt) a Cobras jersey as a token of appreciation to the rabbi and his wife, Devorah (pictured in front), for their wonderful Shabbat experience.

See article on page 100

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Match Found for LA's Adam Krief

Referring to her husband, Adam Krief, as the "light in our house," Lia Mantell announced through Facebook that a match has been found for Adam, whose search for a bone marrow match spanned the globe, and he will begin pre-transplant chemotherapy. "This is what cloud nine looks like," posted Adam on his Facebook page, with pictures of his children singing and dancing to the wonderful news. Since the Kriefs and their extended communities began running drives in July, together with Gift of Life and the National Marrow Donor Program, thousands have been added to the registry, and seven matches have already been made from those efforts, with his own match being the eighth. Lia wrote, "I imagine it's only fitting that Adam's going to have his transplant right before Chanukah begins—the eighth match made, just like the eight candles we will light together this year, and for years to come." Please continue to pray for a refuah sheleima Moshe Chaim ben Olga as he fights to recover from bone cancer.

Israeli Airport Authorities Deny Entry to BDS Activist for First Time

(Israel Hayom/Exclusive to JNS.org) Israel refused entry to an activist with the Boycott, Divestment and Sanctions (BDS) movement Monday, the first such case since the Israeli government introduced a bill to that effect in November.

Isabel Phiri, a Malawian member of the World Council of Churches and a known BDS activist, was stopped by Ben Gurion International Airport authorities while trying to enter Israel on a tourist visa.

According to reports, Phiri's passport was flagged and Population and Immigration Authority officials at the airport contacted the interior ministry for instructions. Interior Minister Aryeh Deri and Strategic Affairs Minister Gilad Erdan jointly head Israel's public diplomacy efforts against the BDS movement.

Deri instructed airport authorities to deny Phiri's entry, effectively setting a precedent for barring entry to individuals who promote economic, cultural and academic boycotts against Israel.

"We will continue to prevent BDS activists from entering, as their purpose is to undermine Israel by gathering information and presenting it in a distorted and false manner. BDS activists belong outside the country, and we will continue to pursue the measures at our disposal to prevent them from entering Israel," Erdan said.

Jewish Home's Bennett Says Outpost Bill Paves Way for Annexation of Judea and Samaria

(JNS.org) Israeli Education Minister Naf-tali Bennett, leader of the Jewish Home party, hailed the preliminary passage of a controversial bill to legalize Israeli settlement outposts as paving the way for Israel's eventual annexation of Judea and Samaria.

The legislation passed its first legislative test Monday, passing a preliminary Knesset reading in a 60-49 vote. The bill still faces three more readings before it can become law.

The measure has been staunchly opposed by many in Israel, including At-

torney General Avichai Mandelblit, who has said that the bill violates international law. The measure has been also opposed by the U.S., the European Union and the United Nations. Israeli opposition leader MK Isaac Herzog called the preliminary passage a "dark day for the Knesset."

But Bennett said, "Today, the Israeli Knesset moved from heading toward establishing a Palestinian state to heading toward sovereignty in Judea and Samaria, and to remove any doubt about it—the outpost regulation bill is the tip of the iceberg in applying sovereignty."

The bill, which originally was designed to prevent the court-ordered Dec. 25 demolition of the Amona outpost, will not prevent that community from being relocated after a compromise was reached between Bennett and Prime Minister Benjamin Netanyahu.

Instead, the bill will recognize other Israeli settlement construction that

➔ CONTINUED ON NEXT PAGE



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took place on private Palestinian land—including instances in which settlers were not aware the land was privately owned or received some form of state assistance—in good faith. Additionally, the bill provides compensation for Palestinian landowners.

According to the settlement watchdog group Peace Now, the bill will enable the Israeli government to legalize 55 outposts and build another 4,000 housing units in Judea and Samaria.

Shin Bet Arrests Terror Cell Responsible for Shooting Attacks in Binyamin

(Ilana Messika/TPS) The Israeli Security Agency (Shin Bet) stated on Wednesday that, in cooperation with the IDF, Border Police and security forces, the Agency has arrested a terror cell responsible for several shooting attacks at an IDF outpost in Ofra, in the Binyamin region.

The cell included three Palestinian minors who had carried out a total of four shootings attacks in the two months of October-November 2016 using homemade weapons.

During the investigation, the security forces seized the weapons and vehicles used to carry out the attacks. In addition, relatives of the cell members who cooperated by hiding out said weapons were also detained. The results of the investigation on those involved will be transferred within the next few days to the Military Prosecutor's Office in order to press for the rele-

vant charges on the matter.

The IDF Spokesperson's Unit stated that the Israeli Army and security forces had arrested 12 wanted men during nightly raids in Judea and Samaria.

Among those, eight arrestees were so on suspicions of grassroots terror activities and violence toward civilians and security forces. In the Al Fawwar refugee camp near Hebron and in the village of Merah Revah, near Bethlehem, the IDF arrested four men wanted for activism in the Hamas terrorist organization.

All the suspects were transferred to the relevant security forces for further questioning.

Netanyahu Says He Will Speak With Trump About 'Bad Nuclear Deal' With Iran

(Israel Hayom/Exclusive to JNS.org) Israeli Prime Minister Benjamin Netanyahu said Sunday that he is looking forward to speaking with President-elect Donald Trump about the "bad nuclear deal" with Iran.

"Israel is committed to preventing Iran from acquiring nuclear weapons. That has not changed and will not change," Netanyahu said in a satellite address to the 13th Annual Saban Forum, hosted by the Brookings Institution.

Netanyahu said he opposes the Iran nuclear deal because "it doesn't prevent Iran from getting nukes, it paves the way for Iran to get nuclear weapons."

The Israeli leader also said that Iran is developing a ballistic missile program that could potentially threaten the U.S.



"The Iranians are developing intercontinental ballistic missiles (ICBMs). And for those who forget, Israel and Iran are on the same continent, we're in the same neighborhood. They're not developing these ICBMs for us, they're developing it for you, for America," he said.

Netanyahu also lauded U.S.-Israel ties and said that "as an Israeli, I can say that we have no better friend than the United States of America, but as someone who is in the region I can say that America has no better friend than Israel."

"I look forward to discussing with the new administration how we can continue to work together to strengthen Israel and confront the common threats that face both of us, and also seize common opportunities that have developed because of these common threats," he said.

14 Arrests, Incitement Material and Weapons Seized During Raids in East Jerusalem and Judea and Samaria

(Ilana Messika/TPS) The Israel Police Spokesperson stated that police officers in collaboration with the Border Police had seized illegal weapons and incitement material during nightly raids in the Hebron area. During the searches, the security forces found an fn8 pistol, a shotgun, ammunition, a vest, a computer, as well as incitement material. A father and his son have been arrested on possession suspicions and are currently under investigation.

The police arrested six people on Monday morning on suspicion of incitement to violence and terrorism and supporting terrorist organizations on social networks, during coordinated raids in East Jerusalem villages. During the recent weeks, the suspects had published messages and materials of incitement to violence and terrorism on Facebook and Instagram, leading to responses from thousands of followers corroborating those statements. Computers were also seized from the suspects.

The IDF Spokesperson stated the Israeli army and security forces had arrested eight wanted men during nightly raids in Judea and Samaria on suspicions of involvement in terrorist activities and in violent mass disturbances toward civilians and security forces. All the suspects were transferred to the relevant forces for further questioning.

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Project Ezrah Is All of Us Helping All of Us



By Moshe Kinderlehrer and Mark Schwartz, Co-Publishers

S o m e - times hope can be best defined by an employment opportunity or a workable family budget. It is taken for granted sometimes that everyone knows how to be financially responsible and live self-sufficiently. We also know, sometimes all too well, that financial ruin can happen to anyone, at any time, for many reasons.

Since 2001 when it was launched by our dear friend Rabbi Yossi Stern z"l, Project Ezrah, now led professionally by Teaneck's own Robert Hoenig, continues to take nothing for granted about our friends and neighbors here in Bergen County.

It offers meaningful employment possibilities and an opportunity for individuals and families to better understand personal financial management and budgeting. See our cover article, which continues on page 30, about Project Ezrah's dinner and its incredible, generous and creative honorees (which this year has special meaning for The Jewish Link as it honors our own Moshe Kinderlehrer and his wife Dena).

Our paper's ties to Project Ezrah run deep. No one but us remembers, but it was at the Project Ezrah dinner four years ago that we formally "announced" the paper's founding and walked around telling anyone who would listen that we would be starting a paper called The Jewish Link in March 2013. We recall well the mixed responses we got from those listening who couldn't believe that we were serious.

One of our first meetings as co-publishers was with Rabbi Stern z"l to discuss how our paper could work together with Project Ezrah, in publicizing all that they were trying to do for our community. As we saw it, we were looking to create a community newspaper and in order to do so, we needed to partner with Project Ezrah. That meeting began a nice partnership that continues to this day and we are looking forward to strengthening that relationship going forward with future events and initiatives.

Just this past Monday night, one of us (Moshe) attended the pre-dinner Project Ezrah board meeting as did a few other invited dinner honorees. The meeting led off with a strong report by Ezrah's Director of Employment Jeff Mendelson, who reported that nearly 200 people found jobs with Ezrah's help and assistance in 2016, which represented an impressive gain over 2015. Jeff noted that unlike a profit-oriented headhunting or recruiting firm, Project Ezrah simply cannot and does not ever "give up" on any of the candidates they are trying to help, even those who make mistakes in their job-seeking efforts and would be written off by other agencies.

We heard Ezrah's board members—some of our community's most important leaders and donors—challenge the Ezrah team on their vision and direction for the next few years. One senior board member asked how Ezrah could become known not only for helping those in dire need but become a comprehensive community placement agency able to help literally anyone who is looking for a job or career help or even advice.

This last question sparked a spirited

discussion of how Ezrah is perceived in the community as a last resort organization and the strong need to change that perception. One program they recently started is an interest free loan program which does not require the strict and onerous guidelines and restrictions that perhaps other Ezrah programs do necessarily and legitimately require. Another program mentioned was The Aisle: A Path Toward Financial Fidelity; which is aimed at educating recently engaged and newlywed couples on financial management and a whole host of related issues. Project Ezrah is now looking to have chassan and kallah teachers and classes incorporate this program into their curriculums, if possible.

We were deeply impressed by how seriously and sensitively these Ezrah board members and staff took their weighty responsibilities and dealt head-on with the challenges they face. They are trying to do their job. They are all trying to do their job well, and we left the meeting with a strong sense that we—both as a community paper and our community in general—now have to do our part in helping them.

We urge your attendance at Ezrah's dinner or your support if you can't be there. With Chanukah in mind, not to mention the coming winter's colder weather and high heating bills, Project Ezrah will continue to shine its light and offer real help to our community members. People find themselves through Project Ezrah's work. And that is an act of chesed that can't be easily measured.

We look forward to greeting you on Motzei Shabbat, December 17 at Project Ezrah's annual dinner.

LETTERS TO THE EDITOR

Thank You for the Allergy Sensitive Recipe

I want to thank Mrs. Elizabeth Kratz for writing an article last week about allergies ("Celebrating Recipes That Don't Need Allergy Replacement Ingredients," December 1, 2016) and putting in a recipe for egg-free chocolate chip cookies. My name is Yehuda and I am 10 years old. I am allergic to eggs, chicken and turkey and I felt good seeing that egg-free cookie recipe in the paper. My mother and I made three batches of cookies already and they were soooo yummy!!!

Having an egg allergy is tough because a lot of foods that kids eat have eggs and it makes me feel sad that other kids are enjoying certain things and I can't have what they have. I feel different and sometimes annoyed. Some people forget about my allergies and they give me something with eggs. I want to remind them that I can't eat it, but I also don't want to embarrass them or make them feel bad that they forgot. So I usually don't say anything and give it to my friends or family. Maybe Hashem is testing me on how to be patient and not embarrass others.

If anyone has any really amazing recipes that a kid like me would love, please send it to my mom at Debby.pfeiffer@gmail.com. Thank you!

Yehuda Pfeiffer
Bergenfield

Editor's Note: Dear Yehuda, thank you so much for writing to us. My daughter will be

glad to hear of another who shares her frustrations and challenges with egg allergies. We hope people will send your mom lots of recipes even more delicious than our chocolate chip cookies. But most of all, we are happy that you have a wonderful, healthy attitude about your allergies and I thank you for sharing it with our community. -EK

Why Are Orthodox People Who Voted for Trump Assumed to Be Racists?

I sent this to a local board after the moderator urged the readers to read the article "Racism in the Orthodox Community," (December 1, 2016) that was published in The Jewish Link and after another reader, Gary, has shared his bad experience regarding his own family. Then, I thought that my answer would reflect what many of the community think.

I have to believe Gary that he and his family indeed have encountered such unpleasant behavior. I share the feeling that this was wrong and I just have to hope and believe that I and my children (who are in same age group as Gary's) have never participated in that behavior.

That said, let's go to the article. I originally did not read the article as I almost never read articles written by staunch liberals, Jewish or otherwise. I usually find such articles and the people behind them to be hateful and inconsiderate. Just see how many of them support the racist and terrorist BDS,

how quick was one of them to tweet the infamous "rural=stupid" after the election, and how quick was their political leader to cast most of the people who have not supported her as a basket of deplorables.

I do not know Rabbi Jeremy Wieder and I do not have any reason to suspect that he supports the BDS or that he implies that people he does not even know are stupid. However, he's cast a cloud of shame on the whole Orthodox community without any real evidence, except of repeating the same words with repetitive adjectives: "Unfortunately, racism runs deep in the Orthodox community. I can't tell you numbers, but I can tell you that it is a very, very real issue." And then he casts a shadow on the Israelis, as any good liberal, who would make you believe that he is only against Zionism, not against the Jews (God forbid), would do: "Some of this is a product of people who spend time in Eretz Yisrael, where it is easier to understand why people develop racist leanings against Arabs."

The only real story that he brings is about some students who'd discussed years ago their relation to Arabs with the background of the Arab murderous behavior (the Arabs don't have too many liberals anyway).

So what really is his grudge, despite his assertion that he does not care who you, the reader, voted for? Trump, according to him,

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High Anxiety Continues Over Obama's Lane Duck Days in Office



By Edwin Black

Anxiety continues to roil through the pro-Israel world over a possible last-minute political move by the Obama administration that could permanently alter the Israeli-Palestinian geo-political landscape.

Forty-eight hours after the November 8 election, I flew to south Florida for a series of lectures and briefings organized by StandWithUs, NOVA Southeast University and other organizations as part of the State Department's International Education Week, intended to analyze the prospects regarding U.S. relations with Israel in the last weeks of the Obama administration. Everywhere, audiences were on the edge of their seats asking whether President Obama would take extraordinary passive or active steps in the United Nations Security Council (UNSC) to recognize a Palestinian state or impose a peace settlement, including a territorial mandate following the lines of the 1948 truce. Unlike General Assembly resolutions, which are not binding, the UNSC generally creates lasting pillars of international law.

As we approach noon on January 20, 2017, uncertainty continues among even the most astute of political insiders.

President Barack Obama remains personally silent. Administration assurances in recent days proffer comfort to those hanging on every word to discern a course of action. But embedded ambiguities in each of those assurances only increases the speculation.

For example, in recent days, unnamed administration sources were quoted by the Associated Press as suggesting that President Obama "has nearly ruled out any major last-ditch effort to put pressure on Israel over stalled peace negotiations with the Palestinians." The phrase "nearly ruled out" shines brightly in that report to emphasize that no decision has been made.

A few days ago, America's ambassador to Israel, Dan Shapiro, told Israel's Army Radio that America "will always oppose one-sided initiatives," adding that this position "is a long-term policy. Whenever there were one-sided initiatives, we opposed them in the past and we will always oppose them." Skeptics note that "opposing" such a U.N. move is not the same as blocking it with a veto.

Those who know the administration best remain queasy that a sudden and unexpected move may play out in the U.N. Security Council in coming weeks. Obama has circumvented Congress on the Iran nuclear deal and many other issues where he has explained he can unilaterally use his "phone and pen." Among the un-reassured is House Foreign Relations Affairs Committee Chairman Ed Royce, R-CA, who emphasizes Obama's "unpredictability."

Royce told an interviewer, "If you are heavily signaling that you're not going to oppose and veto U.N. Security Council resolutions that seek to impose one-sided solutions, the consequence is others will take your measure, and the momentum will build, given the natural attitudes at the U.N."

The most likely scenarios for Obama action in the UNSC are variations of the following three:

- First: unilateral recognition of a Palestinian state within specified or approximate borders following the 1948 armistice lines where no Palestinian state ever existed. In virtually all world forums, this would more juridically move the status of Israel's administrative presence in Judea and Samaria from *disputed* to *occupation*.
- Second: abstain from vetoing a pending French resolution that would impose settlement lines and/or recognize a Palestinian state within 18 months absent agreement by the parties.
- Third: impose a territorial settlement within a two-year deadline if the parties do not craft one themselves.

Any of the three measures would subtract the need for negotiations and bring Israelis and Palestinians closer to an entrenched stalemate.

The suspense has been intensified by developments in recent days.

On November 28, 2016, former President Jimmy Carter authored a passionate op-ed in the New York Times titled "America Must Recognize Palestine." Carter advised President Obama to exercise one final chance of "countering the one-state reality that Israel is imposing on itself and the Palestinian people." Carter continued, "Recognition of Palestine and a new Security Council resolution are not radical new measures, but a natural outgrowth of America's support for a two-state solution." Carter warned, "The United States can still shape the future of the Israeli-Palestinian conflict before a change in presidents, but time is very short." Carter has not been a lone voice but part of a chorus of Democratic voices urging such a move by Obama to thwart any Trump policy moves after January 20, 2017. Trump is expected to stand shoulder-to-shoulder with Israel, and Vice President-elect Mike Pence repeated that stance December 1 in Cincinnati just

moments after Trump concluded his first "victory rally."

That same day, December 1, President Obama once again signed a six-month extension of the presidential override preventing the implementation of the congressional mandate moving the U.S. Embassy from Tel Aviv to Jerusalem. President-elect Trump has promised to move the embassy. Since each presidential override binds the American government for six months, the Trump administration could not move the embassy until the end of May 2017. At the same time, the delay would constitute a heavily weighted bargaining chip in the Trump administration's expected pressure on the Palestinian Authority to achieve a final resolution with Israel.

Palestinian Authority President Mahmoud Abbas is fully aware of the dynamics, and as recently as a few days

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A Pain in the Neck



By Elizabeth Kratz

I grew up as an only child in a house that happened to have four other children in it, with whom I shared both a mother and father, genetically speaking, who also lived in the same house. My relationship with my mother was relatively unencumbered by these two older brothers and two younger sisters, whom I began to appreciate as “people” only as we grew up. Even now, my mom jokes that she raised five only children.

Somehow, since we all turn into our mothers eventually, I suppose, I too began parenting only children. This was somewhat more complicated as my first children were (coincidentally, in their minds) born on the same day. Fortunately for me, but unfortunately for my

neck, they were a healthy, boisterous pair of twin girls. They always wanted to be picked up at the same time, and they didn't care or seem to even notice if I was already holding the other (whom they may or may not even have admitted to knowing, even casually).

It was okay when they were 10 pounds, 11 pounds, and still reasonable when they were 15 pounds... But as they reached the 18 to 20 pound mark I started to question whether carrying them downstairs together in the morning, one in each arm, was such a great idea, especially as they liked to gesticulate with their arms (and sometimes legs) to propel me forward, indicating before they could articulate, and sometimes even after they could “use their words,” something like extremely strong interest in breakfast, while I had to hold them back so we wouldn't all fall over.

But invariably, if I left one upstairs, with the gate at the top step closed, the little girl

left behind would cry, scream and screech as though her heart were breaking. She was, no doubt, fearful that I would not return in the 22 seconds it took to come back up the stairs to retrieve her. Of course, the other would snuggle up with joy at getting 22 seconds alone with both of Mommy's arms, without the encumbrance of that annoying other girl who always seemed to be hanging around. And so I carried them until they were heavier than was healthy for me, because, with apologies to e.e. cummings, “I carry their hearts with me (I carry them in my heart).”

Around my daughters' first birthday I started to get muscle spasms on the left side of my neck and shoulder (Happy Birthday to me?). It was a few months later when I first sought medical attention. I spent an entire summer having physical therapy to strengthen my neck and shoulders, but the spasms below my trapezius muscle never really went away. I got a TENS (transcutaneous

electrical nerve stimulation) unit, fancy heating pads, a physiatrist, a Ther-aCane (which I love), a massage therapist (who moved away, most likely not because of me, but I can't help but wonder...), an automatic Shiatsu massager from Amazon (yes, I am that sucker!), a truckload of Advil (which I didn't like taking too much of, for fear of damaging my kidneys), a lot of ineffective prescription muscle relaxers and an MRI (within which I discovered what claustrophobia is, and that I have it), which indicated I have a very straight spine indicative of muscle spasm (really?) caused by mildly bulging discs in my neck, which would likely never need surgery.

Almost exactly five years later, I still had muscles in spasm in my neck, and one in particular, that never, ever released. But it was sort of like a white whale that I gave up searching for (“Don't call me Ishmael?”). I had occasional flare-ups, but it wasn't all that bad most of that time, and while I was always open to new treatments or remedies, it was just sort of an annoying health issue that was somewhat constant, something that, like the need for reading glasses (which I also now need), everyone has to deal with at one time or another as we age.

Until three weeks ago.

I don't know what actually happened, or whether there was even a specific incident that occurred. It was just a normal deadline-day Wednesday at The Jewish Link. In terms of lifting, I now have a joyous, energetic son who weighs over 30 pounds, and the girls still sometimes need help jumping from the car to the ground or the ground to the car, and they also seem compelled to pull my arm, hard, when I walk them places. (What can I say? Parenting is a contact sport.) But all I know is, the place where I usually have that horrible muscle spasm began to hurt, a lot worse than ever before, and it burned. I could not get comfortable and I was unable to find relief with the usual treatments. I bought a new heating pad, a new Icy Hot TENS unit (they're really mobile now, no wires!), and put in calls to a new round of physicians.

So far, I've seen four or five new physicians, not counting my husband who is a pathologist (his joke: “You don't want to see me. If you see me, you have bigger problems.”) and a close friend who is a neurologist, who, along with my PCP, have given enormous, life-saving help in dealing with the emergency aspects of my situation. Over the course of the last three weeks, I have tried five to seven new medications (and reading the lists of potential side effects causes fear to rival the scariest of horror films, but because I am an editor, they also cause me to criticize their vaguely written, yet absurdly dire warnings, my favorite of which is “Do not take this medication if you are allergic to it!”), and have had a frightening introduction to the “wonderful” world of benzodiazepines and opiates (which I mostly can't take anyway due to the need to function, think and/or drive carpools), and unsuccessfully had exactly nine trigger point injections over the course of three physical therapy sessions. When I finally left that medical office, shaking in pain, with tears escaping my eyes after that last set of injections, I knew I needed a new MRI and a new doctor.

➔ CONTINUED ON P. 14

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CONTINUED FROM P. 8

has uttered a lot of racist things (conveniently forgetting how Trump did connect with the African-American and the Hispanic communities, and more conveniently ignoring the basket of deplorables assertion). So after saying that most people voted for Trump despite his perceived racism, he comes with the opposite implication (without any evidence, of course): "But to have voted for him davka because you are sympathetic to the racism? That is despicable. There's nothing more deplorable than that." Implying, again without any evidence, that most Orthodox people fall in that category!

It appears that Rabbi Wieder is, like other people in our community, just another Democratic party and staunch liberal operative.

Oh, and by the way, the fact that I've supported Trump does not make me a racist, as people who know me, in our community or outside of it and who happen to be of a different race (whatever that means), would attest.

Ze'ev Atlas
Teaneck

Rabbi Wieder Should Focus his Racism Lens Away From the Orthodox Community

According to Rabbi Jeremy Wieder, "racism runs deep in the Orthodox community," as noted in his article, "Racism in the Orthodox Community," (December 1, 2016). And although he admits that "I can't tell you numbers," racism among the Orthodox is a "very, very real issue." Having failed to cite even one piece of scientific data to support his claim, the rabbi nevertheless

paints with a broad brush and apparently condemns the majority of observant Jews as racists. Putting aside for the moment the absurdity of Rabbi Wieder's claim, he is guilty of the same smugness exhibited by those who dislike Orthodox Jewry. How many times have we heard non-Orthodox Jews accuse Hasidic and Yeshivish Jews of dishonesty in business? And although the vast majority of Hasidic and Yeshivish businessmen are honest and noble in their daily personal interactions with both Jew and non-Jew alike, that fact is conveniently ignored when it suits a hateful agenda.

So what is Rabbi Wieder's agenda and how did he arrive at his conclusion that Orthodox Jews are racists? Although the rabbi claims that he does not care who the Orthodox voted for in the recent presidential election, he unequivocally states that President-elect Trump is a racist. It is no secret that the majority of Orthodox Jews voted for Donald Trump over Hillary Clinton. According to a New York Times exit poll, 71 percent of American Jews voted for Clinton, while only 24 percent backed Trump. But in traditional Orthodox Jewish enclaves, the exit polls showed that Trump won the day. And this is what I believe irks Rabbi Wieder. Liberal Jewish Americans cannot fathom how any voter—much less a Jewish voter—could support Trump. Orthodox Jewish voters rejected that racist label and supported Trump in great numbers as they believed and continue to believe that Trump will do a better job addressing the important issues of the day.

According to a poll just released by the Brookings Institution, a majority of Democrats believe Israel is a burden on the United

States and has too much influence on American politics. Fifty-seven percent of respondents said they believed President-elect Trump would favor Israel in any future negotiations with the Palestinians. The same percentage said they want Trump to be an impartial party to the negotiations. With anti-Semitic attacks on the rise in America and the demonization of Jews in general and Israel in particular continuing on many college campuses, Rabbi Wieder would do well to focus his racism lens somewhere other than on Orthodox Jews.

Gerald Jacobs
Englewood

President-Elect Trump Is About Protecting the American People

Regarding Ariel Herzog's "The Silent Epidemic," (December 1, 2016), I say to him and others who have misquoted President-elect Trump: It is not an ethical issue, it seems, but rather lashon hara for not quoting Trump himself—instead, perhaps, quoting the New York Times or the Jewish Week. Mr. Trump has said over and over again that all people are good besides for the illegal rapists or murderers or haters of Americans. They are the ones who must be kept out of the United States. That is not racism but protecting the American people. Please recognize that Trump has given back better than a thousand jobs and has gotten 50 billion dollars for jobs, before even becoming president—this smacks of concern for our country. Let's be ethical and give the president-elect a chance to undo eight years of disrespect for our country and Israel.

Victor Cohen
Elizabeth

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Nobody plans to fail. We all graduate college with plans to change the world, to make our mark, to have a grand house, a successful career, money in the bank and a big nest egg for when we retire.

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You have to buy a house and you have a mortgage payment, taxes, electric, landscaping.

And then the tuition starts. You didn't imagine the cost of tuition would be such a big part of your paycheck. How is it possible to save when your expenses are so high? And that's assuming everything is going well.

Then all of a sudden it happens. Your company has layoffs. Your business income drops.



And then the Great Recession hits and all bets are off. Eight years later, while many people are back on track, many others are still living paycheck to paycheck, withdrawing from their retirement funds to pay mortgage bills, driving in 13-year-old cars and missing weddings to avoid paying for gifts. For most of us, living comfortable lives, this is a way of life we can't understand. But for too many it is the frustration they feel every day.

Paying with a debit card for groceries, relieved the charge went through; paying late fees on car and mortgage payments;





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LETTERS TO THE EDITOR

CONTINUED FROM PREVIOUS PAGE

getting deeper in the hole paying fees for late payments; watching your credit score drop so that any chance to refinance your mortgage and reduce your expenses becomes impossible.

I am a mortgage loan officer. I spend my days helping people who have steady sources of income buy homes and refinance their mortgages, helping them reduce their monthly expenses. However, several years ago I worked as a bankruptcy attorney and debt consolidation consultant. I assisted people in trying to resolve their debts and refinance and restructure their mortgages. In many cases we were able to find solutions, at times negotiating second mortgages and credit cards with reduced settlements, reducing interest rates, deferring interest payments and, when applicable, discharging debts in bankruptcy.

Regardless of the particular instance, in almost every case, the successful debtors had a support network. The ability to reach a settlement often hinged upon having a family member who would lend money to make a lump sum payment or co-sign a note.

However, even when we were able to resolve the financial issues, the lack of a true support network for many and the extreme pressure of dealing with the situation inevitably led to marital and other problems. It's hard to work toward a better life when you can't pay your daily bills.

Having an organization like Project Ezra provides people like these with the support they need while they are sailing

these rocky waters. They still have to steer their boats, but knowing they have others to help navigate, to guide the sails and to repair the boat when the storms threaten to break apart their vessel makes a tremendous difference in making it through. The support gives them the ability to dedicate effort to being productive at work or to find employment if they are not working. To sleep at night and have the strength to parent their children during the day. To have just enough energy to actually communicate with their spouse and preserve their relationship as they work through their challenges.

Most of my former clients did not have this resource and although we were able to eventually alleviate their financial concerns, in many cases, the damage was too overwhelming and that caused a rift in their family.

I no longer work as an attorney but I am happy to lend my assistance through Project Ezra to people looking for some help as they navigate difficult financial times. Fortunately for me I get to offer assistance as a mere small part of a large dedicated mission. Fortunately for our community we have Project Ezra and its invaluable team. I encourage those in need to contact Ezra and for those who have an expertise to offer your skills.

The Project Ezra dinner will be held on December 17 at Congregation Ahavath Torah in Englewood. Please show your support for this wonderful asset of our community and very important organization by attending.

David Siegel
Teaneck

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EDITOR'S NOTEBOOK

A Pain in the Neck

CONTINUED FROM P. 10

So now, as I wait for my MRI appointment this week, after having seen a neurologist and a division chief of pain medicine in an excellent Manhattan hospital, I note that I have been operating at maybe 20 percent of my actual capacity these last few weeks. I treasure my colleagues (and bosses) and friends who have been nothing but supportive and helpful, and those same colleagues and friends who have offered to (1) bring my family dinner (thanks Sara!), (2) do essentially anything (Thanks Nina!), (3) do grocery shopping (Thanks Banji!) or (4) have actually done emergency Shabbos-food shopping (Thanks Mayer!) and (5) actually brought lunch to my desk (Thanks Pearl!). Luckily, I am a talented online shopper and am a loyal customer of Cinch (formerly SodaScan); they do all my heavy lifting of paper goods, detergent and beverages for me, and it's always delivered, like clockwork, within 24 hours (enjoy the plug, guys!).

For now, the only thing left to say is I think my next Editor's Notebook piece will be about chronic pain and its sufferers. I never really understood the situation until now, and didn't ever really consider for myself the philosophical or religious components of pain. Is there a reason for it? Is it meant to teach me a lesson, or to make me more empathetic? Or is it a punishment for something I have done, something for which I must atone? Or is it just a small price to pay for the very big bracha of my energetic children who run at me with the force of a hurricane? And also, of course, I really hope that I am over the worst of it, but I also have to be prepared if this is not the end. I also know that my short experience with chronic pain is nothing compared to what others have experienced.

Once I am back on my feet, I think I would like to shine a little light on those in our community who might need a little extra help and understanding. Got a story to share about chronic pain? Email me at ekratz@jewishlinknj.com.

OP-ED

High Anxiety Continues Over Obama's Lame Duck Days in Office

CONTINUED FROM P. 9

ago, confirmed that he continues to stay in close contact and coordination with the French government over its pending U.N. resolution. Abbas has repeatedly assured his people and the world that the U.N. would deliver independence in 2017. French Foreign Minister Jean-Marc Ayrault, speaking at a December 1, 2016, press conference in Paris alongside Irish Minister of Foreign Affairs Charlie Flanagan, reaffirmed that France was determined once more to convene an international peace conference before the end of 2016. If that conference is unsuccessful, France could unilaterally recognize Palestine—within what territorial lines remains unclear.

Already, 88 American senators have written a pointed bipartisan letter to Obama warning him not to exercise a lame-duck effort at the U.N. Likewise, after his electoral win, Trump's Mideast adviser sent a private message to the White House warning against any such action in view of overwhelming popular and congressional sentiment against it.

Former Ambassador John Bolton, on behalf of the president-elect, was far more audible in an interview on November 20, 2016, when he publicly warned Obama against any U.N. action that imposes peace or recognizes a Palestinian state. On November 29, 2016, the House of Representatives passed a nonbinding bipartisan bill urging President Obama to continue blocking any U.N. resolution that would unilaterally impose a one-sided peace, including by a failure to veto such a resolution in the U.N. Security Council.

Most interesting is an examination of comments, made several days ago, by State

Department Spokesman John Kirby that "our view hasn't changed that we believe the preferred path for the Palestinians to achieve statehood is through direct negotiations." Putting aside "the preferred path" and the policy to "oppose one-sided initiatives," all it would take to allow a French measure to succeed in the U.N. Security Council is for the Obama administration to do nothing.

The world could still see a U.S. abstention backed by all sorts of fortified rhetoric about "painful decisions" and "historic moments" that would nonetheless completely retreat from American policy and create an irreversible demarcation under international law.

If push comes to shove, some observers suggest that Israel may have an unforeseen ally in Russia. Russian President Vladimir Putin and Prime Minister Dmitry Medvedev are in regular communication with Israeli officials, including Prime Minister Benjamin Netanyahu. Putin, as many observe, would love to frustrate the Obama administration, as he has on Syria, and openly coordinate with the incoming Trump administration to fulfill an already-started effort to oversee a peace conference between Palestinians and Israelis. For his part, Abbas met with Medvedev just last month in Jericho, and reportedly even named a street after him.

Until 11:59 a.m. on January 20, 2017, no one knows whether President Obama will add another notch to his legacy or allow the future destiny of Israel and the Palestinians to be written by others, including the parties themselves.

Edwin Black is the New York Times bestselling author of "IBM and the Holocaust," "Financing the Flames" and "The Farhud." He can be found at www.edwinblack.com.

The Jewish Link wishes a heartfelt mazal tov to Rabbi Jonathan & Aliza Schachter on the bar mitzvah of their son Avi!

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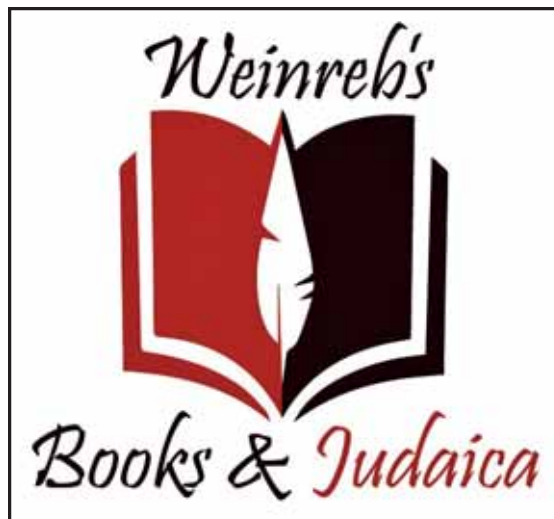


Weinreb's Books and Judaica Opens on West Englewood Avenue

By Pearl Markovitz

West Englewood Avenue, a street in Teaneck best known for its myriad kosher eateries and clothing establishments, now has a new addition: Weinreb's Books and Judaica. Formally opened to the public on Sunday, December 4, the store is already attracting a significant number of browsers and buyers. The new store is owned by Mr. Steven Weinreb, whose experience in the seforim and Judaica business spans many decades and many locations within the New York and New Jersey areas.

Managing the store on a daily basis is Amram Elbaz, who also comes with many years of experience in the area of Judaic books and giftware. Born in France, Elbaz re-located to the US where he attended Yeshiva Chaim Berlin and eventually Yeshiva University. Married to a lovely nurse with whom he has three children,



Elbaz resides in Brooklyn where he worked and subsequently managed Torah Treasures on Nostrand Avenue and Avenue L for nine years.

Their intention in opening the new store is to supply the ever-growing Teaneck community with the vast treasure of Sifrei Kodesh that are available in print.



In addition to the sizeable collections that will be available on their shelves, through their combined experience and contacts, they can access seforim that may not be readily available to the consumer. "Our goal is to service the Teaneck community by bringing the volumes they are searching for directly to them. We eventually hope to be able to deliver orders," said Elbaz.

In addition to the seforim, of which only 75 percent are currently stacked on the shelves, they will be stocking full lines of works in English and translation through Koren, Gefen, Ktav, Urim, Feldheim, Artscroll and other publishers. They will also feature works published by Bar Ilan University Press, the Littman Library and other university presses.



Their giftware encompasses Judaica for Shabbat, holidays and special occasions. They feature works by Israeli artists including Dabbah, Karshi, Emmanuel, Dorit, Lior, Gluska and Lily. A new line of leather tallit bags by Dovid Dayan will provide the consumer an opportunity to order tallit and tefillin bags to specification. A vast array of kippot, including those for lovers of Snickers bars and M&Ms, are available, as well as all varieties of tzitzit. CDs, children's books and games tastefully decorate the store.

According to Elbaz, the store will be open 6 days a week and possibly on Motzai Shabbat as well. "From the customers who have already ventured into our store, we can see that Teaneck is a very serious community of learners. I already have a request for a rare volume which I am researching for a buyer. We are here to enhance the materials for learning in the community. Hopefully, this summer, I will be in touch with schools in the community to discuss their needs and wants and hopefully provide them," shared Elbaz.

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Teaneck Children Raise Funds for Israel Wildfire Relief

By JLNJ Staff

It was a typical Sunday in the Cyrulnik house—spending time watching sporting events and visiting with family and friends. But this week, the Cyrulnik children had an idea—a drive to raise money for those affected by the wildfires ravaging many parts of Israel.

“We love making stands,” said Aderet Cyrulnik, age 7. “In the summer we make lemonade stands, so we decided to make a drink stand and give the money to tzedakah.” To prepare, the kids made signs that they hung at their house, their parents publicized on social media and they went out to buy the necessary ingredients. Friends and family members stopped by, many leaving \$10 and \$20 bills in support of Isra-



el. After two hours of selling smoothies and hot chocolate, the children opened the register to see how they had done. The family's second grader, who had just learned to add 10s, put her Yeshivat Noam studies to work: “10, 20, 30, 40, 50, 60...Mommy, I think we made \$250!” exclaimed the elated Cyrulnik.

Talk about philanthropy and fundraising is par for the course in the Cyrulnik house, as Rachel Cyrulnik, the mother of the house, is a partner at ALTRUICITY, a professional consulting firm that advises Jewish nonprofits across the county. “As a fundraiser, I was very pleased to see my kids so excited about raising money to do something good,” she noted. “As a mother, it was really heartwarming to see the positive response from the community.”

The family decided to donate the money raised to the Israel Emergency Relief Fund at UJA of Greenwich, a client of Ra-



chel's consulting firm, which they knew would see to it that 100% of the funds raised would go straight to victims of the recent tragedies. When UJA received the gift, Executive Director Pam Ehrenkranz was so inspired that she decided to match the gift, making the total \$500. “Pam sent the kids a handwritten note, and they were floored when they read that she was matching the gift,” said Rachel. “They never imagined that their idea would result in \$500 being sent to the cause.” Micah Cyrulnik, age 11, was thrilled. “I was astonished by what is possible from taking two hours of your time and setting them aside for tzedakah,” he said.



The ripple effect continued, with friends in different communities who had seen the event publicized on Facebook reaching out to the Cyrulniks to ask about adapting the idea for projects in their own communities.

“It was a great reminder of what children—or anyone with an idea, big or small—can accomplish,” said Micah Kaufman, longtime Teaneck resident and patron of the pop-up beverage shop. “And the smoothies were good to boot.”



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Northern NJ Holocaust Memorial Center to Launch Capital Campaign

CONTINUED FROM P. 1

owned Holocaust ethnomusicologist and concert violinist, Dr. Tamara Freeman. She will perform on her 1935 Joseph Bausch viola, which was hidden during the Holocaust. "This evening is especially sacred for me be-



Alan Hantman FAIA

cause it's for a Holocaust Memorial and Education Center in my own backyard," said Freeman. "I've lived in Bergen County for 34 years and have had the privilege of performing throughout New Jersey, but to be part of the growth and success of this particular project is especially meaningful as it can educate and impact many generations to come, and pedagogy is my passion. The power of music is that it helps you feel history, and that is truly impactful."

The new center, to be built on the Teaneck Municipal Green, will be both educationally stimulating and emotionally meaningful, and the committee looks forward to communal support in making it a reality after the four-year-plus planning process.



The new Holocaust Memorial and Education Center

Co-chair Steve Fox said, "The project is unique; there is no other Holocaust Memorial in the county that will feature both a place to memorialize victims of the Nazi genocide as well as offer a multi-level educational program, which is being planned in cooperation with the Teaneck Library."

Three memorials are planned to be located on one campus, including one for Enslaved Africans. The funding is separate; however, it will create what will be called a Garden to Nurture Human Understanding, where people can go from one memorial to

the other, thereby broadening the reach of the project. "The proposed architectural concept creates a sense of unity and harmony, reinforcing the importance of cultural tolerance," said Fox. "The committee's vision is to memorialize those who died in the Holocaust and to educate people of all ages about the horrors that defined the Holocaust."

"The music from the era that will be performed at the event, has a universality about it that encapsulates hope, longing, resistance, inner strength and triumph," said Freeman. "It creates dialogue and understanding, just like this project. Before I studied Holocaust music, I couldn't understand how music could be made during the Holocaust," said Freeman. "But music empowers people in the most powerful and meaningful ways."

The program will also include a presentation from Alan Hantman FAIA, 10th Architect for the Capitol and designer of the Holocaust Memorial. "This is a great opportunity to have a Holocaust Memorial and Education Center on the town green and two more, including an African slavery memorial, and it speaks to the ability of the Teaneck community to come together and appreciate each other," said Hantman. "We will tell our story locally without replicating anything said at the United States Holocaust Memorial Museum in Washington, DC or the Museum of Jewish Heritage in New York. We can tell the stories of what happened to our families in Eastern Europe while celebrating life going forward."

Fox, who has been involved from the beginning alongside co-chair Bruce Prince as a member of the Northern New Jersey Holocaust Memorial and Education Committee, has worked tirelessly to perpetuate the memory of the Holocaust and ensure that the six million Jews who perished will never be forgotten. "Now, to execute this final vision, we need the support of the Bergen County Jewish community," said Fox. "Funds raised at the event will benefit the construction of the memorial as well as assist in maintaining the completed project. This will be a center where you can bring your children, grandchildren and great grandchildren, that will open dialogue about what happened to our ancestors in the Holocaust."

There will be several ways to contribute. People can donate to memorialize a loved one. There will be a reading rail and a technological component, which will connect to an app with more information and detail.

They also have a partnership with the Teaneck Library for follow-up discussions, and computers with video testimonials relevant to the local community. "This will truly be both an emotional and educational experience, and the reception mirrors that," said Fox. "The architecture presentation and the evocative music will be a one-of-a-kind experience."

The entire community of Bergen County is invited to attend the event for the Holocaust Memorial. RSVP to info@nnjholocaustmemorial.org.

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Lamdeinu's Second Annual Chanukah Breakfast to Honor Roz and Ira Friedman

By Pearl Markovitz

For Roz and Ira Friedman, the launching of Lamdeinu two and a half years ago was a “win-win” type of occurrence. Long-time friends of Dean Rachel Friedman (no relation) and family as well as followers and fans of Friedman from her years



Lamdeinu students at work

as Associate Dean and lecturer at Drisha, the Friedmans were delighted to come on board at the outset. The housing of Lamdeinu at their shul, Congregation Beth Aaron, was an added bonus.

For Roz Friedman, who attends Lamdeinu Monday through Wednesday, “The level of learning is serious, the people drawn to the program are varied and enthusiastic, and the atmosphere of the classes is special.” Roz attends Dean Friedman’s Parshanut HaMikra class on Mondays, which is an ongoing class offered in the fall and spring. The attendees come from heterogeneous educational backgrounds as well as far-flung communities including New Rochelle, Monsey, West Orange and even a

mother-daughter duo from Brooklyn. “We have all bonded as friends and learning partners through the material and through the interactive exchange in the classes.”

Tuesday’s Talmud class is geared to women with Yeshiva backgrounds who have not learned Talmud formally. This year Rabbi Daniel Fridman is conducting the class in Masechet Kiddushin. For Roz Friedman, “After a full year of Masechet Brachot and currently learning Kiddushin, I actually feel that I have progressed and grown in my understanding of Talmudic thinking. Through a combination of chevruta preparation and frontal teaching, we all feel a sense of accomplishment and gratification.”

Wednesday’s “How Bible Becomes Prayer” is described by Dean Friedman “as a different approach to tefillah which looks at how the siddur re-arranges passages from the Tanakh to create a personal and national narrative.” This course is open to men and women. Among the attendees is a Judaic studies teacher from a neighboring community who attends class with her mother and was joined this past week by her husband and sister from the Ukraine.

For Ira Friedman, who as a recent retiree has the luxury of attending both a morning and evening class on Tuesdays at Lamdeinu, “the program offers high-quality and interactive learning. The courses are taught by true scholars who share their expertise with us in a clear and comprehensive teaching style.

The course entitled ‘Why Are We Here? The Purpose of Creation,’ taught by Rabbi Dr. Yitzhak Berger, has re-ignited my interest in the Rambam’s view of the world and creation. Dr. Jonathan Dauber’s course in ‘What Is Kabbalah Really About?’ has filled in many holes in my knowledge of Jewish history and philosophy. It is additionally meaningful that I am studying with a member of the Dauber family with whom I was very close growing up in Boro Park.”

From these testimonies and many others from new students as well as those who followed Dean Friedman from Drisha, Lamdeinu is living up to its motto of “Study in Depth. Be Inspired.”



Dean Rachel Friedman teaching class

According to Friedman, “Our mission is to create a program of learning, through different styles of teaching and an array of topics, that will create a true Beit Midrash atmosphere which will enhance our daily lives and deepen our religious practice. We encourage students from all backgrounds not to hesitate to join us and become part of our community of learners.”



Lamdeinu honorees Roz and Ira Friedman

One such member of this community of learners is Ruth Hartstein, who began as a student at Lamdeinu and soon found herself fully engaged by becoming Lamdeinu’s program coordinator. Under her able organizational skills, Lamdeinu is now able to best highlight and market its experiential programs as well as a full schedule of weekly classes, Monday through Thursday. Experiential programs include Rosh Chodesh gatherings, open to all women in the community, at which women will daven Shacharit, including lively recitations of Hallel, and then share a congenial breakfast accompanied by Divrei Torah. Yom Ha’atzmaut celebrations at Lamdeinu mark this yearly anniversary with special singing, Divrei Torah and meaningful presentations. In the past, the film “Beneath the Helmet” celebrating young IDF soldiers was shown. Another year, Pearl Berger, former Dean of Libraries at Yeshiva University, shared her early memories of visiting Israel.

Recently, a lunch was held by members of the Lamdeinu community to honor the memory of a beloved student. The

➔ CONTINUED ON NEXT PAGE

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Morah Gila Bretter brings years of experience to Moriah as an artist, community leader, and officer in the Israeli Defense Force. She is thrilled to have the opportunity to open up the eyes, minds, and hearts of our Moriah students with her knowledge and love of Israeli culture, Israeli artists, Hebrew language, and Yahadut in her art classes. Gila’s combined love for children and her amazing artistic talents make a fabulous combination. She also holds weekly art class after school for children at Moriah Plus. This year Gila received an outstanding artistic achievement award in an exhibition of artists throughout northern New Jersey. Her artwork was displayed in the Art and Science Museum and more.

Gila loves to work with all kinds of material such as: acrylic, oil pastel, wood, metal, and fabric. The highlight of her work is recycling materials, helping keep the environment green and making the world a better place to live.

LEARN MORE ABOUT GILA BRETTER AND MORE MEMBERS OF OUR INCREDIBLE STAFF AT WWW.MORIAHSCHOOL.ORG

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Cong. Rinat Yisrael Presents Rabbi Daniel Fridman

On Sunday, December 18, at 8:00 p.m., Congregation Rinat Yisrael will host Rabbi Daniel Fridman. He will speak on the topic of "The Beauty of Yefet in the Tents of Shem: The Challenge of the Torah-Chochmah Synthesis in Light of Chanukah."

The shiur will seek to define the contours of a synthesis of Torah with high culture, with a special emphasis on an analysis of the halachic features of Chanukah as a response to the Greek challenge.

The program will be in memory of Shelly Rudoff, z"l.

Rabbi Daniel Fridman is rabbi of the Jewish Center of Teaneck and Sgan Rosh Ha-Yeshiva at Torah Academy of Bergen County. He studied under Rav Aharon Lichtenstein at Yeshivat Har Etzion; graduated from Columbia College, summa cum laude; and was ordained by Rabbi Isaac Elchanan Theological Seminary, where he studied under Rabbi Michael Rosensweig.



Emory's Dr. Michael Berger to Address Cong. Rinat Yisrael

On Shabbat, December 16-17, Cong. Rinat Yisrael will present Rabbi Dr. Michael Berger of Emory University as a Scholar-in-Residence. Dr. Berger's speaking schedule will include a dvar halacha after Kabbalat Shabbat; a talk at the Friday night oneg Shabbat at 8 p.m., entitled "Haredi in the Coal Mine: What the Ultra-Orthodox Teach Us About Being Religious in America"; delivery of the Shabbat morning drasha at the 9 a.m. service; and lecture after mincha on Shabbat afternoon about "Mai Chanukah? Rav Yitzchak Hutter on the Revolution of Chanukah."

Rabbi Dr. Michael Berger is an associate professor in the Department of Religion at Emory University in Atlanta, where he teaches courses in Jewish studies and religion. He is the author of "Rabbinic Authority" and edited the rav's "Emergence of Ethical Man." Ordained by



Rav Amital, zt"l, and Rav Levi of Yeshivat Har Etzion, he lectures nationally for the Wexner Heritage Foundation, and also serves as a program officer for the AVI CHAI Foundation.

Enjoy a Pre-Chanukah Women's Event at Chabad of Teaneck

Chabad Women's Circle of Teaneck invites you to a pre-Chanukah women's night out on Wednesday, December 14, at 8 p.m. at Chabad of Teaneck, located at 513 Kenwood Place. The evening will feature an in-house ceramic studio with artist Ksenija Pecaric, as well as trivia fun and a wine-and-cheese bar and crepe bar. The suggested donation is \$18. Please RSVP to rivkygoldin@gmail.com or 201-907-0686.

North Jersey RZA Features Rabbi Dr. Jacob J. Schacter at Inaugural Event

Rabbi Dr. Jacob J. Schacter will deliver a special lecture on behalf of the Religious Zionists of America - Mizrahi (RZA). The event will take place on Tuesday, December 13, at 7:30 p.m. at Congregation Rinat Yisrael in Teaneck. Rabbi

Schacter will address the topic, "The Contemporary Significance of the State of Israel: Reshit Zemichat Geulatenu?" This is the inaugural event of the new North Jersey chapter of the RZA.

To RSVP, please email office@rza.org.

Trivia Dinner Coming to Fair Lawn's Shomrei Torah

Shomrei Torah of Fair Lawn will be holding its Second Annual Trivia Dinner on Saturday night, December 17, from 7:30 until 10:30pm.

Last year's event drew over 70 participants who enjoyed a buffet Chinese dinner with wine, and played in rounds of multimedia trivia as teams of 10 against other tables for both bragging rights and prizes. A larger crowd is expected this year.

The event is open to everyone, and registration until December 14 can be done online at Shomrei-Torah.org.

Participants can make their own teams (or partial teams) and/or organizers can build the teams as well.

Contact event organizers Mikki Friedman or Howard Eisenstadter for more information at ShomreiTrivia@gmail.com.

Lamdeinu's Second Annual Chanukah Breakfast to Honor Roz and Ira Friedman

CONTINUED FROM PREVIOUS PAGE

family of Mady Kra, a"h, gathered at a lunch tribute to attest to the meaning Lamdeinu held for her and the wonderful chevra she formed while studying there.

As co-chair of the upcoming Chanukah breakfast along with Arlene Eis, Pat-


ty Borodach offers her own testimony to Lamdeinu. "I went from feeling that I didn't have time in my life to make a commitment to learning to wondering how I ever lived without Lamdeinu. The program has brought tremendous meaning to my life as well as to my fellow students. We started off a individuals and through time have become a community of learners who even share life-cycle events with each other."

According to Borodach, "The breakfast is our one major yearly fundraiser. Its proceeds help us cover the many expenses that are not covered by tuition alone. We decided upon a breakfast format so that more people would be available to attend. Spouses are cordially welcome as are past students and friends." The program will include a shiur by Dean Friedman entitled "Learning to Build and Building to Learn," testimonials to the honorees Roz and Ira

Friedman and a musical presentation by Mark Infield.

The couvert for the breakfast to be held at Congregation Beth Aaron on Sunday, December 18, at 9:15 a.m. is \$54. Scroll of Honor opportunities are available from \$180 to \$18,000.

Please RSVP online at www.lamdeinu.org/breakfast or by mail to Lamdeinu Breakfast % Patty Borodach, 322 Vandellinda Avenue, Teaneck, NJ 07666.



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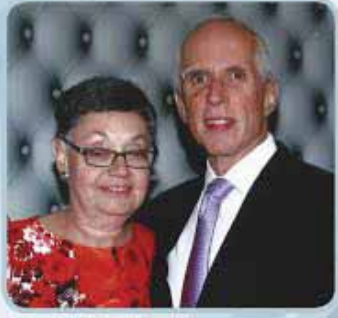
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Second Annual Chanukah Breakfast

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The Orthodox Union, the umbrella organization for American Orthodox Jewry, will present an unprecedented day of Torah, learning, inspiration and more.



The full-day program for both men and women will be held indoors at New York's Citi Field, Sunday, January 15 from 8:45 a.m. to 6:15 p.m. The event will feature representatives from all walks of Orthodox Jewish life for a meaningful conversation about halacha, Tanach, hashkafa and Israel.

A key component of this effort is introducing dimensions of Torah study that speak to each individual. From kashrut, women and Torah, to conversion and the role Judaism may play in American politics today, these topics and many others will be part of the dialogue for people to engage in, learn about and question.

Among the speakers are Israeli Chief Rabbi David Lau, Rabbi Yonason Sacks, Mina Glick, Rabbi Shalom Rosner, Rabbi Menachem Genack and many more.

This program is a milestone for the OU, as the organization expands its focus to provide opportunities for Jews to explore the knowledge and inspiration behind their religious observance.

Since 1898, the OU has provided countless services: from facilitating halachic observance through its ubiquitous kashrus certification, to serving as the Orthodox community's advocate on both federal and state government levels, from offering educational outreach for thousands to providing inclusion programming for the disabled.

People are welcome to attend any part or all of the event. Admittance is \$18, with free parking and kosher food available for purchase. The Day of Torah is being held indoors at Citi Field Convention Center, Queens, NY on Sunday January 15, 2017.

Register at ou.org/citi.

YU Lecture Explores History and Culture of Jews in Arab Lands

Commemorating the 1948 forced exodus of nearly a million Jews from Arab countries, Yeshiva University's Bernard Revel Graduate School of Jewish Studies and the Sephardic Community Program partnered with the consul general of Israel in New York to pay tribute to the rich cultural heritage of modern Jewry in Arab lands. Held on December 5, the event featured an address by Dani Dayan, consul general of Israel, and a lecture by Dr. Daniel Tsadik, associate professor of Sephardic and Iranian studies at YU.

Dr. Tsadik discussed the life and exodus of Jews in Arab lands throughout the ages. Noting the importance of remembering these Jews and the many aspects of their unique cultures, he highlighted their activities in literature, theater, cinema and sports. "There were once impressive, multifaceted, lively and creative individuals and communities that lived in Arab lands," said Dr. Tsadik, whose research focuses on the modern history of Iran, Shi'a Islam and Iran's religious minorities.



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TABC Dinner to Honor Community Leaders

CONTINUED FROM P. 1

honorees are Gail and Terry Novetsky, Rachelle and Howard Friedman, Deniera Goldenberg and Rabbi Benjamin Skydell.

Guests of Honor Gail and Terry Novetsky have been actively involved in TABC for more than 20 years. Gail, a financial consultant, is active at Congregation Rinat Yisrael and Jewish Family Service. She has served on the TABC Board of Directors and serves as Secretary of the Executive Committee. In this capacity, Gail's contributions to TABC are innumerable, as she is in the forefront of many key decisions and initiatives, often personally putting these plans into action. As a devoted member of the Development Committee, Gail has secured crucial financial funding ensuring that TABC meets its mission to serve the academic and spiritual needs of the entire student body. With her gracious smile, Gail has always been eager and ready to help.

Gail's husband, Terry, an attorney and partner in King and Spalding's Global Finance practice, has long been dedicated to superior Torah and academic scholarship. Most recently, Terry chaired the Head of School Search Committee. Terry's commitment to TABC's future and mission resulted in the hiring of Rabbi Asher Yablok. Chaim Book, TABC Board co-president, remarked, "Gail and Terry should be honored at two dinners—one for each of them—that's how great their impact is. Gail's honest voice and thoughtful feedback serve as a guide for the entire lay



Deniera Goldenberg



Howard and Rachelle Friedman



Rabbi Ben Skydell

team. Terry's management of the Head of School search process was both visionary and executed in an incredibly professional way. His focus on obtaining insights and feedback from all stakeholders within the TABC community gave us a clear mandate and allowed all groups to be a part of this transformative moment for TABC." Gail and Terry are the proud parents of Yosef '05, Michal, Rikki, Tamar and Binyamin '17.

This year's Community Service Awardees are Rachelle and Howard Friedman. The Friedmans have been devoted members of the parent body for the past 10 years. Howard served on the TABC Board of Directors, revamped the TABC website,

solicited several successful grants for the school and volunteered to lead the Outdoors Club. Rachelle worked on several projects while on the Education Committee, including online learning, digital citizenship and the senior year and engineering curricula. Rachelle also facilitated digitizing the school's admissions process. In their quiet and unassuming way, the Friedmans have been integral, essential and active participants in enriching TABC. Nachum Barishansky, immediate past board president remarked, "Howard's participation on the board, in a variety of areas, particularly in upgrading TABC's online presence and in securing grants, and Rachelle's role in the Ed com-

mittee, are jobs that have high impact but little recognition, so I'm very pleased that they (reluctantly) allowed us to give them this well-deserved honor." Rachelle and Howard, members of Congregation Beth Aaron in Teaneck, are the proud parents of Binyamin '10, Eliyahu '11, Dan '13, Yoni '15 and Ezra '18.

Deniera Goldenberg has taught at TABC for the past 13 years and will be receiving this year's Faculty Recognition Award. Mrs. Goldenberg teaches freshman biology and is the director of the Olam HaChochma Distinguished Scholars Program, in which she has nurtured

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COMMUNITY NEWS

TABC Dinner to Honor Community Leaders

CONTINUED FROM PREVIOUS PAGE

from 8 to 30 students spanning three different grades each year. Students in this honors program learn to develop ideas, conduct research and refine and communicate those ideas through long-form writing projects. Mrs. Goldenberg also serves as a mentor to junior staff members as part of the Jewish New Teachers Project. Mrs. Goldenberg has a huge impact inside and outside the classroom as a respected, personally invested and caring academic. Rabbi Yosef Adler, TABC's Rosh Yeshiva commented, "Regardless as to which section she is teaching, Mrs. Goldenberg is one of the most challenging teachers I have ever encountered." Mrs. Goldenberg, a member at Congregations Beth Abraham and Ohr Hatorah, is married to Avi Goldenberg. They are the proud parents of Nechama, Yaakov, A.J., Dani and Moshe.

Rabbi Benjamin Skydell, '95 will be receiving this year's Alumni Tribute Award. As rabbi of Congregation Orach Chaim on the Upper East Side of Manhattan, Rabbi Skydell is known for his charismatic teaching, dedication and warmth. After high school, Rabbi Skydell attended Beit Midrash l'Torah (BMT) in Israel and then Yeshiva College, where he re-

ceived his semicha from RIETS. Rabbi Skydell spent nine years on the rabbinic staff at Congregation Beth Shalom in Lawrence, NY and has taught adult education classes throughout NYC. He is also a long-time faculty member at the North Shore Hebrew Academy High School. As a sought-after lecturer, Rabbi Skydell has presented on many college campuses, including Yale, Penn, NYU and Columbia. Rabbi Adler observed, "Rabbi Skydell continues to have a major educational impact on a broad spectrum of Am Yisrael as a colleague in the rabbinate and as a teacher of Torah." Rabbi Skydell is married to Shani, early childhood program director at RYNJ. They have three children: Hannah, Emmie and Zacky.

Donations to the TABC Annual Dinner Campaign provide the school with the critical funds necessary to fulfill its mission of Torah and academic excellence while instilling a love for learning and fostering personal development. With over \$1 million in scholarships awarded each year, donations ensure that these opportunities are accessible to all. Please support our mission by paying tribute to these well-deserving honorees and by contributing generously. For more information about TABC and our Annual Campaign, please visit www.tabc.org/dinner or contact Sharon Rifkind, Director of Development at sharon.rifkind@tabc.org.



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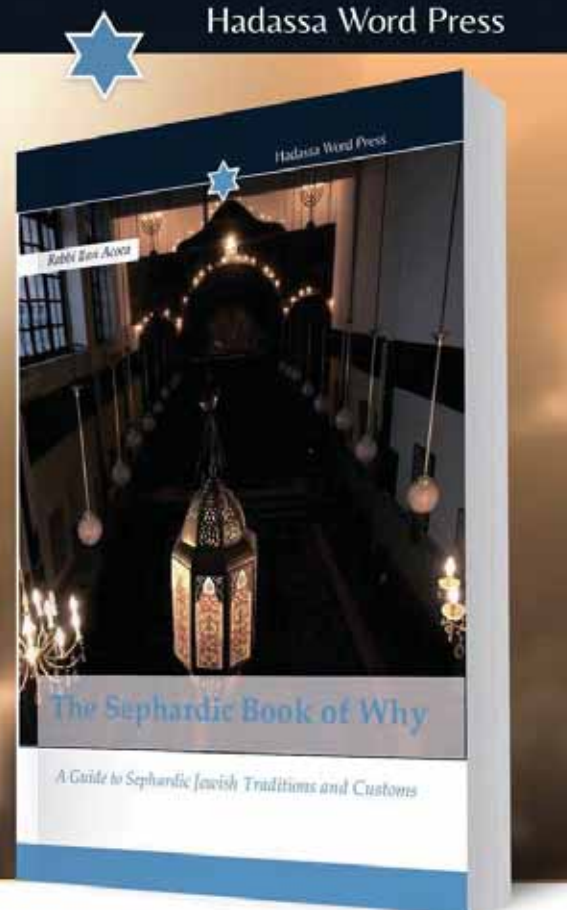
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Saturday, December 10, 8:00 PM
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Saturday, December 17
Sephardic Congregation of Fort Lee
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Tuesday, January 3, 8:00 PM
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Rabbi Ilan Acoca

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Coach Gila Makes Healthy Eating Accessible for Everyone

By Larry Bernstein

Coach Gila was “born” two and a half years ago. For many years Gila Guzman struggled with maintaining a healthy weight. She was concerned about transmitting unhealthy habits to her children and was determined to rewrite her story.

Fate stepped in six plus years ago. Coach Gila, a voracious reader, was at the library when she noticed the librarian holding a book that caught her eye. The book, “The Blood Sugar Solution” by Dr. Mark Hyman, preaches a holistic approach and encourages the individual to stop dieting and live a healthy lifestyle. Over the course of one year, Coach Gila lost 60 pounds. In the past, Coach Gila had experienced success with conventional diets but always gained the weight back. This was different. She says, “I no longer felt controlled by the scale. I learned I can change my relationship to food.”

People noticed Coach Gila’s new physique and asked her about it. She began unofficially coaching people and offering advice. Coach Gila was set to return to her job as a lawyer (she had been home with her youngest child). Then, with her husband’s support and encouragement, she made a decision: Leave law and go to school, the Institute for Integrative Nutrition, for certification to be a Health and Wellness Coach. Coach Gila received her certification in July of 2014 and graduated the program in December of that same year. Upon completing her studies, Coach Gila and her husband founded Main Asset Health LLC.

Since that time, Coach Gila’s career has taken off. The energetic and enthusiastic entrepreneur is involved in many things. Oh yeah, she has five kids whom she has ingrained in the benefits of healthy eating. “When I’m with the youngest at the supermarket, and I say we can’t buy a product, he asks if it’s because it has too much sugar or dye.”

Coach Gila serves as a nutritional consultant at Grand and Essex. She gives customers recipes, advice on how to cook certain meals, healthy food ideas, etc. The supermarket also carries a line of her food. She gave the store recipes, and they cook the food and sell it with a sticker that says Coach Gila approved. Some favorites include turkey zucchini burgers, cauliflower kugel, golden chicken (breast) and avocado lime dressing. None of her food has preservatives, white flour or white sugar.

Coach Gila also teaches nutrition at a Yachad vocational program. She ends each class with a cooking lesson. She describes her work with Yachad as “fulfilling, and an incredible part of my week.” This past summer, Coach Gila served as the Camp Nutritional Specialist at Camp Mesorah. She was in charge of the entire camp’s nutritional needs and dietary concerns.

Coach Gila also works privately with clients on a 1:1 basis. Sessions include lessons on how to prepare a healthy meal on a limited time and budget. “I break it down into manageable steps: what to do at the store, what to buy, when to do a prep session and more,” says Coach Gila. The work with each client is specific to them and is tailored to their history and relationship with food, and needs.

The majority of Coach Gila’s clients are working mothers. However, she has also worked with men and people who have medical issues including IBS and diabetes.



Packed lunch ideas. See more on Coach Gila’s Facebook and Instagram accounts, @mainassethealth

One thing that is a constant about Coach Gila’s clients is, “They come to me to be healthiest version of themselves and have

limited time.” Her goal is to make healthy living accessible to busy people.

Finally, Coach Gila gives talks on healthy eating. She does so at schools and presents “eat the rainbow” where she goes through food for each color of the rainbow and notes what part of the body it’s good for. Nutrition 101 is information based and is good for older kids. She also has worked with faculty and administrators to help set school policies on Rosh Chodesh, lunches, birthdays, how to bring nutrition education into the classroom and alternatives to food rewards.

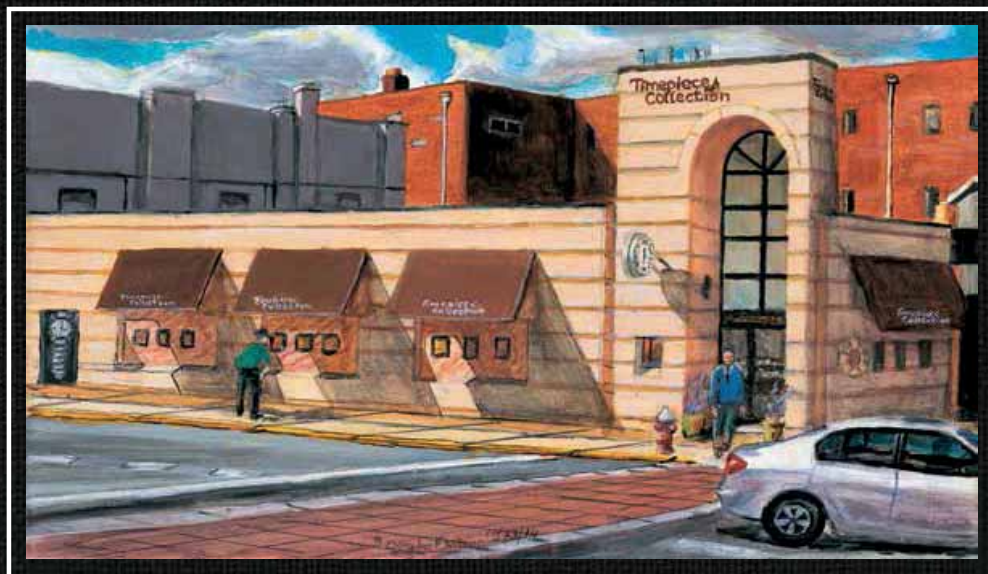
Coach Gila also speaks at shuls, with her next gig at Ahavat Achim in Fair Lawn

on Monday December 12 at 8 p.m. (contact sisterhood@ahavatachim.org for more information). The presentation is entitled, “Moms Need to Eat, Too.” Coach Gila says, “Traditionally, moms come last and make lunches for others first.” Attendees will receive ideas for easy, creative, healthy, nutrient-dense lunches to pack for work and snack ideas. In addition, Coach Gila is striving to empower women that they need to do for themselves and the time is worth it.

Today, Coach Gila is very fulfilled person. She says, “For years I struggled with being overweight and feeling badly about myself. I now understand why this was my challenge—so I could make a difference in people’s lives and consequently their children’s lives.”

Larry Bernstein is a freelance writer. To learn more about his services or see samples of his work, visit www.larrydbernstein.com.

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COMMUNITY NEWS

Project Ezra's Dinner Brings Us Together to Support Our Neighbors

CONTINUED FROM P. 1

Moshe Kinderlehrer, co-publisher of The Jewish Link of New Jersey, and his wife, Dena, are among six couples named Ezra Awardees at this year's dinner. "I always felt close to Project Ezra," Kinderlehrer said. "We announced that we were starting the paper at the Project Ezra dinner four years ago. The year before, we were at the dinner with well over 1,000 people, and there was no coverage in the local media. That lack, that gap, struck me and I thought more seriously about start-



Ezra's Inaugural Chesed Initiative Award will be given to Nava Siegler. (CREDIT: BRACHA SCHWARTZ)



Robert Hoenig, Executive Director of Project Ezra (CREDIT: BRACHA SCHWARTZ)



Susan Alpert, Project Ezra Director of Fundraising and Development (CREDIT: BRACHA SCHWARTZ)

ing the paper. Now as publisher of The Link, I work closely with local businesses, and I have a stronger sense than the average person of the important work Project Ezra does and the people they are helping. People sitting next to you in shul have been helped, though you may not be aware of it." Also being honored for their support of Project Ezra are Tova and Shai Gerson, Nancy and David Siegel, Divsha and Martin Tollinsky, Kellita and Daniel Weber and Adina and Arthur Weinstein.

The rabbis of Bergen County synagogues are on the front lines of knowing who needs help in their communities. This year, Project Ezra is honoring Rabbi Ari Zahtz, Assistant Rabbi at Congregation Bnai Yeshurun of Teaneck, and his wife, Michal, with the Rabbinic Leadership Award at this year's dinner. Rabbi Zahtz said Project Ezra fills a critical void in the community. "The reality is that there are always people who are in need. Project Ezra is dedicated to helping and guiding them, and getting them to stand on their own two feet."

Rabbi Zahtz said he works in partnership with Project Ezra; they handle the financial picture so he can concentrate on the family's other needs. When people in the community want to allocate tzedakah, he encourages them to support Project Ezra, and come to the dinner. "Attending the dinner shows support to the staff of Project Ezra and the people they have helped; it gives them the strength to continue," said Rabbi Zahtz. "Another aspect of attending the dinner is to learn how else you can be involved, not just financially but with services you



A group of 2015 Project Ezra honorees and their families

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COMMUNITY NEWS

Project Ezra's Dinner Brings Us Together to Support Our Neighbors

CONTINUED FROM PREVIOUS PAGE

can donate or any other way you can use your unique talents to help those in need."

A new honor, the Chesed Initiative Award, will go to 9-year-old Nava Siegler of Englewood, who raised money last year to purchase 27 Purim costumes for the children of Project Ezra's clients. Nava designed a Purim card that she sold in packages. Recipients were encouraged to purchase and send their own, increasing funds for the effort. "It was a lot of work to get the cards done, but it was fun," the fourth-grade student at The Moriah School said. "It was exciting to get and open the checks." After getting an anonymous list of the children's costume requests, Nava purchased the costumes with help from her parents, Debbie and Steve Siegler, and brought them to the office for distribution. "I'm doing it again this year," Nava said. "I'm happy to do the mitzvah." Nava is looking forward to going to the Project Ezra dinner with her family.

Serving as a community resource for job searches has become another core function of the organization. Project Ezra's Director of Employment, Jeff Mendelson, helps men and women who are ready to assume positions in many industries and professions, whether they are seeking entry-level roles or to join a company's leadership team, through referrals, connections, a job board and a LinkedIn community, which now boasts 1,120 members. Mendelson has developed relationships with 100 new employers to widen the prospects for Project Ezra's job candidates. Project Ezra sends an average of 125 job leads to candidates each week and has placed almost 200 people

from January through November, an increase of almost 70 percent over last year. Mendelson also helps older workers update their technology skills with periodic seminars and referrals to classes, based on the individual's proficiency.

An emerging project focus for Project Ezra is helping young adults develop the skills necessary to succeed in work and life. "We see that many young people leave college and feel like a fish out of water," said Executive Director Robert Hoenig. "We're starting to create Office 101, a program to teach basics like what office casual means—clean Dockers and tucked in shirts—and the right attitude, like saying to your supervisor, 'I'm leaving, anything else you want me to do?'"

A game night at Teaneck's Congregation Ahavat Shalom, also known as "The Apartments Minyan," for 150 young families that mixed fun activities with financial advice, has led to a new program called "The Aisle: A Path Toward Financial Fidelity." The program is geared to teaching engaged and newly married young couples about financial planning at the beginning of their lives together, in the hope that they can prevent some of the problems Project Ezra sees down the road.

"How to get along financially and be on the same page is equally as important as making and keeping to an appropriate financial plan (budget)," Alpert explained. "The new program will be about how to realize that mine + yours = ours; the creation of Mr. and Mrs. (your name here), Inc." Alpert said both The Aisle and Office 101 are open to the entire community.

To make your reservation to attend the Project Ezra dinner or to learn more about its programs, visit www.ezrah.org, or call 201-569-9047.

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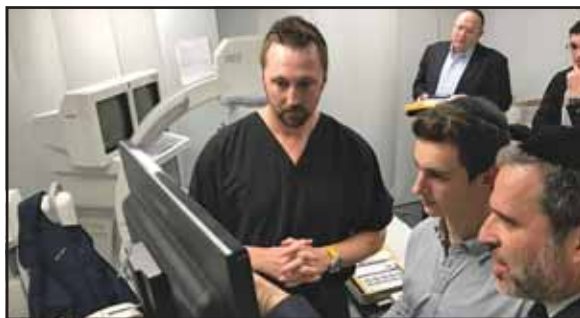
COMMUNITY NEWS

Heichal HaTorah Class Learns the Latest in Robotic Spine Surgery

This past Tuesday night, the 10th Grade Chemistry class at Teaneck's Heichal HaTorah made a special class trip with their Rosh Yeshiva and Dean Rabbi Aryeh Stechler to meet with Dr. Jonathan Lewin of the Center for Musculoskeletal Disorders (CMD) based in Teaneck and Englewood. Dr. Lewin provided a brief introduction before asking Ben Hill, a clinical manager at Mazor Robotics of Israel, to demonstrate how their surgical robot operated. The students were able to touch and feel how the software and hardware worked together and were even able to plan out a full spine operation on-screen. They also were able to experience what a spine surgeon needs to be concerned about in operating on an injured spine and the tools they need to do it successfully. Dr. Lewin emphasized that the new Mazor Robotics system is helping to transform how surgeons like him do their jobs and help people heal. In the coming weeks, Dr. Lewin and the CMD will be hosting a number of other local schools to demonstrate this advanced system.



Ben Hill (right) of Mazor Robotics speaking the 10th Grade Chemistry class.



Dr. Jonathan Lewin of the Center for Musculoskeletal Disorders (right) showing a Heichal HaTorah student how to use the Mazor Robotics software.



Dr. Jonathan Lewin of CMD (Left) and Rabbi Aryeh Stechler (2nd from left) speaking to the boys after their visit.

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Dershowitz Emphasizes Bi-Partisan Support for Israel at ZOA Dinner

By Tzvi Allen Fishman

The 2016 ZOA Justice Louis Brandeis Awards Dinner, held at the Grand Hyatt on Sunday, November 20, was attended by over 1,000 people. The honorees included Bernie Marcus, the co-founder of Home Depot, who received the Brandeis Award; Congressman Ed Royce of California, who received the Adelson Defender of Israel Award; UN Ambassador Danny Danon,



L-R, Dr. Alan Mazurek, Israel Minister of Education Naftali Bennett, ZOA President Morton Klein (CREDIT: TZVI ALLEN FISHMAN)

who received the award for Outstanding Diplomacy; and Professor Alan Dershowitz, who was honored with the award for Outstanding Journalism.

In light of the recent election of Donald Trump as president of the United States, this year's dinner became a platform for expressing varying political views. The vast majority of the audience and speakers were Donald Trump and Republican Party supporters. Present at the dinner were David Friedman and Jason Greenblatt, Donald Trump's trusted Israel advisers.

The speeches appeared to favor Trump, until Alan Dershowitz was called on to receive the Outstanding Journalism Award. In a major address that spanned almost 20 minutes, Dershowitz reminded the audience that he is a liberal Democrat and an ardent supporter of the Democratic Party. He reminded the audience that the election was actually a "tie," with Trump winning the electoral vote and Clinton winning the popular vote. That statement



L-R, ZOA President Morton Klein, Israel UN Ambassador Danny Danon, Max Shillman, Gary Erlbaum (CREDIT: TZVI ALLEN FISHMAN)

elicited boos from the audience. Dershowitz further stated, "I'm going to say something that you may not want to hear. The ZOA is a great, great organization, but it must be the home to all Zionists, not just right-wing Zionists."

Dershowitz said that many Jews in the world are being seduced by the hard right while the world moves to global extremism, with the left moving farther left and the right farther to the right. He stated that ZOA should not take sides on Israeli domestic or American domestic policy,

but rather stay within policies that have little disagreement between Israel and the United States.

"There is no disagreement in Israel on how terrible the Iran deal is. Don't tear up the Iran deal, enforce the Iran deal. Iran must reaffirm that it will never, under any circumstances, be allowed to develop a nuclear weapon."

"There is no disagreement that the BDS movement is not designed to end the occupation of settlements, but to end the State of Israel."

Dershowitz continued his remarks and centered on his thesis that the presidential election should never become a referendum on Israel. "We must make sure that both parties and candidates for both parties support Israel."

He acknowledged that the Democratic Party had moved to the left, and stated, "I will fight for the Democratic Party to once again become pro-Israel and it won't be easy, especially with the possible selection of Rep. Keith Ellison (D-Minnesota) as DNC chairman."

Investor and philanthropist Ken Langone awarded the Justice Louis Brandeis Award to Bernie Marcus. Langone, a long-time friend and business associate of Marcus, stated, "Bernie Marcus is still at work doing spectacular things—for the Jewish people, for the State of Israel, for the medical world and for the United States of America, which he has always loved. He



Home Depot co-founder Mr. Bernie Marcus and dinner co-chair Michael Leven (CREDIT: TZVI ALLEN FISHMAN)

never forgot where he came from, never forgot his roots, never forgot the opportunities that were given to him and never forgot being Jewish. He is the epitome of the American dream."

In accepting the award, Marcus, who is 86 years old and a member of the Republican Jewish Coalition, stated how happy he was that a true friend of Israel has been elected president. Speaking about his past he reminded the young people of today about the importance of the State of Israel. "Something changed in the world. What changed the world was the 1948 establishment of the State of Israel. You don't know how good your life is. Israel has saved your life and careers because when Israel was born things changed for Jews in the United States."

Dinner speakers also included Klein, Michael Leven, Israel's Minister of Education Naftali Bennett, Jim Tisch, Congressman Ed Royce, UN Ambassador Danny Danon and various campus representatives.

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OHEL Breaks New Ground in Confronting Stigma



OHEL Gala honoree Jack Jaffa and Mayor Bill de Blasio



OHEL Gala honoree Jack Jaffa (center) receiving his award from (L-R) Councilman David Greenfield, OHEL Presidium Elly Kleinman, Irving Langer, Moishe Hellman, Mel Zachter, Jay Kestenbaum, David Brecher and Sonny Ganger



(L-R) Charles Schwartzapfel, Moishe Hellman, Comptroller Scott Stringer, Ari Jungreis, Assemblyman Michael Simanowitz, Councilman Rory Lancman and David Mandel



OHEL Gala honorees Joe Rubin of RDC (L) and Charles Schwartzapfel, architect



OHEL Gala honorees Mendy and Chani Schreiber of Airmark



Councilman Rory Lancman (L) with OHEL Gala honoree Mr. Bert Gross



OHEL Gala honoree Rose Pollak flanked by her grandson, Gala co-chair and OHEL board member Shmuel Pollak, and his wife, Esti

A capacity crowd of 1,100 OHEL friends, supporters and family members packed the grand ballroom of New York's Marriott Marquis Hotel in Times Square on Sunday, November 20 to mark OHEL's 47th Annual Gala, themed "If OHEL'S Walls Could Talk."

OHEL's new feature film, "A Life Worth Living," addressed a vital issue that until

recently has been cloaked in stigma—suicide in the community. This moving film of the Roth family's personal struggle to help their son Jonathan and their courage in speaking publicly in order to help others drew a standing ovation. Mayor Bill de Blasio, who attended and viewed the film along with the guests, commended Dr. and

Mrs. Roth and OHEL for confronting this important community issue.

OHEL also celebrated the steady progress on its new 100,000-sq.-ft. Jaffa Family Campus, opening in 2017. This new building in the heart of Flatbush, Brooklyn will enable OHEL to meet the ever-increasing diversity of needs in the community.

OHEL's Co-Presidents Moishe Hellman and Mel Zachter thanked the Jaffa Family Campus Builders, one of the evening's honorees, including: the Jaffa Family; Rubin Development and Construction Inc.; Charles Schwartzapfel, Registered Archi-

➡ CONTINUED ON NEXT PAGE



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16 for 2016 Sweepstakes: Win a Roadmap to 2017 Success

On December 20, 2016, WABC's "Mind Your Business" radio show, hosted by marketing mastermind Yitzchok Saftlas, will be giving away a free roadmap to business success to one lucky winner, in the form of 16 transformational business guidebooks. "What you know" truly makes a difference in advancing your career, building your business, connecting with your customer base and learning how to successfully promote your company. In the 16 for 2016 Sweepstakes, "Mind Your Business" is offering an opportunity to win this \$350-value collection of executive books that are replete with golden nuggets of advice, guidance and solid, practical steps to reach efficiency and bottom line success. Entry into this sweepstakes is *absolutely free*. The drawing will be held on Tuesday December 20, at 5:00 p.m., with an on-air announcement of the winner on "Mind Your Business" on Sunday, December 25.

These 16 books are a fountain of business wisdom and ingenuity. Join in "A Climb to the Top" by Chuck Garcia with exceptional communication and leadership tactics. "Amaze Every Customer Every Time" (by Shep Hyken) by empowering employees to provide a stellar level of customer service. From "Body Language Secrets to Win More Negotiations" by Greg Williams to "Motivate This!" by Steve Rizzo, each publication continues to add to your arsenal for impressive, sustainable growth. Continue to gain from successful business moguls with "Earning It: Hard-Won Lessons From Trailblazing Women at the Top of the Business World" by Joann S. Lublin. Ready for a change? Study "Communication the Cleveland Clinic Way" by Adrienne Boissy and experience a brand new method of engaging and connecting. If you're struggling with digital marketing strategies, "Disruptive Marketing"

by Geoffrey Colon will teach you how to make the modern marketing environment work for you. Want to be a highly effective sales leader? Then "Lead, Sell or Get Out of the Way" (by Ron Karr). Put a shine on your reputation with "The Image of Leadership" by Sylvie di Giusto and "The New Face of Your Brand" by Shawn M. Miller. Afraid to take risks? Try "Think Big Act Bigger" by Jeffrey Hayzlett. But beware of pitfalls with "The Price of Prosperity" by Todd G. Buchholz and learn how community spirit can help restore empires on the verge of collapse. If you are floundering around and hating what you do, find your passion point with "Unique Ability 2.0" by Catherine Nomura, Julia Waller and Shannon Waller. All of your reading and education will pay off with "Rising to Power" by Ron A. Carucci and Eric C. Hansen, as you learn what is required of exceptional leaders. Ironically, after all this intense work,

it appears that "You Already Know How to Be Great" (by Alan Fine). The book teaches you how to reduce interferences that are blocking you from reaching your potential. Wrapping up this special 16-book collection is a savvy publication with the knowledge we all seek, "So, What's the Bottom Line?" by Yitzchok Saftlas, offering key fundamentals and practical insights.

This entire executive collection of business knowledge and strategies (valued at \$350) is only an entry away. Visit www.WABCBizRadio.com/Giveaway or text MYB to 22828. You can also follow @ysaftlas on twitter, subscribe to our Youtube channel, or like the "Mind Your Business" facebook page for more entry opportunities. Be sure to enter the drawing by December 20 at 5:00 p.m. for your chance to map your way to 2017 success with a powerful foundation of 16!

OHEL Breaks New Ground in Confronting Stigma

CONTINUED FROM PREVIOUS PAGE

lect; and Chani and Mendy Schreiber of AirMark. Representing the Jaffa Family Foundation, Jack Jaffa spoke movingly about his passion in "investing not just in a building but in the community."

Harvey Kaylie, an esteemed friend and OHEL benefactor, felt investing in community is so important that he established the Harvey Kaylie \$1Million Match! Mr. Kaylie will match all contributions up to \$1 mil-

lion toward the Jaffa Family Campus.

The Gala provided a wonderful opportunity to remember with great love OHEL Vice President and long-time board member, Rabbi Harry Rieder, and his wife, Dr. Elizabeth Rieder. In their memory, their daughters, Annette Rubin and Julie Pinczower, dedicated the Rieder Mental Health Services Center. The Rieders were visionary advocates for members of our community with psychiatric and mental health challenges who believed that every voice deserves to be heard. The Rieder Mental Health Center will have a prominent place

in OHEL's new Jaffa Family Campus.

Mr. and Mrs. Bert and Renee Gross and Mrs. Rose Pollak received the Parents Lifetime Advocacy Award for their four decades of tireless efforts on behalf of individuals with psychiatric disabilities. Together with OHEL, they helped develop OHEL's first residential facility for adults with psychiatric disabilities, a unique home of warmth and care. They broke barriers of stigma, forging a more inclusive community where people of all abilities can thrive.

OHEL extends profound thanks to all who attended the Gala and contributed

to the evening's success, and to those individuals who continue to provide support as OHEL moves forward to the New Jaffa Family Campus. While OHEL serves the community, it is the community that supports OHEL, and in working together, the community is strengthened.

Video presentations shown at the Gala, as well as videos of the event can be viewed at <http://www.ohelfamily.org/galavideos>. To support OHEL's important work transforming the lives of children and families, please visit www.ohelfamily.org/donate or call 718-972-9338.



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Maplewood Jewish Center Prepares to Expand

By Sharon Mark Cohen

The Charles Kimmel building of the Maplewood Jewish Center (MJC) is getting a much-needed facelift. On November 28, the Maplewood Township Zoning Board of Adjustment unanimously voted to grant MJC a building permit for major renovations.

It began with a vision by Frumie Bogomilsky, the center's administrator and wife of Rabbi Sholom Bogomilsky, spiritual leader of MJC. With a master's degree in Early Childhood and Special Education, Bogomilsky cares for her growing family, home and shul, plus she runs the synagogue preschool and Hebrew School. The cornerstone on the brick structure on Parker Road shows that it was constructed in 1938. The MJC purchased the building in 2008. There are currently two classrooms for 2- and 3-year-old preschool students. The 4-year-olds attend classes set up across the busy thoroughfare in rooms attached to the rabbi's residence.

The new construction will allow the MJC to house all of the classrooms necessary to have 64 students enrolled in preschool at any given time. Notably, MJC will be providing Jewish early childhood care from 7:00 a.m. to 6:00 p.m. The Kinder Gan Preschool, as well as the afterschool Hebrew school, will have classrooms on the first floor. The synagogue will be moved to the newly constructed second floor, with the addition of a Shabbat elevator.

The bottom floor will include a renovated and enlarged social hall. Two state-of-the-art kitchens for dairy and meat are part



Rendering of expanded MJC (CREDIT: MJC)

of the plan. The installation of a mikvah, according to Bogomilsky, "completes the trappings of a community that provides all aspects of Jewish life. The eruv surrounds Maplewood, and now there will be a kosher mikvah in town, with Jewish early childhood care in a state-of-the-art facility, plus a beautiful shul." According to Bogomilsky, the closest mikvah is currently a 20-minute drive from Maplewood.

Following four other lengthy meetings over the past seven months, with testimony from experts, including an engineer, traffic expert and architect for MJC, the seven members of the zoning board listened attentively to members of the community in favor of and opposed to the project. Preschoolers' parents, neighbors and congregants spoke about Frumie, as Bogomilsky was warmly referred to, and the exemplary Kinder Gan Preschool.

Parents of students who have graduated from Kinder Gan stated that teachers in surrounding schools know which students attended Frumie's preschool by their willingness to learn and their good behavior. Bogomilsky added that aside from neighboring public schools, "within driving dis-

tance from Maplewood there are many excellent options of Jewish education, all across the spectrum."

Much discussion ensued at the zoning board meetings about the new C-shaped driveway, noise, landscaping and lighting. Concerned neighbors had their turn to come to the mic and give sworn testimony. In his summation, Rob Simon, attorney for MJC, expressed the sentiments of Bogomilsky and MJC to make the construction and use of the building as friendly to the neighborhood as possible, noting that the rabbi, Frumie and their family live in the neighborhood, too. After considering all factors and agreeing that the construction will meet all zoning board regulations, the board members voted one by one to approve the expansion of MJC. After two years of working on this dream, a

large showing of MJC members were in attendance with the Bogomilskys to applaud the decision.

When the building is finished, elevators and ramps will be included, to be in compliance with the federal Americans with Disabilities Act, allowing all to come and participate. There will be a semi-circular driveway in which the children will be dropped off and picked up, alleviating the need to park cars on the streets and/or have the preschoolers and their caregivers cross Parker Avenue.

"It was heartwarming," Bogomilsky added, "to hear from so many people who love our shul and what it offers."

For opportunities to participate in this exciting project, contact Frumie Bogomilsky at admin@maplewoodjewishcenter.org as she prepares for the groundbreaking.

ESSEX & UNION NEWSBRIEF

Seniors Taught to Turn Fitness Resolutions Into Reality

An informational program on "Turning Fitness Resolutions Into Your Reality" will be offered for seniors and their families on Tuesday, December 13, at 11:30 a.m. at The Senior Resource Center at The Lavy House. The program will be presented by JFS board member Joe Mason, a Certified Exercise Physiologist. A light lunch will be served.

The Senior Resource Center at The Lavy House is a joint venture between The West-

field United Fund and Temple Emanu-El of Westfield. Through a grant from the Jewish Community Foundation of Greater MetroWest NJ, Jewish Family Service of Central NJ provides programming and the services of social worker Naomi Kreutzer, LCSW, each Tuesday. Programs are free of charge and open to the entire community.

Registration is recommended if you plan to attend. Please call 908-352-8375 or email info@jfscentral.com.

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Union Y Unveils New Israel Center, Plans Chanukah Celebration



At the YM-YWHA of Union County, there was a grand ribbon-cutting ceremony on Sunday, November 20 to dedicate the new Kirschenbaum Israel Center. The Center will offer events, classes and films on Sunday afternoons and Tuesday & Thursday evenings. Its first big event will be a family Chanukah celebration, to be held on Thursday, December 22 at 6:30 p.m.

For more details or to reserve, contact Jani Jonas at the Y at 908-289-8112 or email dperlmutter@jfedgmw.org.

JFS MetroWest and Alzheimer's NJ Will Offer Caregiver Support Group

Jewish Family Service of MetroWest NJ is pleased to announce that beginning on December 29, we will be offering a monthly support group in conjunction with Alzheimer's New Jersey in Rockaway, NJ for those caring for a relative or a friend diagnosed with Alzheimer's disease or other forms of dementia. The group will meet on the last Thursday of each month at 1:00 p.m. at the Morristown Medical Center Health Pavilion, 333 Mount Hope Avenue, Rockaway.

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and dementia. Support groups are free and open to the public. For information about this group, please contact Siobhan Flynn-Higgins, LSW, of Jewish Family Service of MetroWest NJ at 973-637-1763.

JFS MetroWest also offers Alzheimer's and related dementia caregiver support groups in Essex County at 570 West Mount Pleasant Avenue in Livingston the last Tuesday of each month at 1:00 p.m. Please contact Alyson Kaplan, LCSW for information about this group at 973-765-9050.

For information on Alzheimer's disease or support, please call Alzheimer's New Jersey at 888-280-6055.

256 Columbia Turnpike Suite 105 Florham Park NJ 07932 ph: 973.765.9050

Union Y Annual Raffle Gala to Be Held on January 8

The YM-YWHA of Union County is pleased to announce that plans for the annual fundraiser event for 2017 is well under-way. This year's honorees will be as follows: Community Leadership Award: Alan and Stacey Kirshenbaum of Short Hills. Young Leadership Award to Rachie and Lee Niren of Elizabeth, and a special 30-year commemoration for Executive Director Bryan Fox. Admission is \$100 per person and entitles the holder to one raffle ticket. First prize is a "dream trip to Israel" or a \$2,000 Visa card. Second prize is \$1,000 Visa gift card or \$1,000 worth of Y services. Third prize is a \$500 ShopRite Gift Card or \$500 worth of Y services.

The Y, located at 501 Green Lane in Union, continues to serve the community for over 130 years, recently celebrating 50 years at the Green Lane location. Shining as a beacon, it is a second home for seniors, working and single parents, summer camp for over 500 children, the homebound and unaffiliated. All proceeds from the raffle support the important programs, classes and events that the agency offers.

There is also an ad journal to recognize the honorees. For more information, please contact Susan Cohen at 908-289-8112.

West Orange's AABJ&D Presents Rabbi Alex Israel This Shabbat

This Shabbat, December 9 and 10, Congregation AABJ&D will host scholar-in-residence Rabbi Alex Israel. On Friday night, beginning at 7:30, he will engage in conversation with moderator Rabbi Yosef Sharbat on topics that frequently arise in Biblical studies. Rabbi Israel's area of expertise involves Biblical texts, the Prophets in particular, so issues surrounding Biblical themes will be given priority.

He will also give a class after Kiddush on Saturday, entitled "Ezra's Revolution: How Judaism Changed After Ezra." Finally, he will speak during seudah shlishit on the topic of "Religious and Secular in Israel. Room for Optimism?"

Rabbi Alex Israel teaches at Yeshivat Eretz Hatzvi in Israel. He is a popular lecturer at campuses and communities on three continents. In 2013, he published his first book: "I Kings: Torn in Two," a commentary to Sefer Melachim. Rabbi Israel works with the Tzohar organization in Israel, bridging gaps between religious and secular communities

Born and raised in London, Rabbi Israel was an active youth leader in Bnei Akiva and was the director of the Sixth Form Study Centre at LSJS. He moved to Israel in 1991 and gained rabbinic ordination from the Israeli Chief Rabbinate following several years of study at Yeshivat Har Etzion.

Rabbi Alex Israel holds degrees from the London School of Economics, the Institute of Education, London, and Bar Ilan University.

Rabbi Israel lives in Alon Shvut, Gush Etzion, with his wife, Aliza, and their four children. He enjoys running, music and everything to do with contemporary Israel.

The synagogue would like to thank the patrons, sponsors and supporters of this event. All are invited.

Congregation AABJ&D is located at 700 Pleasant Valley Way in West Orange.


Join Chabad of Montclair for Menorahs and Martinis

Chabad of Montclair invites all women to a special pre-Chanukah event. On Monday, December 19, beginning at 7 p.m., join them for "Menorahs and Martinis," an opportunity to design and decorate your own granite menorah while bonding with other women and enjoying a delicious latke bar and martinis. You will have fun while learning about the relevance of Chanukah to our day-to-day lives.

The fee is \$15 per person. Sponsorships are available for \$54.

For more information, email Ita@chabadmontclair.org or call 862-324-5077.

The event will take place at 9 Carriage Way in Montclair.




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Chabad of West Orange Celebrates Anniversary With Weekend of Festivities

Chabad of West Orange invites the entire community to attend their Grand Anniversary Celebration the weekend of December 23-24 at 401 Pleasant Valley Way, West Orange.

"This Chanukah marks one year since our purchase and move into our new building," said Rabbi Mendy Kasowitz, Director of Chabad of West Orange. "We are lucky to be hosting a guest cantor, world-renowned

chazzan Aryeh Hurwitz, who will greatly enhance our festivities."

The celebration will begin Friday afternoon, December 23, with a candle-lighting ceremony for all women and girls at 4 p.m. followed by evening services, which begin at 4:30 p.m. and will be led by Cantor Hurwitz. Dinner will be served at 5:30 p.m. and will include a delicious traditional Shabbat menu, complete with the rebbetzin's

fresh homemade challahs. Following the main course, Cantor Hurwitz will entertain guests with a cantorial performance entitled, "Around the Globe."

On Shabbat morning, December 24, Chazzan Hurwitz will lead musaf services followed by a free kiddush luncheon for the entire community. Then later that evening the Grand Finale will take place at 6:30 p.m. with havdallah, menorah-lighting ceremony



and kumtitz concert with Cantor Hurwitz.

To sign up for the Friday-night dinner visit www.chabad-westorange.com/fnd. The cost is \$36 per adult and \$18 per child. Under 3 is free.

There is no cost for the Saturday-night havdallah, or menorah kumtitz. Kiddush Sponsorship is of course welcome. Email or call if you have any questions: info@chabadwestorange.com or 973-325-6311.

Congregation Etz Chaim Plans December Events

Scholar-in-Residence Shabbat With Nachum Segal

Please join us for a Scholar-in-Residence Shabbat with Nachum Segal on December 16-17. There will be a Friday night community dinner and Women's Kabbalat Shabbat Services beginning at 4:15. The main service will be in the main sanctuary and the wom-



en's service in the beit midrash. Registration is online.

New Beginner Tefillah Class With Rabbi Bendory

Have you ever found yourself a little lost during services? Are you intimidated by what goes on each week in shul while you try to keep up? Does this prevent you from at-

tending shul at all? Fear no more! Led by our very capable Rabbi David Bendory, we now offer a beginner's learning prayer service open to men and women. Rabbi Bendory will take you on a journey through our sidur as you learn the ins and outs of davening. You will become experts at knowing all the key parts of our prayers, including when to sit, stand, bow, take steps backward, take steps forward and so much more.

The class will meet on Shabbat morning, December 17, at 9:45 a.m. in the beit midrash. Please encourage anyone who may benefit from this new initiative to attend.

Etz Chaim Chanukah Program

Mark your calendars for our annual Chanukah program with the seniors at Federation Housing in West Orange, to be held on Thursday, December 22. This is a program we know the seniors look forward to, and we hope you will join us.

JCC MetroWest Prepares for Maccabi Games

The JCC MetroWest will once again be holding tryouts and fielding teams for the mini, junior and JCC Maccabi Games. Information is provided below.

Mini Maccabi Games: Sunday, May 21, hosted by the JCC Rockland in West Nyack, NY

Children must be aged 9-10 as of 5/1/17. This is an athletic competition for Jewish boys and girls. Teams for baseball, boys bas-

ketball, girls basketball, boys soccer and girls soccer will compete.

Junior Maccabi Games: Sunday, May 7, hosted by the Siegel JCC in Wilmington, DE

Children must be aged 11-12 as of 5/1/17. This is an athletic competition for Jewish boys & girls. Teams will be created for baseball, boys basketball, girls basketball, boys soccer, girls soccer and boys & girls swim-

ming (swimming open to ages 9-12).

JCC Maccabi Games Sunday August 6-Friday August 11, hosted by the Albany, NY JCC

Children must be aged 13-16 as of 7/31/17. This multi-day event provides athletic competition, social activities, social service projects, Jewish values programming and much more. Athletic competitions will occur in various team sports: baseball, boys basketball, girls basketball, boys soccer and

girls soccer. There will also be individual competition for boys and girls in individual sports: golf, swimming, table tennis and tennis. Tryouts for all three programs will take place in January and February.

Tryout dates, times and locations for each sport will be posted on the Maccabi page of the JCC website when scheduled, at <http://jccmetrowest.org/sports-recreation/maccabi/>. Volunteer coaches are needed for all sports in all programs.

For more information, please check the website or contact Sherri Feldscher at sfeldscher@jccmetrowest.org or 973-530-3425.



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Ahavas Achim University Will Feature Netanel Hershtik at Shabbat Chanukah of Song

On December 30-31, Ahavas Achim University will be presenting a Shabbat Chanukah of Song, which will feature Chazzan Netanel Hershtik and the Hamptons Synagogue Choir. The program will begin on Friday evening with a ruach-filled Kabbalat Shabbat and Maariv, catered seudah and musical Oneg Shabbat with Netanel Hershtik and the choir. The shirah continues on Shabbat morning with Shacharit, Hallel and Musaf, and concludes on Shabbat afternoon with Maariv, Hadlakat Ner Chanukah and Havdalah.

Ahavas Achim University will also be presenting a special Asarah B'Teivait Yom Iyun on Sunday, January



Chazzan Netanel Hershtik
(CREDIT: THE HAMPTON SYNAGOGUE)



Rabbi Menachem Leibtag
(CREDIT: BETH JACOB)

8, 2017, featuring renowned Tanach educator Rabbi Menachem Leibtag, for a meaningful morning of learning and gaining deeper insights into the fast day. The schedule includes Shacharit at 8 a.m. in the main sanctuary; the first lecture, "The Tenth of Teivait in Sefer Yechezkel," from 9-9:50 a.m.; and a second lecture, "The Four Fast Days of Sefer Zechariah," beginning at 10 a.m. The Yom Iyun is free of charge and open to all who would like to dedicate their morning to Torah study with one of our generation's most influential authorities on Tanach.

Congregation Ahavas Achim is located at 216 South First Avenue in Highland Park.

Mordechai Shapiro Spends Uplifting Shabbat at Edison's Cong. Ohr Torah

Mordechai Shapiro spent Shabbat at Congregation Ohr Torah in Edison. Besides uplifting the shul with his beautiful davening, he joined Rabbi Malitzky, Assistant Rabbi, in running an oneg on Friday night at the home of Sari and Michie Klerer that drew 60+ people.



Mordechai Shapiro with Srulie Hercman and Rabbi Sariel Malitzky

Congregation Ahavas Achim Plans Casino Night

Please join Congregation Ahavas Achim on motzei Shabbat, December 17, at 7:00 p.m. for Casino Night.

Play at any of the professional casino tables, then gather up your winnings to try your luck at the upstairs Chinese auction, where over 50 prize packages await, including:

- Four round-trip tickets to Israel (can be used at any time and in any combination)
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There will be delicious salads and tempting desserts served, along with music and an open bar.

Admission is only \$25 in advance or \$30 at the door. Buy your admission and extra casino chips in advance and save time and money.

For information, please call 732-247-0532 or email secretary@ahavasachim.org.

Congregation Ahavas Achim is located at 216 S. 1st Avenue in Highland Park.

ESSEX & UNION COMMUNITY NEWS

Bris Avrohom Students Enjoy Parsha Classes

One of Bris Avrohom's programs is a class given each Sunday by Rabbi Baruch Lepkivker, program director of the organization. He presents in-depth studies of the weekly parsha with kabbalistic insights.

For information on upcoming activities, visit their website at www.brisavrohom.org, visit them on Facebook at facebook.com/brisavrohomhillside or call their office at 908-289-0770.



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Bava Metzia 66 and 67



By Rabbi Zev Reichman

May the words of Torah serve as a merit le'iluy nishmat Menachem Mendel Ben Harav Yoel David Balk, a"h.

Bava Metzia 66: Getting drunk with beer on Purim

On Purim I am obligated to get drunk to the point of not knowing the difference between “cursed is Haman and blessed is Mordechai” (Megillah 7b). Emek Bracha explained this law as an expression of the miracle of Purim. On Purim we were in danger of annihilation. Hashem saved us. Our joy, therefore, should be unlimited. In scripture (Tehillim 104) we read, “And wine shall gladden the heart of man.” Since on Purim I am to have unlimited joy, halacha requires that I drink until I cannot tell the difference between “blessed is Mordechai and cursed is Haman.” At that point, I am unable to drink any more. My drinking is therefore a proper expression of an attempt to display unending joy. This analysis would seem to indicate that it is only proper to drink wine on Purim. Presumably, I should not drink whiskey, liquor or beer on Purim. No verse ever said that beer creates joy. It is written, “*V'yayin yesamach*, And wine shall gladden.” Gilyonei Hashas (Pesachim 107a) argued that our Gemara, as interpreted by Rashi, teaches that I could fulfill my obligations of joy with alcoholic beverages other than wine.

The Gemara discusses a man who had promised to his lender, “If I do not repay the loan in three years’ time, you may take my

field, even though it is worth more than the loan, and keep it because of the money of the loan that you had given to me.” The Gemara suggested that this transaction was an *asmachta* deal. The borrower had been confident that he would be able to repay the debt over the three years. He had never truly meant to say that his field could be taken from him. There is a dispute about whether *asmachta* deals are effective or they are null and void. Some feel that no *asmachta* deals take effect. The person who made the condition assumed he would succeed in avoiding the cost. He never truly agreed to the cost.

The Gemara suggested that if on the last day of the three years, the borrower was found drinking beer, that should indicate that he intended wholeheartedly to transfer ownership on his field to the lender. Had he truly believed that he could hold on to his field, he would be running about trying to get the money together to repay the debt. The Gemara rejects this suggestion. Rav Acha from Difti taught: perhaps the man was very stressed and worried that he might lose the field. He was drinking to give himself some joy. Rashi explains, the verse stated “*V'yayin yesamach*,” he was drinking the beer to feel joy as he was stressed in trying to put the funds together to repay his debt. Gilyon Hashas noticed that Rashi applied “*V'yayin yesamach*” to a man drinking beer. He therefore ruled that all alcoholic beverages create joy. On Purim we are obligated to feel joy; we can fulfill the mandate by getting drunk on beer or whiskey.

Rambam writes (Hilchot Megillah 2:15), “How do you fulfill your obligation of a meal on Purim? You are to eat meat...and drink wine until you are drunk and fall asleep in drunkenness.” Rambam specified

wine. He seems to be of the opinion that with beer I would not fulfill my obligation.

Da'at Kedoshim (Butshash Chelek Bet, Toldotav 88) records that the Gaon of Butshash would have a lengthy Purim meal. It would stretch deep into the night—past midnight. At that point he would send his attendant out to see if the people in the hamlet were asleep. Once assured that all were sleeping and no one would come to ask halachic questions, he would be ready to drink. A sage who is drunk may not issue a halachic ruling. Prior to midnight he would not drink so as to be able to answer all the questions that might arise. Once satisfied that all was quiet, he would drink honey liquor to fulfill the mitzvah of “*Chayav inish levesumei bePuraya ad d'lo yada*, A person is obligated to drink on Purim until he does not know the difference...” The Rav of Butshash was very careful with Jewish law and yet he felt that honey liquor could be used to fulfill the obligations of Purim (Mesivta).

Bava Metzia 67: Are there still talmid-ei chachamim?

A Torah scholar, a talmid chacham, must hold himself to a higher standard. He is to watch his actions. Behaviors that are technically permitted—yet might be interpreted negatively—are forbidden to the scholar. Our Gemara taught that if a lender received a field as collateral for the loan and he had established that each year he held the field an amount would be reduced from the principal of the loan, he would be allowed to eat from the produce of the field. Such a transaction would not look like interest. Since the principal owed would be reduced regardless of whether the field produced fruit or not, there was a possibility of loss to the lender and it would not look like interest. Nevertheless, this arrangement, *nachyasa*, was not one that a Torah scholar

should take advantage of. The Gemara relates that Ravina would eat from the collateral field that he had lent against when he arranged that each year an amount would be reduced from the principal. Tosfot was bothered by this. Did not our Gemara teach that such an arrangement was inappropriate for a scholar?

Tosfot answers that Ravina did not consider himself to be a talmid chacham. The Gra argued that if Ravina did not consider himself to be a talmid chacham, certainly, in our day, no sage would be considered a talmid chacham.

Moznaim L'Mishpat dealt with a man who had insulted all of the Torah authorities of his time. The man had publicly attacked the sages. He had publicly said, “All our rabbis are illegitimate individuals, *mamzeirim*.” Moznaim L'Mishpat was asked what punishment the man deserved.

Rambam (Hilchot Chovel Umazik 3:5, Talmud Torah 6:2) rules that the punishment for a man who shames a Torah scholar is worse than the penalty for one who embarrasses another man. One who shames another man with words would not be made to pay. One who shames a scholar with words would be fined a monetary amount. Furthermore, when a person shames his friend, the penalty is set in accordance with the one being embarrassed and the one doing the embarrassing. The more lowly the embarrassed and the more honorable the embarrassed the greater the amount that must be paid. However, when embarrassing a talmid chacham, the shamer must pay a *litra* (60 shekels) of gold coins. In addition, one who mocks a talmid chacham deserves to be excommunicated.

Rabbi Zev Reichman teaches Daf Yomi in his shul, East Hill Synagogue.

MAGGID OF BERGENFIELD

Vayetzei: Angels on the Escalator



By Larry Stiefel

Bereishit 28: 1-18

Once, in the town of Paramus, a man had a dream. It wasn't a particularly unusual dream. It wasn't really that scary.

But he had it many nights in a row, and it bothered him. It got to the point where he didn't want to go to sleep because he knew the dream would come. But sleep he did, and back came the dream.

He tried many things to help the dream go away. Sleeping pills just made the dream longer, and sometimes it made the colors more vivid.

Doctors didn't help, either. His regular doctor listened carefully, nodded in earnest, and then referred him to a psychiatrist. The psychiatrist made him lie on a couch and tell her all about his relationship with his mother. She then explained that this might be a long, arduous process and told him to come back the next week. Nothing was helping.

With nowhere else to turn, the man went to his local rabbi for advice. The rabbi was young, but he had a reputation for great wisdom, and it was said he could make a bar mitzvah boy sing like a nightingale.

“You must go to the Maggid of Maywood,” the rabbi told the man. “He can help you understand your dream.”

“But isn't the Maggid a storyteller?” the man asked.

“Yes,” said the rabbi. “But he is also a dreamer, and sometimes it takes one to know one.”

The man thanked the rabbi and set out to find the Maggid of Maywood. The Maggid lived on a small cul-de-sac just outside the center of Maywood. The grass on the front lawn was dry and withered, but the shrubs weren't half bad. A few hemlocks, a manicured rose bush and an interesting Japanese maple, peppered with a few small rhododendrons and a pink azalea.

The man knocked at the Maggid's door.

“Come in,” said the Maggid.

The man let himself in and found the Maggid in the kitchen, sitting at a yellow Formica table that could best be described as harvest gold.

The man stared at the Maggid of Maywood with a look of surprise.

“Yes, yes, I know. The kitchen is hideous. But my mother decorated it in the 70s, and I haven't had the heart to change it.”

“Rebbe, I've been having this recurring dream, and it's driving me crazy.”

The Maggid sat up in his chair and rubbed his hands together in excitement.

“Let's have it.”

“Rebbe, in my dream I'm running up the down escalator in Paramus Park. No matter how fast I run, I can't get to the top. I can

see the ice cream store way up on the second level. I can almost taste the mint chocolate chip cone with rainbow sprinkles. But with each step I sink closer to the first level. And on the first level, there is a giant sock store, the biggest I've ever seen. And it has thousands of socks. Argyles, plaids, knee socks. It's horrible. I sink lower and lower on the escalator, and then, just before I land in the sock store, I wake up.”

“I see,” said the Maggid. “Are there trees and grass in this park?”

“What park?”

“This Paramus Park you're talking about.”

“No, Rebbe, Paramus Park is a shopping mall,” said the man. “But it does have a waterfall.”*

“A shopping mall! Go figure. Well, your dream is quite clear to me. As clear as mud after a heavy rain. Evidently, the top of the escalator is where you want to be, and the bottom is where you've been and do not wish to return. Though you struggle to reach the top, you do not succeed, though ice cream must be a strong incentive for you. Mint chocolate chip is your favorite, I presume?”

“Yes, Rebbe.”

“And this ice cream store, it's kosher?”

“Yes, Rebbe.”

“Good. Well, your dream has many levels. Notice that though you never manage to reach the top, you always wake up be-

fore you hit bottom. Do socks have a special significance to you?”

“Not really. I just don't like shopping for them.”

“I see,” said the Maggid, stroking his beard. “Clearly you are someone who tries very hard, and you don't give up easily, but you're having trouble reaching your goals.”

“That's true, Rebbe.”

“I'm reminded of the dictum from Pirkei Avot, the Ethics of the Fathers, *Lo alecha hamelacha ligmor, velo ata ben chorin lehivatel mimena*. It is not your place to finish the job, but you are not free to stop trying.” In your dream, you're stuck going the wrong way, but you do not give up. I think you're trying to be a better person, elevating yourself in doing mitzvot. It's like Yaakov discovering the angels on the ladder in his dream at Beit El in Parshat Vayetzei, except the angels go up and down freely, and you're stuck in a rut. Of course, he was dreaming of a ladder of angels going up to God, and you are in a shopping mall, so perhaps you need to assess what's really important in life. There must be more in your worldview than socks and ice cream.”

“So, what should I do, Rebbe?”

“I might suggest you find a new approach to life. Clearly going up the ‘up’ escalator might be a better approach.”

“I see,” said the man, lost in thought.

“So, what else can I do for you?” asked the Maggid.

➔ CONTINUED ON P. 45

Hacham Ovadia's Ruling Confirmed Ethiopian Jews as Full-Fledged Jews



By Rabbi Haim Jachter

Which ruling of Hacham Ovadia had the most impact? It would seem that his ruling in which he forcefully asserted that the Jews in Ethiopia were indeed Jews in the fullest sense. There are some more than 100,000 Ethiopian Jews who currently reside in Israel as a direct consequence of Hacham Ovadia's 1973 ruling, in his capacity of chief rabbi of the State of Israel, confirming their status as Jews. Rav Yosef's great ruling enabled these many Jews to obtain automatic Israeli citizenship under Israel's Law of Return, which guarantees Israeli citizenship to any Jew who requests sanctuary in the Jewish state.

There are those who think that Hacham Ovadia issued this ruling without basis in Jewish law. They are under the misconception that Hacham Ovadia invoked his rabbinic authority to make an exception to Halacha due to the special circumstances. Nothing could be further from the truth.

No rabbi has the authority to issue a ruling contrary to Jewish law. If a rabbi does so, his ruling enjoys no validity. Halachic authorities present their decisions in writing to enable colleagues and students to understand their ruling and subject it to scrutiny. No rabbi gets a free pass. For example, every teshuva (halachic responsum) penned by Rav Moshe Feinstein has been carefully reviewed and very often disputed. The same rigorous review has occurred with Hacham Ovadia's rulings.

In the case of Rav Yosef's ruling regarding Ethiopian Jews, his reasoning is presented in Teshuvot Yabia Omer 8:11. He bases his ruling on the precedents set by two major 16th-century halachic authorities, the Radbaz and his eminent student the Maharikash, who accepted the Ethiopian Jews as Jews. Hacham Ovadia forcefully writes that once the Radbaz and the Maharikash, two pillars of Halacha, accepted the Ethiopian Jews' tradition of descent from the tribe of Dan, our generation enjoys no right to question this ruling.

Moreover, Hacham Ovadia cites the former Ashkenazic Chief Rabbi Yitzhak Herzog who questioned this ruling based

on the views of anthropologists who question the Jewish identity of Ethiopian Jews. Hacham Ovadia roundly rejects this view, noting that once a *chazaka* (halachic presumption) has been established of Jewish identity we enjoy no right to disturb this *chazaka* based on sources extraneous to the halachic process. Hacham Ovadia elsewhere argues that whenever there is a clash between scientists and traditional halacha, the halacha unquestionably prevails.

After presenting Hacham Ovadia's ruling to one audience, a gentleman asked me why I felt comfortable with Rav Yosef's ruling, in light of the fact that so many great rabbanim, such as Rav Moshe Feinstein and Rav Eliezer Waldenberg, disagree. I responded that Rav Ovadia was unusually adamant about this ruling. Indeed, his reasoning appears to be unassailable.

One might question the stability of the *chezkat kashrut* of the Ethiopian Jewish community, since 500 years have passed since the Radbaz and Maharikash issued their rulings. Hacham Ovadia dismisses this concern, noting that Ethiopian Jews zealously guarded their Jewish identity

throughout the generations, even going to the extreme of requiring community members who even spoke to *nochrim* (gentiles) to immerse in a river.

At Congregation Shaarei Orah, the Sephardic Congregation of Teaneck, we regard Ethiopian Jews as full-fledged Jews, in accordance with Hacham Ovadia's landmark ruling. They are given aliyot without questioning whether they underwent a conversion ceremony after their arrival in Israel. This is one of the many ways in which Hacham Ovadia's rulings make such a deep impact on our *kahal kadosh*, along with the rest of *am Yisrael*.

The power of Hacham Ovadia's powerful pen is certainly mightier than the proverbial sword, especially since it was used to advance such noble causes, such as the integrity of the majestic Ethiopian Jewish community who sacrificed so much for so long to preserve their Jewish identity and connection to Zion.

Rabbi Haim Jachter is the spiritual leader of Congregation Shaarei Orah, the Sephardic Congregation of Teaneck.

A SHABBOS MESSAGE

Being Fair to Ourselves



By Rabbi Eliezer Zwickler

At the beginning of my career I was a rebbe in a yeshiva high school. I remember David approaching me at the morning break and asking me if we could talk during lunch. It was no surprise, as parent-teacher conferences were only a few days away and a number of students were nervous about my meeting their parents. Speaking with a teacher was a healthy and mature way, in my opinion, for students to prepare themselves for the outcome of these meetings. The meeting with David, however, shook me to my core and I still remember my disbelief at what he told me. David began our meeting by saying that he was convinced that I wouldn't believe him, but urged me that I really should. He said that what he was going to tell me would change the way I

thought of him forever. I couldn't imagine what kind of confession I was about to hear. I quickly contemplated worst possible scenarios and awaited with nervous anticipation for the "big news" to leave his lips. "Rabbi, it's about my parents. They hate me." I was dumbfounded; I couldn't believe what I had heard. "Ask them," he said. I tried to be inquisitive about why he felt the way he did and assured him that I would indeed bring it up with his parents as per his request.

When I met with his parents a few days later, they brought up the subject before I could even say good evening. They insisted that they try to show David a great deal of love, care, and support, but that he was convinced that they hated him. Apparently David felt that he was a disappointment to his parents on some level, which they explained was the furthest from the truth. I ended the meeting by assuring them that I was happy to help in any way pos-

sible. David ended up having a great year, and when he graduated a few years later, I couldn't help but think about our lunch meeting. I watched David beam with pride as his parents took a picture with him at graduation. Adolescents go through different stages in their development as their emotions often take different directions over the years. As adults, we too continue to develop on an emotional level, and our interpersonal relationships may experience similar struggles based on our internal struggles, feelings and our interactions with others.

The pasuk tells us in Parshat Vayetzei that Hashem saw that Leah was hated, and as a result He listened to her and opened her womb. The words are striking! Is it possible that Yaakov our forefather hated his wife Leah? Apparent to all was the fact that Rachel was Yaakov's first love, but to say that Leah was hated, is that really possible? Rav Bunim of Peshis'cha has a magnificent insight into human emotions. He explains that Hashem saw that Leah hated herself, since she held herself to a very high

standard as a righteous women. Her reaction to Yaakov's endearment for her sister Rachel was to feel negatively about herself. This was not the first time that Leah felt badly about herself. The Torah describes Leah's eyes as being droopy. Rashi explains that this was because she was always crying since she assumed that she was going to marry Esav as they both were the oldest. Leah faced a number of difficult emotional challenges in her life that are familiar to many of us. At times we are very critical of ourselves when in reality we should not be. At several points in the parsha, Leah expresses joy at the birth of her children. We all have something in life that should make us celebrate at the right moment. Even during moments of struggle, we must be fair to ourselves and focus on the areas of our lives that make us smile.

Rabbi Eliezer Zwickler is rabbi of Congregation AABJ&D in West Orange, New Jersey, and is a licensed clinical social worker in private practice. Rabbi Zwickler can be reached at ezwickler@gmail.com.

BRINGING THE PROPHETS TO LIFE

Return to God; Return to Israel



By Rabbi Neil N. Winkler
Parshat Vayetzei

The final chapters of the Book of Hoshea, from which our haftarah is taken, reflect the basic theme of the entire book, that of teshuva, repentance, which is why the last verses are included in the haftarot of Shabbat Shuva and Yom Kippur. Although Hoshea, a contemporary of the navi Yeshayahu, addresses his words

primarily to the soon-to-be-exiled northern kingdom (as he does in this haftarah), the region in which he himself lived, he has choice words of admonition to the southern kingdom of Yehuda as well. The opening verse of today's haftarah brings us back to the era of the forefathers and to the events recorded in our sedra, as he reminds the people of how Yaakov fled to Aram where he worked for a wife by protecting, "*shamar*," the sheep. Using that same root word, Hoshea reminds the wayward nation that God, through His prophet, "worked" to release Israel from

the Egyptian bondage and saw that they were protected, "*nishmar*," throughout their travels in the wilderness. And yet, Israel bemoans the prophet, has forgotten Hashem's protection and kindnesses, and has turned to other "gods."

The selection goes on to detail the nation's rebelliousness, which has condemned them to suffer God's punishments. The harsh words of the navi that Hashem, the protector of His "sheep," will be forced to become its destroyer ("...I shall devour them like a lion..."), stands in contrast to the words of Yaakov to Lavan that, in all the

years, he never brought back a torn lamb to his father-in-law.

And yet, despite the prophet's depiction of Israel's failure to remain faithful, he closes with Israel's opportunity to repair the rift... teshuva. The cry "*shuva Yisrael*, return O Israel," echoes the word of God to Israel/Jacob in the parsha, "*Shuv el erez avotecha*, return to your ancestral land," for, in truth, only with the return to the Land of Israel would God's promise to Jacob be realized.

These words of Hashem to Jacob echo in our ears today as the promise made to Israel holds true today as well.

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Sharing Some Interesting English Word Origins



By Mitchell First

I have decided to give you all a break from the difficult task of reading my transliterations of Hebrew words. I will do something easier this week and focus on some English word origins.

What really happened is that a scholarly couple that I know decided to do some housecleaning and discarded a book called "Word Origins and Their Romantic Stories," by Wilfred Funk (1950). I have now benefited from their housecleaning. This book is priceless (and a used copy sells for only \$1.43 on Amazon!). It has over 1,000 English word etymologies, organized by subject matter. I am just going to discuss one chapter, words related to business. Here are some of the insights in this chapter:

Affiliate: This word comes from a word that means "to adopt as a son." *Filius* is "son" in Latin. In effect, the larger organization has adopted the smaller organization as its son.

Affluent: This word means that riches "flow" to you. When your style of writing is "fluent," it flows along smoothly. If you have "influence," power "flows in" to everyone around you.

Amortize: This word is related to the Latin *mors*, meaning "death." When you are amortizing something, you are gradually killing the debt. When you are mortified, you are so embarrassed that you wish you would die.

Auction: The word for auction is from the Latin *augeo* or *auctus*, which mean "to increase." The purpose of an auction is to increase the price. (And we are all augmenting our etymological knowledge by reading this column!)

Bank: The earliest money-changers conducted their business sitting on a bench. This eventually led to the word "bank." And the word "bankrupt" has its origin in their bench being broken-ruptured!

Calculate: This word derives from the Latin *calculi*, which means "little stones." Two thousand years ago, the Roman merchant would figure out his profit by using little stones as his counters.

Cancel: The word for "lattice" in Latin is *cancelli*. When a postal clerk cancels a stamp, he makes a lattice of ink marks across it. Also, the word "chancellor" is derived from an ancient official of the law courts who stood by a lattice.

Chauffeur: This is a French word that means "to stoke a fire." This term arose for the driver because, at the beginning of the 20th century, the auto was a steam-driven vehicle.

Coin: This word originally meant "wedge" (just as the "cun" in "cuneiform" means wedge-shaped writing). The word "coin" was the name given to the device that made pieces of money, since the device looked like a wedge. Then the name "coin" was applied to the stamped impress on the money, and finally it was applied to the money itself.

Farm: This word was originally the rent or tax from property. It comes from the Latin *firma*: fixed (like "firm"). It meant the fixed payment of rent. It was not until the 16th century that a farm became a tract of land and it was at first restricted to a tract of land held on lease.

Finance: When a person pays a fine, it means that a dispute has come to an end. Originally, finance meant both "payment" and "ending." It was not until the 18th century that finance came to mean "the management of money."

Negotiate: This term comes from the Latin: *neg* (not) + and *otium* (ease). In negotiations, a party is not at ease until the deal is concluded and all papers signed. (As an attorney, I know the feeling!)

Nepotism: The origin of this word is that the early popes, who of course had no children of their own, would confer favors and positions on their nephews. The Latin *nepos* and *nepotis* meant "nephew."

Of course, I cannot complete a column without discussing a Hebrew root. So here is one of my favorites: Sh-C-M (*shin, caf, mem*). We all know this root because of the frequent use of *va-yashkem ...ba-boker* in the Tanach. The meaning is to get up in the early morning. (This, of course, is the root underlying the term "*hashkama*" minyan.) But what underlies the word *va-yashkem*? What does Sh-C-M really mean? The interesting answer is that these letters signify a body part: either the shoulder or the back. See Gen. 21:14 (*sam al shichma*) and many other places in Tanach. What is the connection between the shoulder/back and getting up in the early morning? The answer is that originally *va-yashkem* meant to load something onto your shoulder or back (or onto the shoulder/back of your animal). This was an activity usually done in the early morning, before starting the day's journey. But eventually the word developed into the more general meaning of "to get up early in the morning," even when no loading was involved!

Mitchell First is an attorney and Jewish history scholar. He can be reached at MFirstAtty@aol.com. His most recent book is "Esther Unmasked: Solving Eleven Mysteries of the Jewish Holidays and Liturgy" (Kodesh Press, 2015).

where he had his dream has a special holiness. I see it differently.

"Yaakov is about to leave Israel and is worried that God will only be with him there. His dream tells him that Hashem will be with him everywhere. God's presence can be felt anywhere. Still, a shopping mall is a bit of a stretch. As far as I can tell, there are no holy places in any shopping malls in New Jersey. However, judging from the sheer volume of malls we have in New Jersey and the habits of the people who live here, perhaps there should be."

*Well, it used to have a waterfall.

Vayetzei: Angels on the Escalator

CONTINUED FROM P. 42

"Rebbe, if Beit El is a holy place because of Yaakov's dream about the angels, should the escalator at Paramus Park be holy to me because of my dream?"

"Not exactly," said the Maggid. "However, just after Yaakov wakes up from his dream of the ladder, he says, '*Achen yesh Hashem bamakom hazeh, va'anochi lo yadati*. Surely Hashem is present in this place and I did not know.' Many Rabbis feel that Yaakov's statement means that the place

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My Journey in Emuna



By Pinney Wolman

A little over four years ago, I was living a different life. I had grown up Modern Orthodox with a heavy emphasis on the modern part. My wife and I lived here in Teaneck already but my observance level could best be summed up by my religious views listed on my Facebook profile: "Hedging My Bets." Even having gone to Yeshiva schools my whole life, I didn't fully buy into Hashem and the Torah. I wasn't convinced what the next world held. I didn't want to "lose out" on all the great things in today's world by wasting time on religious duties. But I also wasn't sure the Torah was wrong. So I hedged my bets. I kept what I felt were "the important things": Shabbat, kashruth, family purity, shul attendance for the major holidays. Everything else lay at the wayside. My troubled marriage was the start of my changing all of this.

Over the eight years we'd been married, things had gone downhill. I was miserable. The details aren't important but we reached a tipping point. My wife was really upset and I really felt that if I didn't do something, we'd be calling divorce lawyers the next day. Somewhere deep in the pit of my stomach, I knew I didn't want to go down that road. So I called my older sister, Chaya, who'd gone through divorce herself, to ask her advice. Long story short, she talked me down from the ledge of divorce

and said she was sending me some helpful CDs and a book in the mail. The book she sent me was, "The Garden of Peace," by Rabbi Shalom Arush, translated by Rabbi Lazer Brody. The CDs were other lessons on marital peace by Rabbi Arush and Brody as well. (Rabbi Arush mostly speaks Hebrew. Rabbi Brody is his prime disciple, translating his work into English and spreading his Torah around the globe.)

Reading "The Garden of Peace" was a much-needed slap in the face for me. I had all these twisted and selfish ideas of what a marriage was and how my wife should be behaving. Until I read the book, no one had really taught me the spiritual basis and purpose for marriage according to Torah and living each day with Hashem. With Hashem's help, I realized my way of doing things had only been causing me pain. I decided to give The "Garden of Peace"'s way

my 100 percent. I was not ready for the miracles that were about to ensue. The changes in my wife and our marriage were nothing short of miraculous! Several times, exact scenes that Rabbi Arush had given as examples in the book played out exactly as he said they would! My wife said and reacted to me in ways I'd have never expected her to if not for Rabbi Arush's teachings. For the first time in my life, I had touched upon some Truth.

"The Garden of Peace"'s resounding success on my marriage made me decide to read Rabbi Arush's bestseller on life, "The Garden of Emuna." The Garden of Emuna focuses on three main principles:

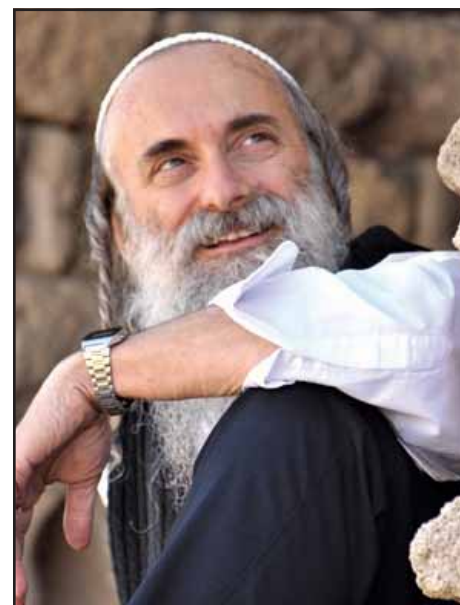
A) Hashem runs each and every tiny little detail in creation every day.

B) Since Hashem runs everything, then everything that happens is for the best.

C) Everything happens for a specific purpose.

Once a person accepts those pertinent ideas, the challenge in life becomes acting and reacting according to those ideas. I'll share an example that Rabbi Arush gives in the book that actually happened to me and my wife!

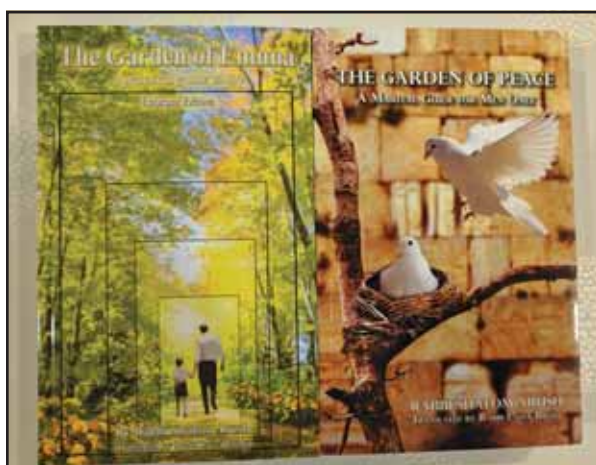
After Pesach one year, my wife got pulled over on our way back to Teaneck. She had been going 82 in a 65 mph zone. Rabbi Arush teaches us that it's not the officer who pulled us over, it's Hashem who pulled us over. Don't get mad about the ticket. Don't try and sweet talk the officer. He's just the stick in Hashem's



Rabbi Lazer Brody

loving hand. So we politely greeted the officer and gave him my wife's license and registration and watched him walk away. I turned to my wife and said, "Well, this ticket is going to be \$150+ and 4 points but Hashem is always merciful so if whatever this costs us between fines and increased insurance, it must be a pittance to what we actually deserve. So we need to thank Him. Thank You, Hashem for this speeding ticket. Thank You for Your mercy and kindness." The officer comes back at this point and says, "So here's what I'm gonna do: I'm going to write you up for a faulty speedometer. It'll be about \$50 and no points. Drive slower here on out." My wife and I thanked

➔ CONTINUED ON NEXT PAGE



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INSPIRATION

My Journey in Emuna

CONTINUED FROM PREVIOUS PAGE

him and were on our way! I'd been pulled over at least 5-10 times in my life and never had I gotten out of the ticket like that! And this is exactly what Rabbi Arush said would happen in the book! By accepting Hashem's judgments as merciful and kind and thanking Him, one removes the judgments from over his head altogether. As I've heard Rabbi Brody say on the CD: If a person thanks Hashem for his troubles, Hashem responds, "He's thanking me even with his difficulties? Now I'm going to give him a real reason to thank Me!"

As I continued to grow in Emuna, I happened to hear from someone that Rabbi Brody was going to be in the tri-state area speaking about Emuna. With Divine Providence, my wife agreed to spend Shabbos in Woodmere at her uncle's house, so that I could experience a Shabbaton with Rabbi Brody at Agudath Israel of Five Towns. I still remember the first thing he said when he started to speak. He asked us, the audience, how many of us believed that Hashem is running the world? We all raised our hands. With a smile on his face, he then asked us, "So why aren't you smiling?" We all smiled.

Listening to Rabbi Brody's inspiring words of Emuna was just what I needed to propel me on the right path. I continued to engulf myself in the Emuna books and CDs every day. One CD taught me a better love and respect for Shabbos. Another CD pointed out that when I talk during shul, I'm being inconsiderate and disrespectful to others. Therefore, Emuna says I can expect to experience more inconsideration and dis-

respect from others. Surprise! As soon as I started shutting my mouth in shul, the world around me got more considerate and respectful as well. I started trying to make all three daily prayers. I started learning in shiurim and chavrusas. (Even my decision last year to have a third child was based on Emuna.) Emuna was starting to take over my life.

Meanwhile, I kept grabbing any chance I could to hear Rabbi Brody in person, and luckily enough, Rabbi Arush as well, the few times he's been in the U.S. in the past four years. Their hard work to spread Emuna has had such an impact on me. As you've now read, "The Garden of Peace" saved my marriage and "The Garden of Emuna" changed my life. I started to feel an interest in wanting to help others to learn Emuna and living every day with Hashem. Eventually, the opportunity arose to bring Rabbi Brody to Teaneck last winter at Shaarei Orah. With Hashem's blessing, 150 people crowded on a weeknight to learn about "Gratitude: The Master Key to Life's Blessings." This past summer, at Bnai Yeshurun, we had another 150 people learn from Rabbi Brody how to use Emuna to unlock their ultimate potential. On Sunday, December 11 at 8 p.m. at Keter Torah in Bergenfield, come hear Rabbi Brody speak about "Starting Over: If You Believe You Can Damage, Believe You Can Fix!" Come to learn Emuna. Come to be inspired. I'll be there.

When he's not strengthening his own Emuna or helping spread Emuna to others, Pinney Wolman has been a full-time personal trainer in NYC and the Bergen county area for 15 years. He can be reached at Pinchas.Wolman@gmail.com.



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Should/Could the Allies Have Bombed Auschwitz?



By Norbert Strauss

Part I of III

First my qualifications: I am not a historian, engineer, pilot, bombardier, munitions expert, military strategist or rabbi, nor do I have any other title. I have been in business all my adult life, retiring in 1985 after 36 years at Philipp Brothers Inc. Having left Germany only in 1941, I have always been very emotional about the Holocaust, and all the questions raised by the public in its aftermath. Why the Western Powers did not act earlier, specifically why they did not bomb Auschwitz, always intrigued me. Therefore, on Pesach in 2015, when I was given the opportunity to address a group of guests at a hotel, I jumped at the chance. Here is what I said:

Let's begin with "should": Easy to answer—emotionally the answer must be a yes. The "could" is the more important part of the question, since without the "could," there can be no "should."

For almost 40 years after the war there was no major discussion of the subject.

In 1984 David S. Wyman, former Prof. of History at University of Mass. Amherst, published "The Abandonment of the Jews: America and the Holocaust 1941-1945." It was well received by most but not all historians, and he received numerous prizes and widespread recognition. As was shown in later critical writings, Wyman's facts were often without basis and furthermore frequently technically completely incorrect. His conclusions were often based on false assumptions and therefore could not be substantiated.

His argument was that information on Auschwitz being an extermination camp was known to the US since November 1942—not so, as we will see later.

He also said that the State Dept., Congress, War Refugee Board and Jewish leaders failed to assign top priority—true only to the extent that the information was known to them, and when it was known to them.

Furthermore, he stated that in 1944 the US rejected appeals to bomb Auschwitz, although at the same time bombing industrial sites 50 miles from Auschwitz—true but let's get back to that with the second part of the title—"Could"

James H. Kitchens III of the US Air Force Historical Research Center made the strongest academic argument in defense of the Allied Forces in his book "The Bombing of Auschwitz Re-examined"

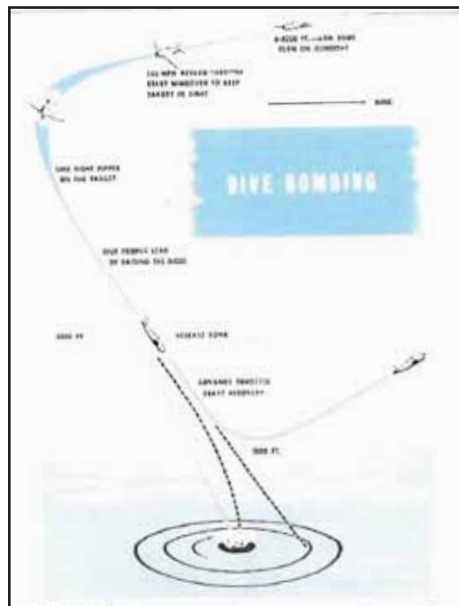
"The Bombing of Auschwitz" by Neufeld & Berenbaum as well as Richard Levy's "The Bombing of Auschwitz Revisited" all argued the subject.

Martin Gilbert, who just died two months ago, who is best known as the Biographer of Winston Churchill, wrote "Auschwitz and the Allies". It is the best known reference work on the subject.

Let me first of all define what the potential target was. A1 was the main camp. A2, also known as Birkenau, was the extermination camp. A3 also known as Buna Monowitz, was the slave labor camp for the nearby I.G. Farben factory.

Now let's get technical and discuss "Could."

To hit a target as small as the crematoria and gas chambers was practically impossible in 1944/45, not having then the technical capabilities that we have today.



What type of bombing was available then? Dive Bombing, in German STUKA (Sturz Kampf Flugzeug) had been in use since WW I. (See photo A) was, and still is, the most exact bombing method, but then only used by fighter planes, which could not reach Auschwitz due to the distance.

British AF bombers were too lightly armed to fly during daytime, which had resulted in heavy losses. Therefore the British AF bombed only at night, when it was difficult, and sometimes impossible, to find small targets. As I said, fighter escorts could not reach Auschwitz from England. Night-time bombing was only done with "carpet bombing," such as the City of Dresden, in other words, large targets.



In December 1943, Foggia (pronounced Fodja) in SE Italy, a former German Luftwaffe base, was captured by the Allies and became the base for US heavy bombers which were then able to reach the Auschwitz area (see photo B), although it was at the outer limit of their capable distance.

CONTINUED ON NEXT PAGE

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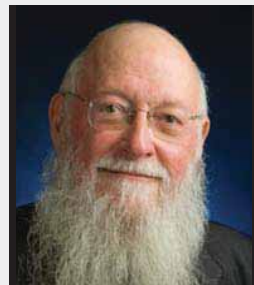
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Should/Could the Allies Have Bombed Auschwitz?

CONTINUED FROM PREVIOUS PAGE

Could realistically some action have been taken earlier? No one in the Allied

camp (despite what Wyman said in his book) was aware of the atrocities taking place in Auschwitz until two Jews escaped from Auschwitz and arrived in Slovakia in July 1944. More about that later.

Although the release, a few years ago, of secret British Government documents, did seem to indicate that through various other sources British Intelligence had some information as to what was going on, this information was not digested nor the dots connected. There is no evidence that anyone outside the Secret Service was ever told about it.

Throughout the latter part of 1944, Eichmann and others negotiated with various parties for trucks, coffee, tea, cocoa and soap, and although these negotiations were not supported by any Allied governments, those negotiating withheld their support of bombing, for fear it might interfere with the release of tens of thousands Jews from Auschwitz. One Eichmann proposal was to exchange one million Jews to be sent to Spain/Portugal, against 10,000 trucks and foodstuffs. This was not realistic and could not to be taken seriously. For example, by whom and how were 10,000 trucks going to be manufactured and transported from the US to

Europe in the middle of the war? The US had the only capacity for such an undertaking. Also, how were one million Jews going to be released and transported in a limited time? This was just a subterfuge, and a stalling tactic on the part of Eichmann.

My next installment will include why Auschwitz was unknown for so long; technical capabilities for bombing; and costs, and collateral damage, of bombing Auschwitz.

Norbert Strauss is a Teaneck resident and has been a volunteer at Englewood Hospital for the past 30 years. He was General Traffic Manager and Group VP at Philipp Brothers Inc., retiring in 1985. Prior to Englewood Hospital he was also a volunteer at the American Committee for Shaare Zedek Hospital for over 30 years, serving as treasurer and director. He frequently speaks to groups to relay his family's escape from Nazi Germany in 1941. He has eight grandchildren and 23 great-grandchildren.



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Hockey, Hockey and More Hockey



By Banji Latkin Ganchrow

Here I am sitting at another hockey game. To clarify, it is "Jew hockey," not ice hockey. There has been much debate about if "Jew hockey" is actually a sport. We can also call it "street hockey," if you find that less offensive. I have to say that it is, indeed, a sport, because if I didn't believe that, the hundreds of games that I have gone to would have been for nothing. They would have meant nothing; there would be no validation for the amount of blood (actual blood), sweat (lots and lots of actual sweat) and tears (boys never cry, even if they lose...) that have amassed over the course of the past nine years.

It would be easy for me to stay away from the topic of hockey, but, in my house, it is like eating or sleeping. When are the practices? When are the games? Where are the games? How are we getting to the games? Is there a good restaurant near the game? Can son #1 watch his brother play from YU? Can son #2 keep roommate Z and roommate J awake in Shaalavim while he live streams the game from the Holy Land?

The other day, I was watching a TABC junior hockey game. Now I no longer have kids playing in that league, but one son was a coach and one son was a ref and I had already finished doing laundry, so I went to watch the action. A kid scored whose brother is in Israel with son #2, so we WhatsApped him in on the excitement. You have to admit, it is kind of cool that in this age of instant gratification technology we are all really connected. But back to hockey.

It seems that my career as a hockey mom is winding down. Now that I only have one child in high school, I only have one kid on the hockey team. For a few years, I would have one kid on varsity and one kid on JV. This meant two different practices and two different game schedules. And lots and lots of water bottles. And laundry detergent. You always had to hope that if JV won, that varsity would win and vice versa, because you never want your kids to feel bad.

Though I will be the first to say that I was very happy that son #3 was the only one to win a championship when he was at Yeshivas Noyam. There are few things that a youngest child can accomplish beyond his elder brothers, so this was a really big win for son #3. I have watched sons

#1 and 2 claim their victories under the marvelous coaching of Coach Norm and Coach Mo. They try to make every game a perfect combination of hard work and good values.

But then the weirdest thing happened. Well, not so much weird as, "Wow, I must be really old for this to be happening." Yes, son #1 is the coach for Moriah hockey. This is ironic on many levels. The first being he didn't go to Moriah and when we played Moriah in hockey, he was the goalie that put an end to their two-year winning streak. The other ironic part is that he just played against Yavneh Academy. I went to Yavneh Academy; of course, that was when the school still met in a cave and we had recess with the dinosaurs. But is was so surreal to be at a game, at my alma mater, where none of my boys were playing hockey, but they were old enough to coach hockey. Which means that I am old enough to have a son that is old enough to coach hockey. Which means that I am no longer able to pass for a student at Yavneh Academy, which is actually good because I couldn't even figure out how to use the water fountains.

The exact number of games I have been to has yet to be determined, as I will wait until my career is officially over to tally them, but the games have always been enjoyable. Up until this year, I had my "boy-mom-girls" that I hung out with at every game. I have "friend G" (who wanted to be in this column, and I am happy to oblige because he is a good friend to son #3) who checks in on me to make sure I am not too bored and you never really know which "blast from the past" will show up in the form of a player's parent from the other team.

As for what goes on at these games, I will still never understand the rules, but win or lose, there is nothing cuter than the conversation that will occur on our family WhatsApp when the game is over. Because that is the most important thing of all... my three sons all wanting to be a part of each other's victory or defeat and to be each other's biggest fans.

God, I love my boys... and I guess I love hockey, too.

Banji Ganchrow wanted to name son #3 Scott Steven, but husband #1 said no. We chose a character from the New Testament instead...

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A Throaty Laugh



By Mordechai Schmutter

I have a <khugh-khugh> sore throat.

Yeah, I know. A lot of people, when they say they have a sore throat, feel the need to cough in the middle of the sentence so you believe them.

I'm not even sure how my throat got like this. My guess is that it's because I'm a parent and a teacher. But that doesn't make sense. I'm *always* a parent and a teacher.

There are different kinds of sore throat, though. I have the kind where you have to clear your throat every five seconds. And it doesn't even help. You know how when you're trying to concentrate on something, and there's someone in the room that clears

his throat every five seconds and drives you crazy? Well, trust me; it's more annoying to him. He doesn't want to be coughing every five seconds either. He's trying to get rid of something. And he keeps trying to do it in small coughs, because he doesn't want to annoy you, but those aren't very effective, which is why he has to do it more often. And at this point it's too awkward to just try one big cough and hope that's it, because you're already annoyed about all the little coughs.

I definitely have to do something about this, though. So I've been drinking a lot of tea. That way, instead of annoying people with constant throat clearing, I can annoy them with sipping, slurping and blowing. And wet teabags at the side of my plate.

I don't even like tea. I don't even understand tea. I put it in the water, I take it out of the water, no leaves stay in the water, so what am I drinking? Isn't it just water? Which is now dirty from the tea leaves? Brown water? This is mysteriously going to help me? Also, I literally have not bought tea since I got married, yet we always have tea in the house. Did it come with the house? I think the British left it here.

Also, I have no heat tolerance.

Either way, I'm drinking it like crazy, which isn't great, because all our tea has caffeine. And we have no plans on buying any that doesn't until we use up all the tea that we have. So, for example, last night I had five cups of tea, apparently so I could lie awake all night, clearing my throat. Because otherwise, who else is gonna do it?

Another issue that I have right now, aside from the constant need to annoy those around me, <heCHUM!>, is that it hurts when I swallow. So my wife gave me some random pills to take care of it.

"Here," she said. "Swallow these."

Yeah, that'll hurt less. Especially this big one.

I've also been sucking on cough drops. They don't really help, but they're delicious. Plus I can eat candy all day and I won't get fat, because it's medicinal.

People have been trying to be helpful, though. Whenever you tell people that you have a <siip> sore throat, they give you advice. Even if it doesn't make sense. Mostly they want you to go away from them, so they give you something to do.

For example, some people advise you to gargle with warm salt water. Yeah, this may sound gross, but it doesn't have to be salt water specifically. Just a warm, salty liquid. You can gargle on chicken soup.

Watch out for knaidlach.

Another home remedy that people do for a sore throat is keep swallowing every two seconds to see how the pain is coming along. That doesn't really work to heal it, but at this point I don't know if anything works. I don't think you cure a sore throat. I think you just do these things to pass the time until it goes away.

But what do I do in the meantime? I'll tell you this as a teacher: If you tell your students your throat hurts, you do not get sympathy. When a teacher walks into class and goes, "I can't yell today," the kids don't say, "Well then we'd better not give him a reason to yell." They say, "Well, I guess we'll yell instead."

When my wife has a sore throat, she stops talking altogether. Just like that. It takes me about 24 hours to figure out that she's not actually mad at me, and by then she's mad at me. For spending 24 hours asking why she's mad at me.

ME: "Are you mad at me? Why?"

WIFE: Shakes her head "no."

ME: "No? What did I do?"

WIFE: Glares.

ME: "See? You *are* mad at me."

Maybe I should try that in class. I should just stand there and not say anything until the kids ask, "Why are you mad at us?"

No answer. Just a prolonged sip of my iced tea, for effect.

But that won't work. Probably, my students won't even notice that I haven't talked for the entire period.

Mordechai Schmutter is a freelance writer and a humor columnist for Hamodia, The Jewish Press and Aish.com, among others. He also has five books out and does stand-up comedy. You can contact him at MSchmutter@gmail.com.

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Salmon Sandwich



By Jon Kranz

Few things sound more Jewish than bagels and lox. For many, the phrase “bagels and lox” sounds more Jewish than matzah ball soup, Hava Nagila or Steven Spielberg.

Of course, there are plenty of things that sound Jewish even though they are not. A Jew’s harp is a musical instrument but, despite its name, it actually is not Jewish. (I’m not kidding.) Anyway, a “Jew’s harp” sounds more like a Jewish mother who keeps bringing up the same topic over and over again. Kevin Mench and J.J. Putz are pro baseball players, but neither is Jewish. Of course, “Mench” and “Putz” sound like two Jews from opposite ends of the menschlichkeit spectrum.

Bagels and lox, however, don’t just sound Jewish. They actually have Jewish connections. The word “bagel” derives from the German “beugel,” which means ring or bracelet, and some scholars believe that in the 1600s the bagel was given by Jewish husbands to their wives as a gift for childbirth.

Nowadays, a husband would have to be completely insane to give his wife a bagel as a gift for childbirth or for any other occasion. If a husband does so, he might as well give his wife a “Get” too because she’ll be leaving him faster than he can say baker’s dozen.

Lox also has some Jewish connections. The word “lox” derives from the German

“lachs” and the Yiddish “laks,” both of which mean salmon. Jews in Europe, beginning in Medieval times, elected to brine salmon and turn it into lox in order to make it last longer. Of course, there are things that Jews would not want to last longer, including slavery in Egypt, the Inquisition and bar mitzvah lessons.

Admittedly, the edible glue that holds our bagels and lox together—the incomparable cream cheese—is not a purely Jewish creation. But it still is vital to the trio, creating a delicious three-part harmony. One could argue that bagels, lox and cream cheese are the Crosby, Stills and Nash of Jewish cuisine. (Yes, adding a slice of tomato or onion would be the Neil Young.)

Scholars agree that we will never know the identity of the first Jew to slap salmon on a hole-y roll, or the motivation for the combination. This is unfortunate but, then again, we also don’t know which Jew deserves credit for creating chopped liver. (I’m sure the creator felt slighted by the lack of credit and constantly complained: “What am I, chopped liver?”) We also don’t know which Jew to thank for creating the kippah clip but it certainly beats having a kippah stapled to

your head. (Am I the only kid whose parents did this?)

One thing I find strange is that bagels go swimmingly with fish but not with meat. While bagels and lox are ubiquitous, bagels and brisket are not. In fact, if you walk into a kosher delicatessen and order pastrami on poppy, you will be laughed at. (For the record, you also will be laughed at if you order corned beef on the cob.)



I do have one important question about bagels. If we refer to full-loaded bagels as “everything” bagels, why don’t we refer to plain bagels as “nothing” bagels? I think it’s because plain bagels would be way too offended, which I fully understand. How would you like to be told every single day that “you’re nothing”? (Yes, that is the story of my childhood.)

As it is, our bagels suffer enough humiliation from the new trend of “scooping.” When you ask for a bagel to be scooped,

the plump and insecure bagel totally takes it the wrong way. The bagel thinks you are really asking: “Can you please slim down that fat bloated beast?” Sadly, this is exactly how bagel dysmorphia begins. If you then ask for thinly cut lox, the chubby bagels become even more self-conscious. For this reason, I believe those trendy, skinny flat bagels likely suffer from “yeasting” disorders.

Bagels also are traumatized whenever a bakery sells day-old bagels at a drastically reduced price. Isn’t it bad enough that bagels are made in the shape of a zero? If a bagel looks like and then is treated like a zero, how can it possibly have any self-worth? (Yes, the doughnut suffers similarly.) If you want to learn more about this issue, stayed tuned for the upcoming documentary titled “Shelf Life: A Stale Tale.”

I once considered opening a bagel shop but investors told me that they wouldn’t put a dime or even “pumpnickel” into such a venture. I was devastated and my friends had a tough time (cinnamon) “raisin” my spirits. I actually became very resentful and bitter about bagels. You could say that I became “sourdough” and, with respect sesame and poppy bagels, I developed a deep-“seeded” hatred.

Bottom-line: I’m now so anti-bagel that I may start spreading my cream cheese on something other than a bagel and I may even try to convince others to do the same. I’m calling it my “Schmear” Campaign.

Jon Kranz is an attorney living in Englewood, New Jersey. Send any comments, questions or insults to jkranz285@gmail.com.

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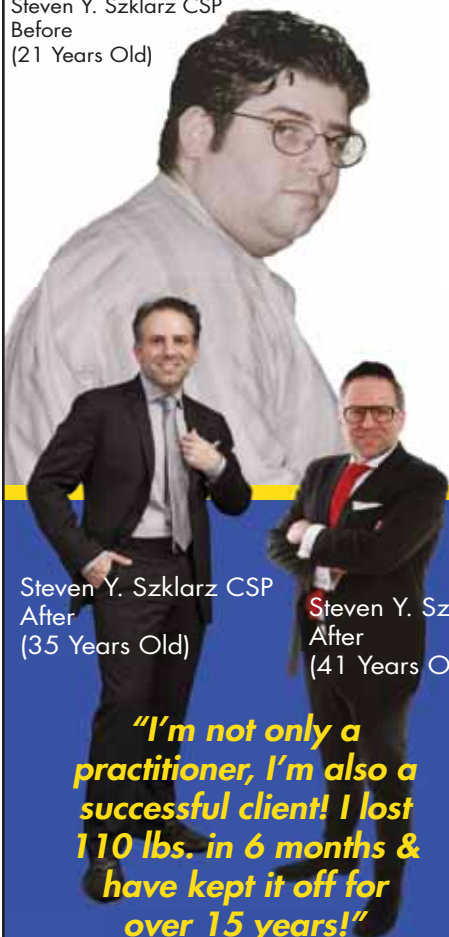


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Passaic County										
PASSAIC										
Adas Israel	565 Broadway	973-773-7272	www.adas-israel.org	Rabbi Dr. Solomon Rybak	Sun: 8:30 AM, Mon/Thurs: 6:45 AM, Tues/Wed/Fri: 6:55 AM	Bzman		Following Mincha. Usually 15 min halacha shiur in btwn	Ashkenaz	Nusach Ashkenaz except extra minyan Shabbos morning
Ahavas Israel	181 Van Houten Ave.	973-777-5929	www.ahavasisrael.org	Rabbi Ron Eisenman	Sun: 6:10 AM, 7:10 AM, 8:00 AM, 8:30 AM, Mon/Thurs: 6:00 AM, 6:30 AM, 7:00 AM, 7:30 AM, 8:00 AM, 8:30 AM, 9:00 AM, 9:30 AM, Tues/Wed/Fri: 6:10 AM, 6:30 AM, 7:10 AM, 8:00 AM, 9:00 AM, 9:30 AM	1:30 PM and every 20 min approximately from 4:00 PM to sunset	08:00 PM 08:30 PM	Shkiah, 9:00 PM, 9:15 PM, 9:30 PM, 9:45 PM, 10:00 PM, 10:30 PM, 11:00 PM and 11:45 PM		To hear latest davening times, call 973-777-5929 ext.3
Bais Medrash Zichron Eliezer	170 Main Ave.	973-685-4908	www.ourshul.net	Rabbi Menachem Spira	Sun: 8:30 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM	15 min before shkiah on Sunday only	010:00 PM	Mon-Thurs	Ashkenaz	
Alumni	280 Main Ave.	Fax: 413-714-1717		Rabbi Y Celnick	Sun: 8:00 AM, Mon/Thurs: 6:50 AM, Tues/Wed/Fri: 7:00 AM		09:15 PM			
Bais Medrash L'Torah	181 Lafayette Ave.	973-473-3666	www.bmtshul.org	Rabbi Chaim Davis	Sun-Fri: 7:15 AM and 25 min before sunrise	01:30 PM	010:00 PM		Ashkenaz	
Bais Torah U'Tefilah	218 Aycrigg Ave.	973-470-8888		Rabbi Menachem Zupnik	Sun: 7:15 AM, 8:00 AM, Mon/Thurs: 6:25 AM, 7:00 AM, Tues/Wed/Fri: 6:30 AM, 7:00 AM	Bizman	08:00 PM 08:30 PM	9:45 PM, 10:15 PM	Ashkenaz	
Bais Dovid	72 Ascension			Rabbi Shlomo Isaacson					Sefard	
Agudas Yisroel Bircas Yaakov of Passaic Park	262 Terhune Ave.		www.ayby.org	Rav Yonason Sacks	Sun: 7 am, 7:50 AM, 8:50 AM, Mon/ Thurs: 6:20 AM, 7:10 AM, Tues/Wed/Fri: 6:25 AM, 7:10 AM	Bizman	09:15 PM 010:00 PM	and 10:45 PM (additional 8:15 PM in winter)	Ashkenaz	
Bais Yosef	580 Broadway		www.groups.yahoo.com/group/BaisYosef/	Rabbi David Hirsch	Sun: 7:15 AM, Mon/Thurs: 6:10 AM, 7:15 Am, Tues/Wed/Fri: 6:15 AM, 7:20 AM	Pesach-Sukkos 15 min before shkiah	Pesach-Sukkos @ shkiah; Sukkos-Pesach on Mon-Thurs @ 8:30 PM		Ashkenaz	
Carleback Minyan of Passaic/Clifton	226 Van Houten Ave.	973-773-8266		Rabbi Reuven Sarett					Ashkenaz	The minyan is hosted by the Kupferman family and on Shabbos Mevarochin is hosted by the Schwadrons in their home at 300 Pennington/corner of Van Houten.
Chabad of Passaic-Clifton	482 Brook Ave. (Rear building)	973-246-5251		Rabbi Sebbag					Ari	
Eitz Chaim	371 Brook Ave.	973-778-1994		Rabbi Yonah Lazar					Ashkenaz	
Golden Opportunity Inc	90 Dayton Ave. Unit 12	973-778-5722				Mon-Thurs: 2:00 PM			Multiple	Sefard or Ashkenaz
K'h'al Tiferes Boruch	232 Terhune Ave.	973-472-4247	www.tiferesboruch.org	Rabbi Schachne Weinberger	Sun: 7:45 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM	Sun: Bizman	Sun: Bizman, Mon-Thurs: 9:00 PM		Sefard	
Khal Shomrei Torah	1 Main Ave.									
Kol Yeshurun	540 Broadway			Rabbi Aharon Cohen	Sun: 7:40 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM				Ashkenaz	
Kosher Konnection	200 Main Ave.					04:00 PM				
Mincha at the Mark Rokowsky Capital Group	145 Main Ave - 4th Floor	973-574-1144				Mon-Thurs: 1:40 PM			Ashkenaz	Parking along Main and Howard Avenues and in rear. Use dial pad at front door (Main Ave).
The Paterson Shul @ Federation Apartments	Federation Apartments 510 E. 27th Street (basement level)	908.581.2972	www.patersonshul.com	Lay leadership	9a.m. / Call/Email JerrySchrantz@gmail.com for Shabbos and Yom Tov Schedule				Ashkenaz	Contact JerrySchrantz@gmail.com for minyan info
Shaarei Tefilla	24 Crescent St.				Sun: 8:30 AM followed by hot breakfast				Sefard	
Tifereth Israel	180 Passaic Ave.	973-773-2552	www.tifereth-passaic.org	Rabbi Aaron Cohen	Sun: 7:45 AM, 8:30 AM, Mon/Thurs: 6:20 AM, 7:20 AM, Tues/Wed/Thurs: 6:25 AM, 7:30 AM	Bzman	08:45 PM 010:15 PM	Also Following Mincha	Sefard	
Yeshiva Gedolah of Passaic	55 Ascension St.	973-472-6100			Sun-Fri: 7:30 AM	03:15 PM	09:55 PM			
Yeshiva Ner Boruch (PTI)	441 Passaic Ave.	973-594-4774	www.ptiweb.org	Rosh Yeshiva: Rabbi Shlomo Singer, Asst RY: Rabbi Boruch Bodenheim	Sun: 7:15 AM, 8:30 AM, Mon-Fri: 6:40 AM, 8:30 AM	12:45 PM	08:00 PM 09:45 PM	On Sundays, at 8:00 PM only	Ashkenaz	
Yeshivat Beit Hillel	270 Passaic Ave.	973-777-0735			Sun: 8:00 AM, Mon-Fri: 7:45 AM	12:30:00 PM. Wed: Mincha @ 12:45 PM				Minyanim only when school is in session
Young Israel of Passaic-Clifton	200 Brook Ave.	973-778-7117	www.yipc.org	Rabbi Yaakov Glasser	Sun: 8:15 AM, Mon-Fri: 6:15 AM	B'zman	B'zman		Ashkenaz	
CLIFTON										
Kollel Avreichim of Passaic	270 Rutherford Ave.			Rabbi Eliezer Breslauer		02:45 PM	010:00 PM		Ashkenaz	
Daughters of Miriam	155 Hazel St.	973-772-3700	www.daughtersofmiriamcenter.org	Rabbi Moshe Mirsky	8:45 AM				Ashkenaz	Need people to help make the minyan- only once every 2 weeks. Contact Rabbi Mirsky for info for biweekly minyanim year-round.
Kehillas Beis Sholom	733 Passaic Ave.	973-850-9619		Rabbi Avraham Shulman	Sun: 8:15 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM	B'zman	08:45 PM	Follows Mincha on Sunday	Ashkenaz	
Essex County										
CEDAR GROVE										
Noble Packaging Offices	20 Sand Park Rd, Cedar Grove					Mon-Thurs, 2:00 PM				
NEWARK										
IDT	520 Broad St	973-438-3447			Mon-Fri: 8:15 AM	Mon-Thurs: 1:40 PM, 4:00 PM, Fri: 12:40 PM (winter), 1:40 PM (Summer)	5:00 and 6:05 PM (winter only)		Ashkenaz	Contact Yoni Greenstein, minyan@idt.net
WEST ORANGE										
Ahawas Achim Bnai Jacob & David	700 Pleasant Valley Way	973-736-1407	www.aahjd.org	Rabbi Eliezer Zwickler	Sun: 7:00 AM, 7:30 AM, 8:00 AM, 9:00 AM, Mon/Thurs: 6:35 AM, 7:25 AM, Tues/Wed/Fri: 6:50 AM, 7:30 AM	10 minutes before shkiah	Mon- Thurs: 9:45 PM 10 minutes after mincha		Multiple	Sephardic minyanim: Sunday 8am, Weekdays 6:15am, Shabbos 8:40am
Beth Israel	567 Pleasant Valley Way	973-731-3383			Sun: 8:00 AM, Mon/Thurs: 6:05 AM, Tues/Wed/Fri: 6:10 AM				Ashkenaz	
Chabad of West Orange	401 Pleasant Valley Way	973-486-2362	www.chabadwestorange.com	Rabbi Mendy Kasowitz	Sun: 8:30 AM, Mon-Fri: 8 AM				Ari	
Bnei Torah	395 Pleasant Valley Way	973-943-2150		Rabbi Avrohom Stone					Ashkenaz	A heimishe minyan across from the Wilshire Grand hotel. Enter rear of building up metal staircase. Daf at 11:20 AM after Kiddush. Learning seder and minchas chinuch shiur 2 hours before Shabbos Mincha. Hotel guests welcome!
Daughters of Israel	1155 Pleasant Valley Way	973-731-5100	www.daughtersofisrael.org	Rabbi Tzvi Karpel	Sun: 9:30 AM, Mon-Fri: 9:45 AM				Ashkenaz	This is a minyan meant for residents of the Daughters of Israel Geriatric Center.
Ohr Torah	270 Pleasant Valley Way	973-669-7320	www.congregationohrtorah.org	Rabbi Marc Spivak	Sun: 8:15 AM, Mon/Thurs: 6:00 AM, Tues/Wed/Fri: 6:10 AM	Bzman during DST		10 minutes after Mincha during DST; 7:30 during Standard Time	Ashkenaz	
The Englishtown Synagogue	37 Buckingham Rd.	973-243-0876	www.englishtownsynagogue.org	Rabbi Binyomin Hammer					Ashkenaz	
LIVINGSTON										
Etz Chaim	1 Lafayette Dr.	973-597-1655		Rabbi E. Samuel Kilbanoff	Sun: 8:30 AM, Mon-Fri: 6:45 AM		08:00 PM 8:15 PM (Wed)		Ashkenaz	
Synagogue of the Suburban Torah	85 W. Mount Pleasant Ave.	973-994-0122/2620	www.suburbantorah.org	Rabbi Eliezer Mischel	Sun: 8:30 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Thurs: 6:45 AM	Bizman			Ashkenaz	
Union County										
ELIZABETH										
Adath Jeshurun	200 Murray St.		www.adathjeshurunofelizabeth.org	Rabbi E. M. Teitz and Rabbi Yitzchok Burnstein	Mon/Thurs: 5:45 AM, Tues/Wed/Fri: 5:50 AM				Ashkenaz	Weekday Shacharis held at Elmora Hills minyan- see http://schedule.thejec.org/wklyschedpdf.pdf
Bais Yitzchok	153 Bellevue St.		www.baisyitzchok.org		Sun: 8:00 AM, Mon/Thurs: 6:25 AM, Tues/Wed/Fri: 6:30 AM				Ashkenaz	
Elmora Hills Minyan	961 Magie Ave.	(908) 820-8822	www.ElmoraHillsMinyan.org	Rabbi Michael Bleicher	Sun: 8:00AM, 9:00AM, Mon/Thurs: 5:45/8:00AM, Tues/Wed/Fri: 5:50, 8:00am, Shabbos: 8:30AM	Approximately 10/15 minutes before sunset	After sunset following mincha; also at 7:30 during winter months		Ashkenaz	
JEC Adath Israel	1391 North Ave.	908-354-7318	www.adathisraelshul.org	Rabbi Jonathan Schwartz	Sun: 6:45 AM, 8:00 AM, Mon/Thurs: 6:20 AM, 7:10 AM, 8:00 AM, Tues/Wed/Fri: 6:25 AM, 7:15 AM, 8:00 AM	2:20 PM and at 'mincha time' when after 6:00	7:50 PM when no 'mincha time' minyan 010:00 PM		Multiple	Ashkenaz and Edot Hamizrach. For all other times, see http://schedule.thejec.org
JEC Elmora	330 Elmora Ave.	908-355-4850/ 908-353-4446	www.jecelmorashul.org	Rabbi Avrohom Herman	Sun: 7:30 AM (Bais Medrash), 8:30 AM (Shul), Mon/Thurs: 6:40 AM, 8:00 AM (Bais Medrash), Tues/Wed/Fri: 6:50 AM, 8:00 AM (Bais Medrash)	About 10 minutes before shkiah	20 minutes after Mincha starts 9:00 PM (Standard Time)		Multiple	Ashkenaz and Eidot haMizrach. For all other times, see http://thejec.org/weekly-schedule
Kollel of Elizabeth / Yeshiva Beer Yizchok	1391 North Ave.	908-354-6057	www.elizabethkollel.org	Rabbi Avrohom Schulman	Sun-Fri: 8:00 AM	Sun-Thurs: 3:05 PM	09:15 PM		Ashkenaz	5 minutes away from Newark Airport. Come chap a seder if theres a plane delay or come daven with us. There are no Yeshiva minyanim during Bein haZmanim.
HILLSIDE										
Bris Avrohom	910 Salem Ave.	908-289-0770	www.brisavrohom.org	Rabbi Kanelsky	Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:40 AM	Zmann	Zmann		Ari	We are at the border of Elizabeth
LallyPak	1209 Central Ave.	908-351-4141 Ext. 27				Mon-Thurs: 2:00 PM				
Yeshiva Gedolah Eitz Chaim of Hillside	1531 Maple Ave.	973-926-5138/ 973-750-8699		Harav Shmuel Abba Olshin Shlita	Sun-Fri: 7:40 AM	03:15 PM	09:30 PM		Ashkenaz	Please note that this is a yeshiva that has off shabbosos and bein hazmanim. There is no minyan during those times. Yeshiva is a 7 minute drive from Newark Airport.
LINDEN										
Anshe Chesed	1000 Orchard Terr.	908-486-9616		Rabbi Joshua Hess	Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:45 AM	1:30 PM with the Yeshiva and 10 minutes before shkiah	8:00 PM in winter months	Follows Mincha during summer months	Ashkenaz	
SPRINGFIELD										
Congregation Israel	339 Mountain Ave.	973-467-9666	www.congregationisrael.org	Rabbi Chaim Marcus	Sun: 8:00 AM, Mon-Fri: 6:15 AM, 7:00 AM	10-15 minutes before shkiah	Mon-Thurs: 9:30 PM (winter)	Also following Mincha	Ashkenaz	
Middlesex County										
EAST BRUNSWICK										
Young Israel of East Brunswick	193 Dunhams Corner Rd.	732-254-1860	www.yieb.org	Rabbi Efrayim S. Unterman	Sun: 7:30 AM, 8:30 AM, Mon/Thurs: 6:20 AM, 8:00 AM, Tues/Wed/Fri: 6:30 AM, 8:00 AM	Bzman	9:30 PM (winter)	Following Mincha at Zman	Ashkenaz	
HIGHLAND PARK										
Agudath Israel of Edison/ Highland	1131 Raritan Ave.			Rabbi Reuven Drucker	Sun: 6:30 AM, 8:00 AM, 8:35 AM, Mon-Fri: 6:00 AM, 7:35 AM	12:45 PM EST 1:45 DST, and about 15 minutes before shkiah	09:15 PM 8:00 PM EST	and Shkiah	Sefard	They also have many shiurim throughout the day, including 3 daf yomis: 5:15am, 6:45am, and 8:20pm.
Ahavas Achim	216 South First Ave.	732-247-0532	www.ahavasachim.org	Rabbi Steven Midownik	Sun: 8:00 AM, 9:00 AM, Mon/Thurs: 6:25 AM, 7:45 AM, Tues/Wed/Fri: 6:35 AM, 7:45 AM	10 minutes before sunset	09:30 PM	and following Mincha	Ashkenaz	
Etz Achaim	230 Denison St.	732-247-3839	www.etzahaim.org	Rabbi David Bassous	Sun: 8:30 AM, Mon-Fri: 6:30 AM	07:30 PM	07:50 PM		Edot haMizrach	Sefardic Congregation
Khal Chasidim of Highland Park	46 North 8th Ave.	917-886-2098		Rabbi Mechel Horowitz	Sun: 8:15 AM		09:30 PM		Sefard	
Ohav Emeth	415 Raritan Ave.	732-247-3038	www.ohavemeth.org	Rabbi Eliyahu Kaufman	Sun: 6:30 AM, 8:00 AM, Mon/Thurs: 5:50 AM, 6:30 AM, 7:20 AM, Tues/Wed/Fri: 5:55 AM, 6:40 AM, 7:20 AM	Bizman		Follows Mincha	Ashkenaz	
EDISON										
Ahavas Yisrael	1587 Route 27		www.ayedison.org	Rabbi Gedaliah Jaffe	Sun: 8:15 AM, Mon/Thurs: 6:10 AM, Tues/Wed/Fri: 6:15 AM	Bizman on Sundays in winter, every day in summer	08:30 PM	Follows Mincha	Ashkenaz	
Chabad House of Edison/Metuchen Crossways Minyan	527 Grove Ave. 5 Price Dr.	732-906-8194 732-572-9138			Sun: 9:00 AM					Close to JFK Med Ctr Shabbos Daf 50 minutes before Mincha
Ohr Torah	48 Edgemount Rd.	732-777-6840	www.ohrtorah.net	Rabbi Yaakov Luban	Sun: 7:15 AM, 8:00 AM, 9:00 AM, Mon/Thurs: 6:20 AM, 7:05 AM, 8:00 AM, Tues/Wed/Fri: 6:30 AM, 7:10 AM, 8:00 AM	10-15 minutes before sunset	010:10 PM	and follows Mincha	Ashkenaz	
DGL Group	195 Raritan Center Pkwy	732-692-5116	www.dglusa.com	Rabbi Haber		4:30 PM summer/DST and 4:00 PM winter		Follows Mincha during the winter	Edot haMizrach	Only open on standard business days, Mon-Thurs. Use main entrance located at side of building.
Rabbi Jacob Joseph School	1 Plainfield Ave.	732-985-6533			Mon-Thurs: 7:40 AM	03:00 PM	09:40 PM 010:40 PM		Ashkenaz	No minyan on Bein haZmanim and off Shabbosim
Rabbi Pesach Raymon Yeshiva Sakar International	2 Harrison St. 195 Carter Dr.	732-572-5052 732-248-1306			Mon-Fri: 7:40 AM	2:15 PM (except Sunday) 05:00 PM				Call first
Technical Pro Inc./ Vicmarr Audio Inc.	9 Kilmer Ct.	718-567-7754 x102 (David)	www.tpro.com			Mon-Thurs: 1:45 PM			Edot haMizrach	
APCO Extruders	180 National Rd.	732-287-3000				Mon-Thurs: 3:45 PM				
Beach Camera	80 Carter Dr.	732-424-1100x243 SMCMA				02:00 PM				Always call first for times for Mincha/Arvit(winter)
Dependable Foods	29 Executive Ave.	732-257-4500				Mon-Thurs: 2:00 PM			Sefard	

To update or correct or add minyanim to this chart, please call: 201-366-9102 or email: editor@jewishlinknj.com

The Bergen County Minyan Directory

Info Provided by GoDaven.com and Dr. Yosi Fishkin

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Please daven for a refuah for
Rav Yosef Zev ben Shprinsta.*

	Address	Phone1	Website	Rabbi	Shacharis	Mincha	Maariv	Maariv Text	Nusach	Miscellaneous
BERGENFIELD										
Bais Medrash of Bergenfield Ohr HaTorah	371 South Prospect Ave. 36 Rector Ct.	201-244-5905	http://www.bmob.org	Rabbi Moshe Stavsky Rabbi Sobolofsky	Sun: 8:30 AM	Bzman		Follows Mincha on Sunday	Ashkenaz	
Beth Abraham	396 New Bridge Road	201-384-0434	http://bethabraham.org	Rabbi Yaakov Neuburger	Sun: 6:50 AM, 8:00 AM, 8:45 AM. Mon/Thurs: 6:20 AM, 7:10 AM, Tues/Wed/Fri: 6:30 AM, 7:10 AM	Bzman	8:45PM 9:05PM 10PM		Ashkenaz	
E. RUTHERFORD										
Giants Stadium Mincha Minyan	50 Route 120					At halftime during all Giants and Jets games				Minyan meets at Gate D on the lower level at Halftime by the Kosher food stand for Mincha
ENGLEWOOD										
Artus Corporation	201 South Dean Street	201-568-1000				2:15 PM				To subscribe to Minyan updates, send an email to artus-mincha+subscribe@googlegroups.com
Ahavath Torah	240 Broad Avenue	201-568-1315	http://ahavathtorah.org/		Sun: 7:00 AM, 8:00 AM, 9:00 AM and 33 min before sunrise. Mon/Thurs: 6:15 AM, 7:15 AM, 8:00 AM, and 33 min before sunrise. Tues/Wed/Thurs: 6:30 AM, 7:30 AM, 8:00 AM and 33 minutes before sunrise	10 minutes before shkiah		Following Mincha and 9:00 pm on T/W/Th (On Mondays, 9 pm at Cong. Shomrei Emunah, 89 Huguenot Ave.)		
Shomrei Emunah	89 Huguenot Ave		http://www.shomreiemunahnj.org/	Rabbi Menachem Genack	Sun: 7:45 AM, Mon-Fri: 6:45 AM		9PM	Monday nights (Tuesday - Thursday at 9 PM at Cong. Ahavath Torah)	Sefard	
Kesher: Community Synagogue of Tenafly & Englewood	509 Engle Street	201-227-1117	http://www.keshernj.com/	Rabbi Akiva Block	Sun: 8:30 AM, Mon-Fri: 6:30 AM					The closest shul to Englewood Hospital.
East Hill Synagogue	255 Walnut Street	201-569-4008	http://www.easthillsynagogue.com	Rabbi Zev Reichman	Sun: 8:30 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:30 AM	Bzman	8PM	Monday through Thursday	Ashkenaz	
Yeshiva Ohr Simcha Of Englewood	101 W. Forest Ave	201-816-1800		Rabbi Strassfeld	Sun-Fri: 8:00 AM	2:50 PM	9PM		Ashkenaz	Call first
PCS Revenue Control	560 Sylvan Avenue	800-247-3061 x1196	http://www.pcsrcs.com/			Mon-Thurs: 3:00 PM				Entrance on first floor, walk straight to back of building.
FAIRLAWN										
Ahavat Achim	18-25 Saddle River Rd.	201-794-3927	http://www.ahavatachim.org	Rabbi Ely Shestack	Sun: 8:15 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:25 AM	15 minutes before sunset		Follows Mincha (8:00 PM M-Th in winter)	Ashkenaz	
Shomrei Torah	19-10 Morlot ave	201 791 7910	www.shomrei-torah.org/	Rabbi Yudin and Asst. Rabbi Andrew Markowitz	Sun: 6:30 AM, 7:00 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 5:50 AM, 6:30 AM, 7:45 AM. Tues/Wed/Fri: 6:00 AM, 6:30 AM, 7:45 AM.	Bzman	9PM	and about 15 minutes after Mincha	Ashkenaz	
Bris Avrohom	3002 Fair Lawn Avenue	201-791-7200	http://www.jewishfairlawn.org/	Rabbi Berel Zaltzman	Sun: 8:00 AM, Mon-Fri: 7:00 AM			Follows Mincha	Ari	
Anshei Lubavitch Congregation	10-10 Plaza Rd	201-787-4770	http://www.flchabad.com	Rabbi Levi Neubort	Sun: 9:00 AM, Mon-Fri: 6:15 AM	Mon- Thurs: 1:45 PM	9:15PM	Mondays	Ari	
Young Israel of Fair Lawn	11-05 Saddle River Rd.	201-797-1800	http://www.yifl.org	Rabbi Eli Belzon	Sun: 8:30 AM, Mon- Fri: 7:00 AM				Ashkenaz	
Congregation Darchei Noam	10-04 Alexander Avenue	201-773-4080	http://darcheinnoam.com	Rabbi Jeremy Donath	Sun: 8:15 AM, Mon/Thurs: 6:45 AM, Tues/Wed/Fri: 6:55 AM	Approx. 15 minutes before shkiah. Sundays only in fall and winter; daily in spring and summer.		Fall and Winter 8:00PM; Spring and Summer immediately after Mincha	Ashkenaz	
Sephardic Center of Fair Lawn	40-34 Terhune Place	cell 201-835-5170	http://www.sc-fl.org/		Sun: 8:00 AM followed by breakfast in the synagogue, Mon-Fri: 6:15 AM followed by breakfast in the synagogue	Bzman		Fall and Winter 8:00PM; Spring and Summer immediately after Mincha	Edot-HaMizrach	Sfaradi-Yerushalmi
FORT LEE										
Young Israel of Fort Lee	1610 Parker Avenue	201-592-1518	http://Yifllee.org	Rabbi Zev Goldberg	Sun: 8:00 AM, Mon-Fri: 7:30 AM	15 minutes before shkiah, summer months only	7PM	After Mincha	Ashkenaz	New building has been completed. Mincha/Maariv in Bet Midrash. Shacharit in Main sanctuary
Chabad of Fort Lee	808 Abbott Blvd	(201) 886-1238	http://chabadfortlee.com/	Rabbi Meir Konikav	Sun: 9:00 AM, Mon-Fri: 7:15 AM					
Metallia U.S.A.	2200 Fletcher Avenue - 7th Floor	201-585-5000 Ext 14 - Josh				Mon- Thurs: 3:00 PM		November - February 5:00PM. Monday - Thursday. Call First	Ashkenaz	Best to call first for Mincha but definitely call first for Maariv
Parker Plaza Minyan @ Cross River Bank	400 Kelby Street - 14th Floor	201-808-6376				Mon-Thurs: 2:30 PM		Time is sent weekly to our email list	Ashkenaz	
Bet Yossef	313 Tom Hunter Road	845-826 2006 (N.J.)		Rabbi Shimon Abergel	Sun: 8:00 AM, Mon-Fri: 7:00 AM				Edot-HaMizrach	Moroccan Sfaradi Kehila
FRANKLIN LAKES										
Chabad of NW Bergen County	375 Pulis Ave.	201-848-0449	http://chabadplace.org/	Rabbi Chanoch Kaplan						Minyan for Shabbos and Yom Tov - always call first
HACKENSACK										
Mincha at Hackensack University Medical Center	Hackensack Medical Center	201-519-0321 (Henry Netzer)				1:35 PM			Ashkenaz	** Minyan not active for the summer.
University Plaza	1 University Plaza - Suite 120	201-742-5161 (Shoshana Poloner)				Mon-Thurs: 1:45 PM	5:45PM	Winter only	Ashkenaz	** Women's and Children's Bldg - Room WC1W-15 (to left of main desk) Monday thru Thursday 1:45 pm Mincha
PARAMUS										
Sephardic Congregation of Paramus	140 Arnot Place	201-362-8493			Sun: 7:30 AM, Mon/Thurs: 6:15 AM, Tues/Wed/Fri: 6:20 AM				Edot-HaMizrach	
Yavneh Academy	155 N Farview Ave	201-282-8494	http://www.yavnehacademy.org	Rabbi Jonathon Knapp	Mon-Fri: 8:15 AM	Mon-Thurs: 2:17 PM and 2:59 PM			Ashkenaz	Shacharis minyan takes place when school is in session.
Beth Tefillah	452 Forest Ave	201-262-0356	http://www.cbtparamus.org	Rabbi Daniel Wolff	Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:30 AM	15 minutes before shkiah		Follows Mincha	Ashkenaz	
The Frisch School	120 W. Century Rd.	201-267-9100	http://frisch.org/	Rabbi Eli Ciner, Principal	Mon-Fri: 7:45 AM	3:25 PM	5:15PM	(Beis Midrash only)	Multiple	Nusach Ashkenaz and Sfaradi. Minyanim only on school days. Minyan #1: Main Shul, Minyan #2: Beis Midrash, Minyan #3: Mechina (Room 18), Minyan #4: Sfaradi Beis Midrash.
Yeshivat Noam	70 West Century Road	201-261-1819	www.yeshivatnoam.org		Mon-Fri: 8:05 AM	Mon-Thurs: 3:30 PM			Ashkenaz	Call first to confirm.
Bergen Regional Medical Center	230 E Ridgewood Avenue			Rabbi Barry Schneider		Mon-Thurs: 1:30 PM DST, 1:00 PM EST			Ashkenaz	
RUTHERFORD										
Congregation Beth El	185 Montross Ave.	201-438-4931	www.JewishRutherford.org	Rabbi Yitzchok Lerman	Shabbos morning at 9 am, and Sunday at 8 am.				Ashkenaz	
Hain Capital Group	301 NJ-17					Mon-Thurs: 2:00PM				
TEANECK										
Beth Aaron	950 Queen Anne Road	201-836-6210	http://www.bethaaron.org/	Rabbi Laurence E. Rothwachs	Sun: 6:30 AM, 7:15 AM, 8:00 AM. Mon/Thurs: 5:40 AM, 6:20 AM, 7:10 AM, 8:00 AM. Tues/Wed/Fri: 5:55 AM, 6:30 AM, 7:15 AM, 8:00 AM	Bzman	8PM 9:30PM	(from March DST through September, the 8:00 PM Maariv is discontinued)	Ashkenaz	(During Autumn/Winter months, the weekday first Shacharit Minyan begins no earlier than 71 minutes before sunrise; a special schedule is available on the Shul website)
Bnai Yeshurun	641 West Englewood Ave.	201-836-8916	http://www.bnaiyeshurun.org/	Rabbi Steven Pruzansky	Sun: 6:25 AM, 7:00 AM, 8:00 AM, 8:50 AM, 9:15 AM. Mon/Thurs: 6:05 AM, 6:20 AM, 7:00 AM, 7:20 AM, 8:00 AM, 8:50 AM. Tues/Wed/Fri: 6:15 AM, 6:30 AM, 7:00 AM, 7:30 AM, 8:00 AM, 8:50 AM	Mon-Thurs: 1:45 PM and Bzman and 6:00 PM in the summer	8PM 9:00PM	10:01 PM, 10:45 PM and Bzman	Ashkenaz	
Keter Torah (Roemer)	600 Roemer Ave.	201-907-0180	http://www.keter Torah.org	Rabbi Shalom Baum	Sun: 6:40 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 5:50 AM, 7:15 AM, 8:10 AM. Tues/Wed/Fri: 6:00 AM, 7:15 AM, 8:10 AM	Bzman	9:35PM	and following Mincha		
Rinat Yisrael	389 West Englewood Ave.	201-837-2795	http://www.rinat.org/	Rabbi Yosef Adler	Sun: 7:00 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:20 AM, 7:20 AM. Tues/Wed/Fri: 6:30 AM, 7:30 AM	Bzman throughout the winter	7:30PM 9:15PM	and following Mincha	Ashkenaz	
Young Israel of Teaneck	868 Perry Lane	201-837-1710	http://www.yiot.org	Rabbi Binyamin Krohn	Sun: 7:00 AM, 8:00 AM. Mon/Thurs: 6:20 AM, 7:00 AM. Tues/Wed/Fri: 6:30 AM, 7:00 AM	15 minutes before sunset DST only	8PM	EST; Follows Mincha in DST		Updated Minyan times available every Friday morning at yiot.org
Zichron Mordechai	268 West Englewood Ave.	201-837-7696	http://zichronmordechai.org/wp/	Rabbi Michael Taubes						No weekday minyanim.
Yeshivas Bais Mordechai of Teaneck	1443 Palisade Ave.	201-833-5920		Rosh Hayeshiva, Rabbi Eliyahu Roberts	Sun-Fri: 7:35 AM	1:35 PM	9:35PM		Ashkenaz	There may not be regular Minyanim during Bain Hazmanim (entire months of Tamuz, Av & Nissan. Also Tishrei from after Yom Kippur and on) If there is Shacharis Bein Hazmanim, it's at 7:30 AM
Shaarei Orah	1425 Essex Rd.	201-833-0800	http://www.sephardicteaneck.org/	Rabbi Chaim Jachter	Sun: 8:00 AM, Mon-Fri: 6:30 AM				Edot-HaMizrach	
Ambra	1415 Queen Anne Road	201-837-0080				2:15 PM	5PM		Ashkenaz	
Kof-K	201 The Plaza	201 837 0500 ext7				Mon-Fri: 1:00 PM	Mon-Thurs: 5:15 PM , winter months			
Yismach Moshe	Varies each month		http://www.sweet2.org						Ashkenaz	President, Norman B. Gildin; Vice President, Abe Leidner; Secretary/ Treasurer, Michael Mazin
Chabad House	513 Kenwood Place	201 907-0686	http://chabadhouse.com	Rabbi Ephraim Simon	Sun: 8:00 AM, Mon/Thurs: 6:40 AM, Tues/Wed/Fri: 6:45 AM				Ari	
Shaare Tefillah of Teaneck	510 Claremont Ave.	(201) 357-0613	http://www.shaaretefillah.org/	Rabbi Kenneth Schiowitz	Sun: 8:30 AM, Mon/Thurs: 6:20 AM, Tues/Wed/Fri: 6:30 AM	On summer weekdays about 15 minutes before shkiah		Follows Mincha	Ashkenaz	Shabbos & Yom Tov davening
Maitland Minyan	473 Maitland Ave.	Jan Meyer (eve) 201 837 8661	http://sites.google.com/site/maitlandminyan				7:45PM	M-Th; Follows Mincha on Sunday		Located at the home of Mr. and Mrs. Aaron Rosenbaum, by the corner of Essex. Please use the side entrance.
Ahavat Shalom	PO Box 595	Formerly CWE	http://www.teaneckapartments.com/	Rabbi Yehuda Halpert		check the newsletter for time and location www.teaneckapartments.com/ThisWeek.PDF		check the newsletter for time and location www.teaneckapartments.com/ThisWeek.PDF	Ashkenaz	Shabbos services are held at TABC, 1600 Queen Anne Road. Yearly luach at http://www.teaneckapartments.com/luach2.pdf
Netivot Shalom	811 Palisade Ave.	201-801-0707	http://www.netivotshalomnj.org	Rabbi Nathaniel Helfgot	Sun: 8:00 AM				Ashkenaz	
Greenback Capital	1086 Teaneck Road -Suite 4E	201-837-6400	http://www.greenbackcapital.com/			Mon-Thurs: 1:45 PM			Ashkenaz	We have regulars, but call to make sure around Yom Tovim Times
Arzei Darom	725 Queen Anne Road	201-836-1035	http://www.arzeidarom.org	Rabbi Aharon Ciment	Sun: 8:30 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM	Sun-Thurs: Bzman	8:30PM	only during the winter. Summer at shkia	Ashkenaz	Shacharit and Mincha/Maariv Minyanim are held every Shabbat, on all Yom Tovim, and on all Legal Holidays. Daily Shacharit Minyan.
Ohr Saadya / Etz Chaim of Teaneck	554 Queen Anne Road	201-801-0637	http://www.ohrsaadya.org/	Rabbi Daniel Feldman	Sun: 8:30 AM	Sun only- 15 minutes before shkiah	7:45PM	Mon-Thurs; Sun - following mincha	Ashkenaz	Shabbos and Yom Tov davening is at Etz Chaim, 554 Queen Anne Road. Sunday and weekday davening is at Care One, 544 Teaneck Road.
Winthrop Minyan	786 Winthrop Rd.	Jacob Herenstein 201-240-8592	http://winthropminyan.com/	Rabbi Dr. Zecharia Senter					Ashkenaz	On occasion, we have a Parsha shiur between Shabbat Mincha & Maariv w/ our Rabbi, R Senter.
Terrace Circle Maariv	1506 W. Terrace Circle #2		http://www.teaneckapartments.com				9PM	Mon-Thur only	Ashkenaz	Email to confirm
Carlebach Minyan of Teaneck New Jersey	95 Edgemont Place									email jaytee1818@gmail.com for info
Care One at Teaneck	544 Teaneck Road				Sun: 8:30 AM	15 minutes before shkiah during DST only		Follows Mincha during DST (Otherwise 7:45 PM M-Th)	Ashkenaz	
Teaneck Sephardic Center/ Congregation Lev Haim	407 Warwick Ave.	201 357 0607	http://teanecksephardiccenter.homestead.com/	R Daniel Hakimi		7:00 PM (summer)			Edot-HaMizrach	
Anshei Chesed of Teaneck	931 Queen Anne road - 1st Floor								Sefard	if you would like to either gabbi or lain please use the above e-mail address
Jewish Center of Teaneck	70 Sterling Place	201-833-0515	www.jcct.org	Rabbi Daniel Fridman	Tues/Wed/Fri 7:15, Mon/Thurs 7:00, Sund 9:00		7:30 PM Winter		Ashkenaz	
TENAFLY										
Lubavitch on the Palisades	11 Harold St.	Main number 201-871-1152, Fax 201-871-4181	http://www.chabadlubavitch.org	Rabbi Mordechai Shain	Sun: 8:30 AM. Mon/Thurs: 6:15 AM, 6:50 AM. Tues/Wed/Fri: 6:15 AM, 7:00 AM	10 minutes before sunset		Following Mincha	Ari	Mens mikvah open daily at 6:30 AM. Womens mikvah open evenings by appointment. Mikvah is adjacent to shul at 48 Piermont Rd.
WOODCLIFF LAKE										
Woodcliff Lake Chabad/Pascack Valley Chabad	100 Overlook Dr.	Dov Drizin 201-476-0157								Come and enjoy the only Orthodox minyan in the Pascack Valley

To update or correct or add minyanim to this chart, please call: 201-366-9102 or email: editor@jewishlinknj.com



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DESTINATION KOSHER

Historic Scranton Hotel to Host Yeshiva Week Getaway



The historic Radisson Lackawanna Station Hotel located in the heart of Scranton

By Chaim Davidson

The Radisson Lackawanna Station, a six-story landmark hotel in the heart of Scranton, Pennsylvania, will serve as host to the annual Yeshiva-week Shabbos getaways, to be held on January 20-22 and January 27-29.

Constructed in 1908, the building originally served as a train station for more than half a century; it was renovated in 1980 when the city of Scranton partnered with private developers to transform the landmark building.

Now, the new design boasts modern amenities and services while maintaining the historic building's timeless elegance and original glory. Its grand lobby is two and a half stories tall with an ornamented mosaic tile floor, a barrel-vaulted Tiffany stained-glass ceiling and rare Siena marble walls. The neoclassical structure is listed with the U.S. National Register of Historic Places and has proudly received the 2011 Renovation Excellence Award. Just recently, a \$3 million dollar major remodel was completed, with new beds, wall-coverings, flooring and furniture.

The Shabbat getaway is hosted by Rabbi Benny and Chany Rapoport, co-directors of Chabad in Clarks Summit, Pennsylvania, a suburb of Scranton.

"The catering is done in house; all meals are freshly prepared by our team of chefs and culinary staff in the commercial kitchen facilities at the Chabad Center," said Chany. "Shabbos meals are served to the table, set with china and silverware in the Radisson grand ballroom. The kosher hospitality we offer is unique; guests will enjoy a gourmet experience at affordable—and unbeatable—rates."

Rabbi Benny Rapoport, who oversees the hashgacha, said that the highest stand-

ards of kashrut are followed. "We designate a mashgiach at all times both during prep and meal service," he said. "All baked items are pas yisroel & kemach yoshon. All dairy items are cholov yisroel. Meat and poultry is heimishe shechita certified by the OU and CHK. In addition, greens and vegetables are checked before use."

This year the Shabbat getaway features two musical performances; the premier a cappella group Shir Soul will be performing on the January 20 event, while America's favorite Jewish Folk Band "Rogers Park," who



All meals will be served in the elegant ballroom on the main floor.

have been called the "Jewish version of Simon and Garfunkel" will be entertaining on January 27. Enjoy the sweet harmony during tefilos and a concert performance at the melaveh malkah on Saturday night.

There is a lot to do in northeastern Pennsylvania both indoors and out! Guests that wish to ski, snowboard or go tubing will enjoy discounted rates at Montage Mountain just 10 minutes from the hotel. The family-friendly ski resort offers 26 professionally groomed trails, from beginners to advanced, a modern rental shack that provides skis and snowboards and professionally led group lessons to help you learn or improve your skills. They also have a superb ski school for ages 5-11 as well as private lessons.

Montage Mountain also has the longest and fastest tubing trails in the region. The snow-tubing park is fun for all ages, and features 10 trails of downhill excitement that are each 800 feet long. The hill is serviced by a "Magic Carpet" lift that gives tubers a swift return to the top of the snow-tubing park.

After hours of clean, healthy fun on the mountain, enjoy selections from a delicious glatt-kosher concession located right in the ski lodge! Choices include hearty soups, fresh salads and hot meat/chicken dishes.

For information please call 570-587-3300 or visit www.pocoshabbat.com.



Aside from skiing and snowboarding, Montage Mountain Resort boasts the longest and fastest tubing trails in the region—over 800 feet long!

Quick Tax Tips for Year End 2016



By Daniel Magence,
CPA, Esq.

Every year I have clients that ask me in March or April, "What can I do to lower my tax liability?" In most cases, short of getting in Doc Brown's DeLorean to go back six months in time and then asking me that same question, there's not much to do at this point. And I don't recommend going back in time to six months ago anyway. Can you imagine having to watch those presidential debates a second time? As a side, if you did have the ability to time-travel, I would hope you would use it for something cooler than speaking to your accountant.

But my point is, in many cases there's not much to be done in April of 2017 to help your 2016 taxes. Luckily, there's still time left on the clock to lower your tax liability. Spending a bit of time now may save you thousands later. Here are some quick tax tips that you may find helpful.

IRA Contributions: Consider contributing to an IRA. You have until April 18, 2017 to contribute to your IRA and still have it count towards your 2016 tax year. You can put up to \$5,500 in your IRA account (\$6,500 if you're age 50 or older), and if you qualify for a tax deduction that could save you well over \$1,000 in taxes. Contact your tax accountant to see if you qualify for this tax deduction.

Convert to a Roth IRA: Speaking of IRA accounts... now may be the time to consider converting your traditional IRA to a Roth IRA. You fund a Roth IRA with post-tax dollars. So you won't receive a deduction when you contribute, but you can pull out all the funds completely tax-free starting at age 59½. Think about it like this—if your investments grow at a rate of 5% and you won't need your retirement fund for 25-30 years, that's going to net you a nice amount of tax-free income.

Charitable Donations: The deadline for charitable donations is December 31 at midnight. Get those outstanding pledges in by then if you want a deduction on your 2016 tax return. Consider donating appreciated stock as well. You get to deduct the fair market value of the stock instead of just your cost basis. For example, if you bought stock for \$1,000 a few years ago, and it's now worth \$10,000, then donating that stock will get you a \$10,000 deduction and you pay no capital gains taxes. This donation only cost you \$1,000, but the deduction will save you a few thousand in taxes.

Take Charge of Taxable Income: If you're a freelancer or small business owner, you may have more control over your tax bill than you think. If you anticipate having more taxable income in 2016 than in 2017, and therefore paying taxes at a higher rate, consider holding off until January 1 to bill your clients instead of the end of December. That will allow you to pay less tax on the same amount of income. On the flip side, you can also prepay many expenses at the end of December, such as rent, to lower your 2016 taxable income. In fact, you can prepay up to 12 months for many expenses and get the deduction in 2016.



Don't Wait to Reach Out to Your Accountant: Don't wait until March or April to speak to your accountant (or to find an accountant). The sooner you reach out with any questions you may have, the more likely it is that nothing will slip through the cracks. Reaching out before the end of the year is critical to maximizing your deductions and tax credits. If you don't have an accountant yet, then now is the time to hire one.

Daniel Magence, CPA, Esq. is a principal at Pristine CPA Solutions, LLC (www.pristinecpa.com). Pristine CPA Solutions offers tax and accounting services to individuals and businesses of all sizes, whether its tax returns, bookkeeping, payroll services or personal income budgeting. He can be reached at dmagence@pristinecpa.com or 201-326-6908 if you have any questions or comments, or are interested in using Pristine CPA's services. Feel free to contact us for a free consultation.

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# Identify Your Family's Financial Priorities



Provided by Howard Bienenfeld, CLU, ChFC, Partner at Bienenfeld, Lasek & Starr, LLC; courtesy of Massachusetts Mutual Life Insurance Company (MassMutual)

Although the American family has always shown great resilience through the ups and downs of our dynamic economy, the slow recovery we're experiencing now is compelling many to not only reconsider their priorities, but reevaluate the financial strategies they may have put in place only a few years ago.

## Families and Finances

A recent study commissioned by Massachusetts Mutual Life Insurance Company (MassMutual) and conducted by Forbes Consulting Group in 2013 titled, *State of the American Family: Families, Financial Attitudes & Planning*, found that families' financial priorities are focused around 4 specific areas: *Income, Savings, Retirement and Debt*.

The challenge for many of us is determining which of the four areas should be our primary focus. Ultimately, only you can decide where to put the majority of your financial efforts. Factors such as age, marital status, number of dependents and short- and long-term goals all will play a part in your decision making. That's the easy part. The hard part is trying to balance all four at the same time – which you will have to do – along with the rest of your day-to-day life.

## Income

Your income(s) is the source of funding for most everything you enjoy in life. In fact, when viewed over the span of your entire working life, your income may be your most valuable asset. For those whose priority is to use their income to build and accumulate assets for the future, your first step should be to protect your income (inquire with your employer regarding your Group Long Term Disability options), and, once secure, look for ways to increase or supplement it. What 'side hustle' could you do in your free time to generate additional income?

## Savings

If savings is your top priority (for the purchase of a home, a child's education, or other reason), view the sacrifices you make now as the foundation of building and accumulating wealth. First, create a budget that will identify how much, and for how long, you will need to save to reach your goal. Start your savings plan by creating an emergency fund (equal to six months of income), then investigate various savings vehicles available. Consider making arrangements to automatically withdraw money from your paycheck or checking account. 'Set it and forget it' is an ideal way to save.

## Retirement

Regardless of your age or situation, retirement planning should be a priority for everyone. Once you have an idea about how much income you'll need in retirement (70% of current income is a good rule of thumb), the simplest way to save for retirement is through your employer's 401(k) or similar



plan. If your employer does not offer a qualified retirement plan (or you are self-employed),

create your own by using an IRA (traditional or Roth) or Self Employed Pension plan. Also consider whole life insurance. While primarily purchased for its death benefit, the build-up of the cash value<sup>1</sup> in a whole life insurance policy is guaranteed, and can help give you a reliable source of supplemental retirement income.

## Debt

Many Americans, especially younger Americans, are saddled with debt. Whether

its student loans, mortgages, or credit card debt, large amounts of debt cause many of us to focus exclusively on paying down the debt. For many, this approach would be a mistake. It is important to recognize that even with high levels of debt, you can still take steps towards securing your income, savings and retirement plans.

Do you sometimes feel caught between providing financial support for your children and saving enough money for your own retirement? Are you concerned that you aren't doing the right things to prepare for your family's future? Get help – contact a trusted local financial professional to help you assess and address your family's needs. Call us at (201) 449-0026 or visit us at [www.blsfinancial.com](http://www.blsfinancial.com).

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<sup>1</sup> Access to cash values through borrowing or partial surrenders will reduce the policy's cash value and death benefit, increase the chance the policy will lapse, and may result in a tax liability if the policy terminates before the death of the insured.

## Everyone can use a helping hand now and then.

At Bienenfeld, Lasek & Starr, LLC, we believe in the right team of people, a strong commitment to help others, and having a real impact. That is the mission of our practice and the "helping hand" we offer to our community.

It's also the reason we are excited about our affiliation with The Jewish Link.

We are looking forward to developing relationships and working closely with the residents of Bergen County.



### Bienenfeld, Lasek & Starr, LLC

Phone: (201) 449-0026

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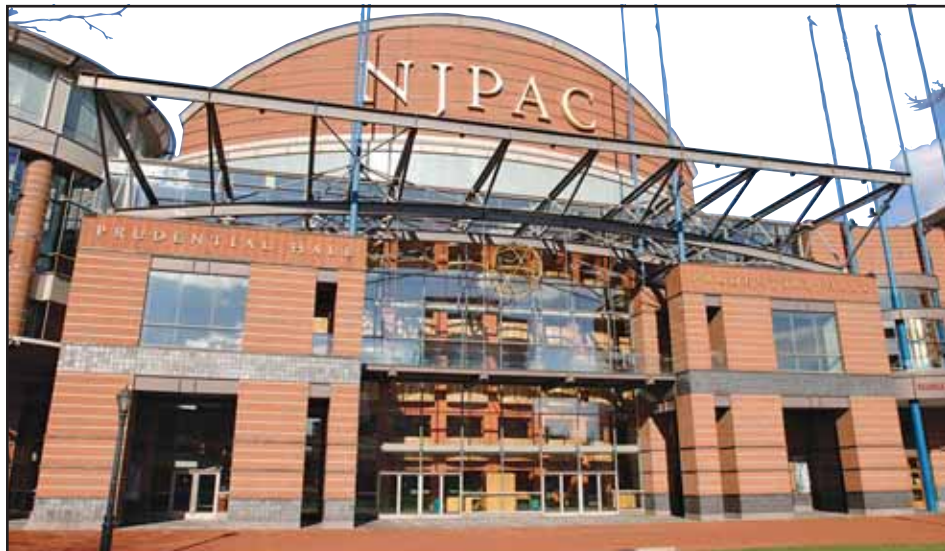
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## ZMAN Magazine Goes Live on Stage at NJPAC with 'ZÜSMAN'

Ground-breaking new play will delight the entire family Teaneck teen to star also.



Newark—After seven successful years of publication in three languages, ZMAN Magazine has undertaken a novel project—presenting a professionally produced live stage play, “ZÜSMAN,” at the New Jersey Performing Arts Center in Newark, New Jersey. The entire family will be spellbound by this gripping tale of a father torn from his children and his unwilling entry into the shadow-world of international espionage. Carried along by a tide of events far beyond his control, Züsmán is called upon to make decisions of tremendous courage in a time of utter terror. Threatened with his own death and that of his son unless he accepts a mission on behalf of the forces of evil, Züsmán’s

composer and Miriam Handler is the lyricist; Yisroel Lamm is arranging the music and Eli Gerstner is the producer. Teaneck’s own DJ Wartelsky is one of the stars of the play.

A host of theater professionals is collaborating with outstanding, premier actors to bring this gripping tale to life. The audience will experience action-packed scenes and special effects that they wouldn’t have believed possible. When asked what challenged him most in the production, ZÜSMAN’s lighting engineer, Burke Wilmore, replied, “[Creating] new types of special effects that haven’t been done before on stage, for instance, creating the effect of a military chopper.”



Yisroel Lamm



Eli Gerstner



Yossi Green

strong faith is the only thing that can give him the strength to continue until the bitter end in a desperate attempt to save his family.

This Chanukah there is one clear pick for a show to attend—and it’s not on Broadway! Imagine a suspenseful spy drama interlaced with Jewish themes of faith and hope in the direst circumstances, performed by a talented cast worthy of the grand stage at NJPAC.

The play’s poignant story is punctuated by moving songs and lively dance numbers. A team of true legends in the Jewish music industry with over 130 years of combined experience has assembled to make this an unforgettable performance. Yossi Green is the

Ray Rodriguez, the battle-scene choreographer, said he was working hard to bring a battle scene to life that “reads more like something you would find in a film sequence.”

Tickets are on sale now at [www.ZMAN-PLAY.com](http://www.ZMAN-PLAY.com) or by calling 1-844-ZUSMAN-1. Order by December 18 and get tickets shipped straight to your door. Optional deluxe gift box available, shipped separately. Give a Chanukah gift the whole family can enjoy! Recommended for children ages 10 and above. Separate seating.

(Tickets sold after 12/18 will be available for pick-up.)

Shows: Monday-Thursday, 12/26-28, 8:00 p.m.; 12/29 1:30 p.m. at NJPAC’s Prudential Hall, One Center Street, Newark, NJ.

ZMAN Magazine is the #1 monthly Jewish family magazine with lively stories and in-depth research for the whole family to enjoy, available via subscription and in your local kosher grocery and bookstore. Just as the ZMAN name has become synonymous with superior quality in magazine publishing, ZMAN is putting its seal of quality on this production. Don’t miss it!

Visit them online at [www.ZMANMAGAZINE.com](http://www.ZMANMAGAZINE.com).



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## Boys Town Jerusalem Student Is One of Israel's Youngest Firefighters

As horrific flames engulfed communities in the Jerusalem Hills simultaneous with fires raging across Israel, 16-year-old Daniel Ben Hemo became one of the two youngest firefighters to battle the blaze. For the Boys Town Jerusalem 11<sup>th</sup> grader, who has volunteered for the Fire Department for two years through the school's community service program, fighting fires and helping others is precisely what he set out to do from the start.

"Last Tuesday I was in school when I got the emergency call-up," the tall, dark-haired student recalled. "I rushed to the station to help prepare the firefighting vehicles for action, and restocked them all day and night." Meanwhile the deadly combination of fierce winds and dry weather continually fueled the flames, ruthlessly spreading the fires. By Thursday, when terrorist acts of arson ravaged the country as well, Daniel became one of only two teen-aged volunteers selected to join the firefighting team "on the scene" in the Jerusalem Hills.

"I've fought serious blazes over the past year, but nothing like these fires," he admitted. "Imagine facing 65-foot flames, 60 mph winds and thick black smoke choking the air. Then the incredible happens: The officers take command, each firefighter goes into action, and within two to three hours, the flames are under control. Until the next

blaze suddenly ignites..." From Tuesday until moments before the Sabbath on Friday evening, Daniel worked round the clock, sleeping only two hours a night.

Daniel began volunteering for the Fire Department before he was 15. Although his formal skills came from an intensive six-month course, the youth admits that his real education grew from sitting and learning from the firefighters at the station, "a warm, loving family."

As Daniel fought the recent blaze shoulder to shoulder with several hundred professional firefighters, he used extreme caution. "I've been trained well, and 'my' firemen carefully protect me."

As to the future, Daniel's heart is now set on enlisting in the Air Force Aerial Firefighters. Afterwards, "I hope you'll see me return to the fire station as a career officer, although I pray that fires will someday be totally prevented."

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# Rescuing Residents From the Haifa Fires: A Personal Story of Heroism and Tragedy

Jerusalem—On Thursday, Israel's national volunteer emergency medical services (EMS) organization, United Hatzalah, mobilized over 600 volunteers from around the country to assist fire and rescue teams with evacuations and firefighting across the country.



Doron standing in his backyard after the fire (CREDIT: UNITED HATZALAH)

During the rescue and evacuation operations in Haifa, one United Hatzalah volunteer paramedic, Doron Shafir, had his own home catch fire while he was helping others evacuate from their homes and buildings. Doron spent the entirety of Thursday morning rescuing the elderly and those unable to walk from their houses. He participated in the evacuation of numerous high-rise buildings before recognizing that the fires were encroaching upon the neighborhood in which his own family and neighbors resided.

The following is a letter from Doron that he wrote after the fires in Haifa were under control:

"At 9 a.m. I began to smell smoke and the smell of things burning. Simultaneously I began to receive calls on my United Hatzalah emergency phone that there were reports of a large fire outside of the Paz Bridge, located near the central fire and rescue building in Haifa. I raced out of my house on my ambucycle to respond to the emergency calls that were emanating from the Givat Oranim neighborhood located nearby.

"When I arrived [at] Givat Oranim, I was nearly paralyzed with fear as I saw the fire climb the hill towards the east where the neighborhood of Ramot Sapir is located. The image was a very hard one to stomach, even for experienced rescue personnel who are familiar with witnessing tough situations. When a large fire grabs hold of the neighborhood where you grew up, and you watch your childhood memories go up in flames it is very tough to witness. As the fire drew closer to my own house it became that much harder. I didn't believe that the fire would get as far as my own home. After evacuating numerous people from their homes I was interviewed by Channel 2 news.

"Later in the morning the smoke began billowing towards my own neighborhood. I raced home, turned off the gas lines, all the electricity and closed the gas balloons. I called my wife Tal and asked her to leave work and return home. She picked

up our daughter Leah from kindergarten and headed back home. At this point, I still didn't believe that there was a direct threat to our house and our neighborhood, but people began to evacuate carrying some of their belongings with them. I received more emergency calls and responded to help others in need of assistance in the area. One individual was unconscious and another had difficulty breathing over on Freud street which was not too far away. I headed over together with Moshe Adler, the Chapter Head of United Hatzalah Haifa region. When we arrived we found a 40-year-old man who was unconscious and having severe respiratory problems. No ambulances were available as the entire area was jammed up with traffic and closed off.

"Another medic by the name of Yigal Maor joined us. We checked the unconscious individual for any other physiological ailments and then gave him high flow oxygen. Yigal took the patient in his own car, while Moshe and I attempted to clear a path for his evacuation to the Carmel Medical Center. The patient needed to be intubated and receive respiratory assistance immediately. After a very difficult ride, we were able to get the patient to the shock treatment center at the hospital.

"It was approaching 1:00 in the afternoon and I saw that the valley by the street where I live was burning. This was when I understood that there was a danger to my own home and the homes of my neighbors. I raced home and what greeted me will never leave my mind. Our backyard was ablaze. The storage unit, which we had just built last week and filled with everything that we couldn't find room for in our house was burning. I grabbed the garden hose and attempted to put out the blazing storage unit in my own backyard, as well as those of the neighbors in order to prevent the fire from advancing to our houses. I fought with the flames until the water pressure began to dwindle. The water main to our house had begun to melt due to the intense heat.

A short time later, four other volunteers from United Hatzalah arrived at my house to help me try to put out the flames that were encroaching on my home and the homes of my neighbors. At 4:30 in the afternoon, firefighters were finally able to arrive and helped us quench what was left of the flames. At 6:00 p.m. the firefighters were able to finally put out the fires that were threatening our neighborhood. I headed over to the mobile command center that had been set up by United Hatzalah in Haifa, and the Director, Moshe Teitelbaum asked about whether my family needed anything and offered us a place to stay. The organization replaced my depleted medical equipment and gave my ambucycle a tune-up on the spot. I was invited to eat, some-

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## NEWS FROM ISRAEL

### Rescuing Residents From the Haifa Fires: A Personal Story of Heroism and Tragedy

CONTINUED FROM PREVIOUS PAGE

thing that I hadn't done all day long. I ate a few slices of pizza that were offered and then headed to my family who had previously evacuated to a safe location.

"We couldn't sleep that night. Thoughts of all the medics and emergency personnel still involved in the battle for our beautiful city of Haifa, of the fire that refused to be put out, of our green forests that provided us with so much, and of our neighbors who lost everything dear to them.

"The next morning I went with a fellow EMT to see the house. The sight was a very difficult one for all of us. The blackened rooms bore down on us. As our neighbors began to return home we all took solace in the unity of our tragedy and began to work together to figure out who to call and how to handle the situation. How do we rebuild what was lost? How do we restore water and electricity to our homes for our families? Where can people stay in the interim?

"TV crews came to interview us for whatever stations they were working for, and my friends from United Hatzalah nev-

er ceased to call and offer their condolences and assistance. Fellow EMS members came and offered food and blankets for the Shabbat holiday that was fast approaching. People called, came over and brought food and offered us places to stay for the weekend from as far away as the Golan and Jerusalem. We were overwhelmed with love and attention. While we are still crying from the tragedy, our eyes are somewhat dried by knowing that we will not have to go through this alone. We have an entire organization, 3,000 volunteers and staff strong, that is standing behind me, my family and my neighbors. When United Hatzalah is involved, no one is alone, and I am incredibly thankful for that.

"At this point, we are restoring our homes to what they were, and I wish to thank all of those who stood with us in our time of crisis."

The main epicenter of the organization's activities was focused in Haifa, where more than 90,000 people needed to be evacuated, including Doron and his family. Volunteer EMS personnel also assisted firefighters and rescue services in evacuating the towns of Beit Meir, Neve Ilan, Nataf, Rishon Letzion, Halamish and Neve Tzuf over the course of the weekend.

### Boys Town Jerusalem Student Is One of Israel's Youngest Firefighters

CONTINUED FROM P. 64

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disadvantaged Israeli youth into productive citizens of tomorrow. Boys Town's 18-acre campus is a home away from home for its more than 900 students. More than 7,000 graduates hold key positions throughout Israeli society. For more information, please visit our website at [boys-townjerusalem.org](http://boys-townjerusalem.org).

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## Yitzi Rothschild Enjoys Torah Learning and Chesed Leadership In Israel



At the YACHAD 5K Color Run in Tel Aviv: Top, left to right: Sam Eichman (Brooklyn, NY, Netiv Aryeh), Jonathan Seidel (Bergenfield, NJ, Orayta) and Eitan Drapkin (Skokie, IL, HaKotel); Bottom, left to right: Yoni Greenberg (Teaneck, NJ, Lev HaTorah), Yitzi Rothschild and Harrison Kahn (Plainview, NY, HaKotel) (CREDIT: YACHAD ISRAEL)

By Tzvi Silver/JLNI Israel

The next Spotlight Israel featuree is Yitzi Rothschild. Yitzi is studying at Yeshivat HaKotel in the Old City of Jerusalem. He is from Teaneck, New Jersey, and attended the Rosenbaum Yeshiva of New Jersey (RYNJ) for elementary school and Torah Academy of Bergen County (TABC) for high school. His family davens at the Congregation Rinat Yisrael.

While his plans for next year are not yet set in stone, they will either involve Shana Bet or Yeshiva University.

*Why did you choose to learn at Yeshivat HaKotel?*

I attended this yeshiva for its incredible atmosphere and wide variety of learning opportunities. There's such a great chevra here too, and I'm excited for the ability to grow in many ways this year.

*What kind of goals do you have for your year?*

Going into the year, I planned a few goals for myself. One of them is the ability to understand the Gemara from different viewpoints of mefarshim other than Rashi and Tosfot. Another goal is to increase my understanding of Halacha in order to help make practical decisions in the real world. A third goal of mine is to take advantage of the year and being able to learn about the Land of Israel through the lens of Tanach.

*What has been one of the biggest highlights of your year so far?*

Wow! There are so many to choose from. I would probably have to say going to Hebron for Shabbat Chayei Sara and singing Kabbalat Shabbat with thousands of Jews from across the world definitely stood out. I couldn't remember the last time I sang and danced with that many Jews.

Another special moment of the year is almost every day having the opportunity

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## Yitzi Rothschild Experiences Israel Through Torah Learning and Chesed Leadership

CONTINUED FROM PREVIOUS PAGE

to be able to look from the rooftop of Yeshivat HaKotel onto Har Habayit. It makes me think about how in just six days we were able to recapture one of the holiest places in Jewish history. Every time I see it, I wonder when will I be able to smell the incense.

*What kind of challenges have you faced coming to Israel?*

Probably the most difficult part is being away from my mother's home-cooked food. It's so good; especially her meatballs and deli roll. Also, another hard part of being away from home is being separated from all of the people I've made close connections to through Friendship Circle. For around seven years, almost every week I would hang out with some special individuals and go on Shabbat walks, out for lunch, bowling, play with dogs, to 7-11, wandering around the mall, or just playing Uno—it was always an experience that I will never forget.

*How has being here been different from your expectations? Did you feel prepared for your experience or did you have culture shock, and how so?*

Going into yeshiva, I did not want to set myself expectations because maybe my expectations would be wrong. Going in, I knew what I was signing up for: a yeshiva with great learning, rebbeim, potential to learn any topic within the realms of Torah, Zionism, a serious atmosphere and much more. I felt that my high school,

TABC, gave me the right building blocks for what I needed to start yeshiva.

I'm a person who loves to embrace new cultures. All of my Israeli friends tell me that all I need is a pair of Teva sandals, a hiking pack and to eat shakshuka to fit in. Plus, Yeshivat HaKotel has the feeling of being the center of the world because of all the students who come from around the world. It's cool because every person comes for the same reason—to grow in their learning and experience Israel at its finest.

*Where is your favorite place to go for weekends/Shabbat so far?*

Probably my most favorite place to travel to for Shabbat is to the home of my rabbi, Rav Cutler, in Even Shmuel. Driving through the yishuv spoke to me a lot about how our country is growing. Even Shmuel is only half built and expanding quickly to make more homes for people. The expansion of Highway 6, a new freeway created to make it easier for people to travel to the south from Jerusalem, is allowing new olim to move there. This just sets a tone for what Israel is doing and becoming, and I'm so happy I had the opportunity to experience it firsthand!

*What are some of your favorite extracurricular activities this year?*



HaKotel students volunteering at Shalva in Jerusalem. Left to right: Yitzi Rothschild, Jordan Panitch (Cherry Hill, NJ) and Elior Holzer (Teaneck, NJ) (CREDIT: YITZI ROTHSCHILD)

Outside of yeshiva, I am working with two major organizations. One is Yachad, whom I've worked with for the past two years and have attended many of their shabbatonim and summer programs. This

year I am on the board of Yachad Israel and in charge of planning fun activities for shabbatonim. I also attend many of their programs throughout the year. For example, I just attended Yachad's annual 5K Color Run in Tel Aviv with over 800 runners.

I'm also on the Shalva ambassador board for Americans. I have the pleasure of attending Shalva once a week with a few friends. It's an opportunity for me to try a different program with similar goals. The other day, I even had the privilege of meeting Yossi Samuels, the son of the couple who created Shalva.

Working with both of these organizations adds tremendously to my Israel experience—it really gives me the opportunities to grow outside of yeshiva in ways that I can't even describe.

*What are you most looking forward to for the rest of the year?*

Over the coming year, I'm looking forward to many things. Of course, I cannot wait to continue to increase my Tanach, Halacha and Gemara scope. At the same time, I cannot wait to continue traveling the country and experiencing the land in

similar perspectives as our ancestors did. Whether it was an inspirational Shabbat, going on random hikes to springs or chilling in the Old City, I can't wait to see where else life will take me this year!

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# Beit El Dinner Draws Over 1,000 Attendees

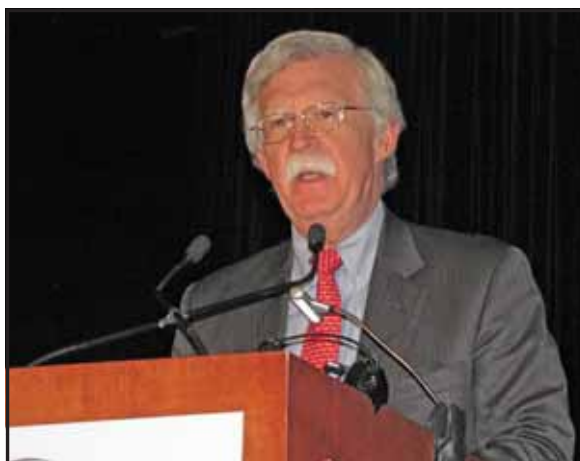
By Tzvi Allen Fishman

Nestled in the hills in the Shomron region of Israel's West Bank, north of Jerusalem and east of Ramallah, is the settler city of Beit El. Its current population is approximately 6,500.

Beit El, which means "House of God," was established in 1977 when 17 families settled near an Israeli Defense Force base. The Torah recounts a famous happening in Beit El (Bereishit 28:16-17); Jacob slept and dreamed that he saw angels going up and down a ladder. Jacob awoke and proclaimed, "God is surely in this place and I did not realize

it; how awesome is this place, for this is the House of God and here is the gateway to heaven." God then promised Jacob to give him all the land surrounding the place he was lying on.

For 34 years, the American Friends of Beit El Yeshiva Center has made an award dinner in New York, honoring those who have committed both their funds and time to building the city of Beit El and its Yeshiva Center. As the years have passed, the numbers of attendees have grown by leaps and bounds. With over a thousand guests at the Marriot Marquis on Sunday, December 20, this year's dinner was a record breaker and also a statement of the importance of Beit El to the Jewish community. The dinner and the support of the Beit El Yeshiva Center ensure that the city of Beit El remains a vibrant place to live and to study Torah.



Former United States UN Ambassador John Bolton at 34th Annual Bet El Dinner, Sunday December 4, 2016 at Marriott Marquis (CREDIT: TZVI ALLEN FISHMAN)

El stands as permanent proof that no portion of the Land of Israel will ever be Judean, and the Jewish people will live on their God-given, tiny portion of the globe for eternity."

This year's dinner honorees included many dedicated members of the Jewish community.

Ken and Nira Abramowitz, Beit El Dinner Guests of Honor, are well-known to the Jewish community. They are ardent supporters of Israel and have been involved in many institutions in both America and Israel. Ken, managing general partner at NGN Capital and a worldwide expert on healthcare investment, is involved on a daily basis with his passion for protecting Israel and America from jihadism and the radical left. He has published many position papers on this subject and has spoken in many venues.



Ken and Nira Abramowitz, Guests of Honor at 34th Annual Bet El Dinner, Sunday December 4, 2016 at Marriott Marquis (CREDIT: TZVI ALLEN FISHMAN)

Beit El is not only of religious significance but is crucial to Israel for its strategic and security significance. Its location in between Ramallah and Jerusalem puts it at the top of the list for making sure that a strong Jewish presence exists in that region. Beit El is also the home to Arutz Sheva, the famed Israel National News media network, which offers online news, video and radio broadcasts and a weekly newspaper supporting the ideologies of Religious Zionism.

As David Friedman, President-elect Donald Trump's Israel adviser, has stated, "Beit

Nira, born in Israel, is an architect, Hebrew teacher and a historical curator.

Larry Gordon received the Builder of Beit El Award in memory of his father, Rabbi Nison Gordon, z"l. Larry, born and raised in Crown Heights, is a veteran journalist, has written extensively about Jewish issues for over 30 years, has hosted a radio show and is publisher of the Five Towns Jewish Times. Larry comes from a famous journalistic family. His father, Rabbi Nison Gordon, was a famed Yiddish writer who wrote

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# The Wheels of Change Bring Brooklyn Bike Shop to North Jersey

By Jenny Gans

Bicycling brothers Jacob and Leibel Lefkowitz saw an opportunity for a business. In their Brooklyn neighborhood, traveling by car presented a variety of difficulties, and many people opted for bicycles. But for many people in this area, cycling was more than a hobby or convenience, it was a passion and a sport. The Lefkowitz brothers opened the doors of Bike Ahead in 2013 in the Williamsburg area of Brooklyn and immediately saw their business take off.

As time went on, they needed more space to meet customer demand. With orders being shipped throughout the United States as well as internationally—Canada, Australia, France, Germany, New Zealand, Sweden and the UK are part of their growing online customer base—they rented more space around New York. But they knew it was necessary to permanently move to a larger location. “When we outgrew locations in Brooklyn, we faced a strategic decision: continue paying rent on three locations in New York, or combine into a larger, yet lower-cost warehouse in New Jersey,” Leib Lefkowitz said.

They applied for a small-business loan through the New Jersey Economic Development Authority’s (EDA) Premier Lender Program to support the purchase of a new, 33,000-square-foot warehouse in Totowa, in Passaic County, to house their opera-



Bike Ahead co-owner Leib Lefkowitz, EDA President/Chief Operating Officer Tim Lizura, Bike Ahead co-owner Jacob Lefkowitz, Two River Community Bank Business Development Officer Jeffrey Zatta (CREDIT: NJ EDA)

tions. Through the program, Bike Ahead obtained a \$1.89 million loan from Two River Community Bank that included a 30 percent EDA participation. “People warned us that it would be a difficult process, but we found it very smooth and easy to work with,” Leib said. This warehouse allowed

Bike Ahead to keep its store open to the public in Brooklyn, but fulfill their online orders from the Totowa location.

The NJ EDA looks for more opportunities to help small businesses in the way they assisted the Lefkowitz brothers. As part of their program aimed to cre-

ate awareness of the services provided to help small businesses, EDA President and Chief Operating Officer Tim Lizura visited Bike Ahead’s warehouse on November 29. The goal was to talk to people interested in applying for small-business loans, and to teach them how to utilize services at their disposal, such as social media, print and digital materials and financing resources.

Lefkowitz, too, was there to discuss how his business benefited from the assistance of the EDA and continues to expand thanks to their resources.

Bike Ahead continues to be an active part of the community give-back through their store. They have been sponsors of Bike4Chai where they provided the mechanics for the cyclists, as well as BikeMS, an international organization fundraising for multiple sclerosis research.

To learn about EDA resources for small businesses and not-for-profits, visit [http://www.njeda.com/small\\_midsize\\_business](http://www.njeda.com/small_midsize_business) and follow @NJEDAWasHere on Twitter and LinkedIn.

For any cycling enthusiasts, be sure to check out Leibel and Jacob’s website, [www.bikeahead.com](http://www.bikeahead.com) and [www.broadway-proscooters.com](http://www.broadway-proscooters.com). Just a piece of information for anyone in the market for a new bicycle: The bike itself can only be purchased from a brick and mortar store, and not ordered online, per the manufacturer’s terms. The website has a variety of accessories and sporting gear to create the best bike ride yet.



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# Rabbi Ilan Acoca Launches “The Sephardic Book of Why”

By Pearl Markovitz

**“The Sephardic Book of Why,” by Rabbi Ilan Acoca (2016), paperback, 128 pages, Hadassa World Press, ISBN-10: 3639794850**

According to Rabbi Ilan Acoca, who assumed the position as rabbi of the Sephardic Congregation in Fort Lee this past August, while also becoming Rabbi-in-Residence at Yeshivat Ben Porat Yosef, “Sephardic customs are rich and extremely diverse. The purpose of my book ‘The Sephardic Book of Why’ is to give the reader a general idea about Sephardic customs with a little taste of specific practices.”

Three years in the making, Acoca’s book is the culmination of many of his personal life experiences. Born in Bat Yam, Israel, to Moroccan parents whose ancestry dates back to Spain before the expulsion of the Jews in 1492, Acoca grew up in a traditional Sephardic home practicing the rites and rituals of Sephardic tradition. He moved with his family to Montreal at the age of 1 and was educated in an Ashkenazi educational system through his rabbinic ordination from Yeshiva Gedola Mercat Hatorah Teiferet Mordechai Beth Hamidrash L’Horaah Institute in Montreal. His smicha fulfilled the wish of his paternal

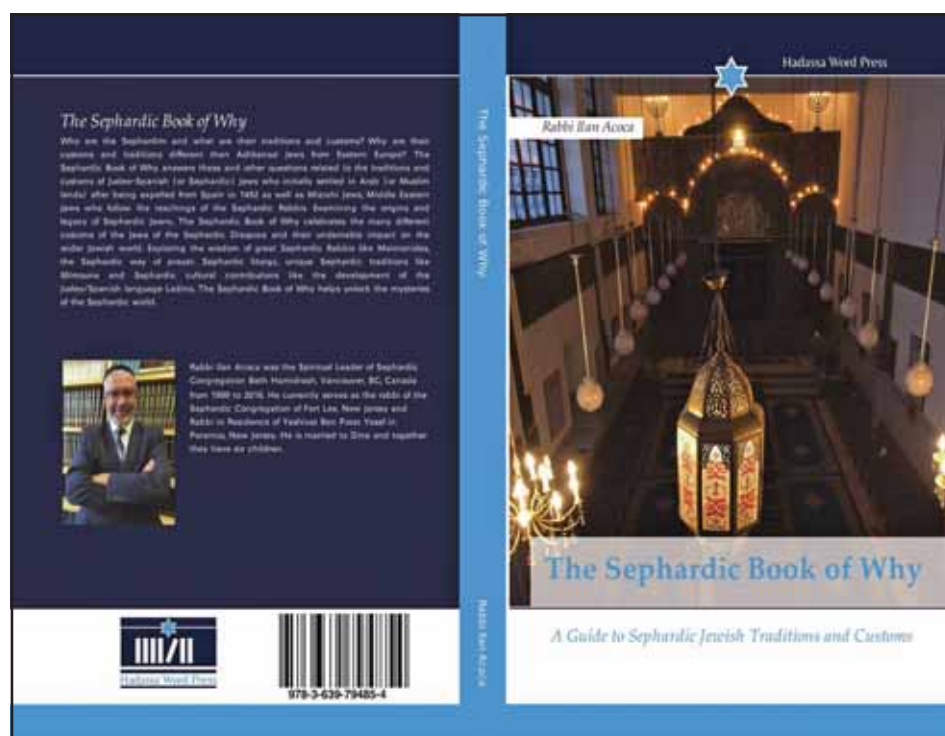


grandfather, Rabbi Ayad Acoca, to continue the rabbinic line of the family.

Acoca and wife Dina set out to Vancouver, British Columbia, on a mission to bring Jews from far afield closer to their heritage. For 17 years, the Acocas joyously and successfully led and oversaw the growth of the Sephardic Congregation Beth Hamidrash in

Vancouver, the only Sephardic congregation west of Toronto. Their home remained a bastion of Sephardic culture for their six growing children. One of Rabbi Acoca’s proudest moments is when he hosted the Prime Minister of Canada, Stephen Harper.

Throughout his career, Acoca has been queried as to why the Sephardic practices differ from those of Ashkenazi. Three years ago, motivated by his friend David Litvak, and at the invitation of Hadassa Press, whose editors had seen some of his online classes and were interested in following up with a book, Acoca enthusiastically embarked upon his project. In the foreword to his book, Acoca cites the well-known response of Rabbi Elie Abadie, MD, Rabbi of New York City’s Edmond J. Safra Synagogue and the Director of the Jacob E. Safra Institute of Sephardic Studies at Yeshiva University, to the query, “Why do Sephardim do it that way?” According to Rabbi Dr. Abadie, “In the overwhelming majority of minha-



gim (traditions), the ‘Sephardi way’ was the ‘original and standard way’ of fulfilling a commandment and the Ashkenazi community throughout the ages veered from the original minhagim and traditions given the geographic region that they lived in and the circumstances that surrounded them.”

That is not to say that the Sephardic community is monolithic either. When the Jews were expelled from Spain in 1492, and from Portugal in 1497, thousands moved to Turkey, the Balkan Countries, North Africa

and the Middle East. Some settled in Christian countries in places like Amsterdam and Bordeaux. Thus, two distinct communities were created: the Western or European Sephardim and the Muslim or Eastern Sephardim. Naturally, they too incorporated customs from their geographic settings.

Acoca divided his book into five distinct areas of Jewish life: daily rituals, Shabbat and holidays, life cycle events, Sephard-

➔ CONTINUED ON P. 74

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# Daf Yomi Shiurim

## Teaneck

- **Congregation Beth Aaron:** Mon-Thurs @ 9:45pm, Shabbos 1 hour and ten minutes before mincha
- **Congregation Bnai Yeshurun:** Sun @ 7:00am, Mon-Fri @ 5:30am, Shabbos @ 7:30am and 1 hr before 3rd mincha
- **Congregation Keter Torah:** Sun @ 7:15am, Mon-Fri @ 6:30am, Shabbos = one hour before mincha
- **Congregation Rinat Yisrael:** Sun @ 7:00am, Mon and Thurs @ 6:20am and 9:30pm, Tues and Wed @ 6:30am and 9:30pm, Fri @ 6:30am, Shabbos @ 10:30am
- **Chabad House:** Mon and Thurs Shacharit @ 6:40am followed by daf yomi shiur, Tues, Wed, and Fri Shacharit @ 6:45am followed by daf yomi shiur
- **Yeshiva Bais Mordechai:** Daily @ 8:30pm
- **Amud Yomi: Congregation Rinat Yisrael:** Weeknights after 9:15 Maariv, Sunday nights after Maariv Bizmano and Shabbos 60 Minutes before mincha

## Bergenfield

- **Congregation Beth Abraham:** Tues, Wed, and Fri @ 5:40pm, Mon and Thurs @ 5:30pm, Sun @ 7:30am, and Shabbos @ 7:45am, after hashkoma, and 1 hour before mincha

## Passaic

- **Congregation Ahavas Israel:** Sun @ 8:00am and 10:00pm, Mon-Fri @ 7:00am, Sun-Thurs @ 10:00pm, Shabbos @ 7:45am and 2:40pm
- **Congregation Adas Israel:** Sun @ 7:30am, Mon-Shabbos @ 7:15am
- **Bais Torah U'Tefilah:** Sun @ 7:00am, Mon-Fri @ 6:00am, Sun-Thurs @ 9:00pm, and Shabbos @ 7:30am
- **Congregation Tifereth Israel:** Sun-Thurs @ 9:00pm, Mon-Fri @ 5:40am, Mon-Thurs @ 6:50am, and Tues, Wed, and Fri at 7:00am
- **Congregation Agudas Yisroel:** Daily @ 45 minutes before 1st shacharis, Sun @ 7:45am, and Mon-Thurs @ 8:30pm
- **Bais Medrash L'Torah:** Daily @ 9:45pm and after the vasikin minyan
- **Bais Medrash Zichron Eliezer:** Mon-Fri @ 6:15am
- **Kahal Tiferes Boruch:** Sun-Thurs @ 9:00pm and Shabbos @ 2 hours before mincha
- **Kehilas Bais Yosef:** Mon-Fri @ 5:30am, Shabbos after davening and Sun @ 6:30am
- **Yeshiva Passaic Torah Institute (PTI):** Sun-Thurs @ 10:05pm
- **Kahal Yereim:** Sun-Thurs @ 8:30pm
- **Kahal Kol Yeshurun:** Mon-Fri @ 5:45am, Shabbos @ 45 min before mincha

## Fairlawn

- **Congregation Shomrei Torah:** Shabbos @ 8:00am, Sun @ 7:45am and 8:00am, Daily @ 6:30am and 8:00pm

## Englewood

- **Congregation Ahavath Torah:** Daily @ 8:15pm
- **Congregation Chai Odom:** Daily @ 1 hour before mincha
- **Congregation Shomrei Emunah:** Sun @ 9:00am and Shabbos @ 45 minutes before mincha

## Edison/ Highland Park

- **Agudath Israel of Edison/ Highland Park:** Sun-Thurs @ 7:30pm, Shabbos @ 50 minutes before mincha, Sun @ 7:15am, Fri @ 5:15 & 6:45am, and Daily @ 5:15 & 6:45am and 8:20pm
- **Ahavas Achim:** Shabbos - 50 minutes before mincha
- **Highland Park Resort:** Sun @ 8:40am and Shabbos @ 5:00pm
- **Congregation Ohav Emeth:** Sun @ 7:05am, Shabbos @ 10:00am, and Daily @ 5:05am

## East Brunswick

- **Young Israel of East Brunswick:** Tues @ 8:45pm

## Elizabeth

- **Yeshiva & Kollel Be'er Yitzchok:** Sun-Thurs @ 9:00pm
- **Adath Israel:** Sun @ 7:15am, Mon-Fri @ 5:40am and 6:30am
- **Jewish Educational Center-Elmora Avenue Shul:** Sunday-Thursday after Maariv (till the clock changes); Shabbat-One hour before Mincha

## West Orange

- **AABJ&D:** Shabbos @ 1 hour before mincha, Sun @ 7:45am, and Daily at 7:30am

## NEW IN THE NEIGHBORHOOD

# When Apples Had a Sweet Taste



By Rabbi Mordechai and Nina Glick

From the times of Adam and Chava we learned of the lure of the apple. Chava could not resist taking a bite of the fruit that she was warned not to taste. Her inquisitiveness, as we know, had repercussions that have probably affected us all. What is it about “no-nos” that make them that more attractive to us?

We watch as children are told that they may not do something, and instantly you will notice from the corner of your eye that the child will test us by making a dive for whatever he or she was not supposed to do. We as adults are not that much better. We remember in our teen years as beginning drivers we had specific markers of where we could and could not drive. Nina was allowed at the ripe old age of 16 to only drive her parents' car around Jericho (where she lived). Those markers basically gave her a scope of traveling to pretty much nowhere other than the super-market and post office. She remembers well, taking the car out for a drive when her parents were not at home, driving quite a bit past where she was allowed to travel, all the way into Manhattan to visit her beloved Mordechai. She was 17 and he was 18 and a student at Yeshiva University. What rebels we were, and much had to do with the fact that it was an absolute rule that needed to be broken (at least just once).

Today the apple still haunts us, but in a totally different vein. We have spent the past few days searching for Mordechai's iPhone, which everyone knows is produced by Apple. We are still confused as to why a major company manufacturing one of the world's best-known brands insisted on calling it after a fruit. If we continue in this trend, the world's best racing bikes will probably one day be called Grape,

and imagine getting the latest in modern kitchens, with all appliances made by Pear. Back to our missing Apple phone, it has basically caused havoc in our life. How sad is that? Without it Mordechai basically cannot call anyone, because every number that he needs is in his contacts. Today we are in the age of memory loss from the time we are 20. Who needs to remember anything? We just press a button, and there the person is whom we wish to speak with.

Under the beds, throughout every pillow on our living room couches, on our backs and our knees several times in two days, looking inside and all around the floor of our car. Perhaps it is in the trunk—no luck there. We even tried the freezer, the washing machine, every coat, every jacket, every pair of pants pockets and we are still Apple-less. Assuming that a logical place to look for Mordechai's phone would be in the fruit store, which is where we remember him last using it, we hoped that they would affirm to us that they had found the Apple amongst the apples. Lo and behold, it is nowhere to be found. How pathetic that we have become so dependent upon these annoying devices that everyone including us so depends on. Ironically, we can remember the home phone numbers that we had when we were growing up. 516 433 9018—why would we remember Nina's home number in Jericho when we cannot even remember our grandchildren's numbers unless we look them up in our contacts?

In case anyone finds a dead Apple hanging around—please call us on your live phone. We think that perhaps this does all stem back to the days of Adam and Chava. Why do the repercussions of their actions have to continue to haunt us? We knew that we should never have succumbed to that Apple phone.

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## Rabbi Ilan Acoca Launches "The Sephardic Book of Why"

CONTINUED FROM P. 71

ic culture and finally a chapter of selected presentations he has made over the years entitled Rabbi's Musings. Throughout the first four chapters, he addresses questions that have come to his desk over the years. While not exhaustive, they give understanding and insight into many customs.

To share a few, in answer to the question as to why Sephardim begin their morning prayer with Tefillat Hannah taken from Sefer Shmuel, Acoca responds, "According to kabbalah, this prayer cuts away all the foreign energies that want to stop the prayer from attending God." Further, the Gemara in Brachot teaches that many laws of the silent prayer, which is the central prayer of every service, are learned from Hannah's prayer."

Also, have you ever seen a tefilla in a Sephardic Siddur recorded in picture form? In fact, Tehillim 67, recited in the morning service, appears in the Sephardic Siddur in

the shape of a menorah. The Abudraham explains that this psalm contains seven verses representing the seven menorah lamps. The psalm has 49 words representing the 22 cups, 11 buttons, 9 flowers and 7 lamps that made up the menorah. Therefore, the psalm was recorded in the shape of a menorah.

In another well-explained answer, we have admired Sephardic Sifrei Torah in ornate cases. According to Acoca, the origin of the case is that some Sephardic countries were very hot and their Torah scrolls had to be protected from the humidity that could dull the letters, making it unusable. Hence, the circular case was used to enclose it protectively.

The book, whose cover features the interior of the magnificent Lazama synagogue in Marrakesh, is concise while being comprehensive. Acoca's goal in publishing his first book is quite simple. "In defining our differences we are actually uniting with each other by being understanding and respectful. In order to move forward, we have to find points in common. There

are so many things that unite us but we too often concentrate on what divides us."

Acoca has found his new community in Fort Lee to be very warm and welcoming. His growing congregation includes older couples as well as young families, teens and young adults attending Yeshiva University.

"The Sephardic Book of Why" will be launched in Montreal, Seattle and Vancouver before its two launches in New Jersey. On Saturday night, December 17, the launch will be combined with Rabbi Acoca's formal installation as Rabbi of the Sephardic Congregation of Fort Lee. The community is invited to attend the program, to be held at the congregation on 313 Tim Hunter Road, Fort Lee at 8 p.m., with the participation of Rabbi Dr. Elie Abadie and Rabbi Moshe Tessone, Director of Sephardic Community Programs at YU, who will address the crowd. On Tuesday, January 3, at 8 p.m., Yeshivat Ben Porat Yosef at 243 Frisch Court in Paramus will host the final launch. "The Sephardic Book of Why" is available through amazon.com.

## Beit El Dinner Draws Over 1,000 Attendees

CONTINUED FROM P. 69

for the Day Morning Journal and was deeply involved with Rabbi Gershon Jacobson in the creation of the Algemeiner Journal. Rabbi Gordon, an accomplished Torah scholar, wrote extensively about Israel and the Jewish people.

Mark and Alan Berger received the Shomer Eretz Yisrael Awards. Mark and Alan are both physicians, Mark residing in New Rochelle and Alan in Englewood, New Jersey. They have been deeply involved with many Jewish causes, including NORPAC, AIPAC, the Republican Jewish Coalition, ZOA, Ateret Cohanim and Shaare Zedek Medical Center. They have close relationships with many congressmen, governors and members of Knesset.

Pinny and Yael Farkas received the Young Leadership Award. Pinny, a licensed clinical social worker, is a graduate of Touro College and Wurzweiler School of Social Work. Yael is a teacher and businesswoman and has a graduate degree in Jewish education from the Azrieli School.

Pinny and Yael are the grandchildren of Beit El Honorary Chairman Eugen Gluck and the niece and nephew of Beit El president David Friedman. They have been deeply involved with their families in the growth of Beit El.

Dinner speakers included former United States U.N. Ambassador John Bolton and Israeli Ambassador to the U.N. Danny Danon.

John Bolton, speaking about the new incoming administration in Washington, offered words of hope, stating, "There is a sense of real optimism looking forward to the U.S.-Israel relationship. There has to be the closest possible cooperation between the U.S. and Israel, no hint of daylight whatsoever. There is discussion in the U.N. Security Council regarding the recognition of the existence of a Palestinian state. For a long period since the Six-Day War, it has been a bipartisan agreement in Congress that peace had to come from discussions by both parties in the region." There is a fear that "President Obama, in the waning days of his presidency, will not veto nor lobby actively against resolutions that are harmful to Israel and the U.S.-Israel relationship. We have to make it clear as American citizens that we oppose any action by this lame duck administration. We expect the president will follow in the tradition of all his predecessors, that he will not shape the environment internationally."

Ambassador Danny Danon spoke about his experiences as Israel's U.N. ambassador. He similarly warned about possible U.N. resolutions against Israel to return to the indefensible 1967 borders. He stated, "These resolutions would be very dangerous to Israel." He thanked the dinner attendees: "It's people like you who support Israel and the land of Israel; we know we can count on you, that Israel would not be pressured to make concessions that would endanger its people."

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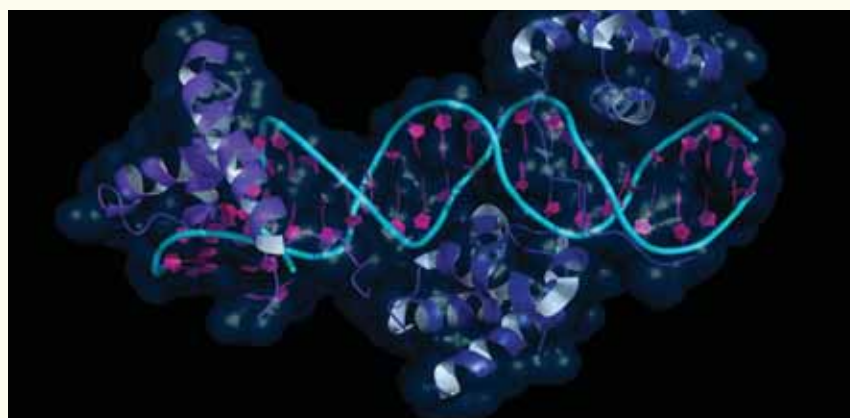
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# From Earning to Enjoying



By Temimah Zucker, LMSW

I spoke recently in a number of schools on the subject of eating disorder awareness. Each time I speak, my presentations vary as I generally speak from my heart and mind in the moment. The program is fluid and meets the needs and questions of those in attendance. Each time I speak, though, I am sure to mention the basics around eating disorders: what they are, clinically and in “layman’s terms”; textbook definitions; and myths disproved.

Each time I speak I find that the most confusion lies in the topic of Bulimia Nervosa and its definition. While Bulimia is the second most common eating disorder—following Binge Eating Disorder, followed by Anorexia Nervosa (I know, not what you’d expect)—it is highly misunderstood. Bulimia is when an individual eats an exorbitant number of calories in a short amount of time—also known as a binge—followed by getting rid of said food in some manner, also known as a purge. The most commonly known purge is through vomiting. There are, though, other types of purg-

ing including laxative use as well as exercise. If an individual eats a regular amount of food, say a meal, and then gets rid of it, this would not be Bulimia but instead might fall into the category of Anorexia Nervosa purge type, or could be classified under OSFED (Other Specified Feeding and Eating Disorders). I feel this is important to mention as that is generally what people think Bulimia is all about and what gets talked about on television shows, but this is a gross misunderstanding.

I could go on and on about why labels and specific diagnoses are unimportant and why instead we must focus on the suffering and emotional and mental turmoil, but for the sake of this piece I’d like to instead focus on the subject of purging via exercise.

It is this type of purging that often needles its way into our society, masking itself as something accepted and even glamorized. I am not specifically talking about Bulimia or those who suffer from Bulimia, but instead the concept of “working off the food” as an accepted practice. One will often hear “I just had a big breakfast, but I’m going to work it off at the gym.” Or, “I really want to be able to eat dessert tonight so I’ll stay on the treadmill until I reach the same

number of calories as that cheesecake and then I’ll let myself eat it.”

Readers, friends, this is not a normal relationship with food or exercise. Food is meant to be enjoyed—to eat when one is hungry and stop when full and to be had in variety. Exercise is meant to keep our bodies strong and healthy, to perhaps allow an individual to feel/be fit, and to release endorphins and aid in sleep and other aspects of human life. It is not meant to allow for reward and punishment.

This is not to say that those who think this way about exercise have an eating disorder; as mentioned, this has become commonplace. However, it is to say that it is a disordered way of thinking. Life is not meant to be lived like an equation: eat x amount and get rid of it. There are times when people use this in other areas of life: If I do x amount of studying my reward can be an hour of television. It complicates things when it includes our fuel and our self-esteem. It brings to mind the question of whether one would deserve the cheesecake or television if not for the work being put in. Reward can be a motivating factor that leads individuals to get their work done, etc. But exercise and food should not be thought of as work or a chore. Food is delicious fuel and depriving oneself is a recent phenomenon, one that with consciousness we can begin to challenge. This is not to say that it would

be healthy to just eat everything all the time; that could lead to sickness. Instead, eating when hungry and stopping when full in moderation would define the appropriate relationship with food. Exercise may be to target weight, but hopefully not in a way that creates a reward system and instead is about keeping the body strong.

I would be remiss not to add in my final thoughts that true self-worth and self-esteem will not come from eating or not eating the cheesecake. This is simply a mask, a short-term targetable concept. Rather, self-esteem comes from character and one’s mind, heart and soul. Sure, who doesn’t want to feel like s/he looks nice? But when this becomes the priority we must reevaluate our actions and choices.

So instead of working off that pasta, instead try to enjoy it. Eat until you’re full. Have variety in your meals. You deserve the food you want simply because you’re human. You don’t need to earn it. Let us work together to change the language from earning it to enjoying it.

Temimah Zucker is a social worker hailing from Teaneck, NJ who specializes in working with those struggling with eating disorders. She is a primary therapist at Monte Nido Manhattan and also provides public speaking and mentorship on the subject. For inquiries, email tzuckerSW@gmail.com.

## HEALTH

# Concussion Safety: How to Handle a Concussion for Best Recovery



By Danit Macklin  
PT, DPT, ITPT

Part II

Last week an anecdote was presented with Nate, a high school athlete, sustaining a significant hit to his head during a game. The first question most parents and players have is how to recognize a concussion. That was covered in last week’s article. This week the next question is being addressed: Once a concussion is diagnosed, what should be done?? What if Nate has exams in school over the next few days... should he take them??

**Rest.** Let your child rest for a few days. Limited screen time is commonly advised, together with limiting physical activity. However, “rest” is for some a vague recommendation that is problematic since it is the most critical step toward recovery from a concussion. Most of us think of rest as what we do when we are sick with the flu—staying in bed, sleeping a lot and generally laying low. Brain rest is different in that the brain is involved in all activities so that rest has to be approached more carefully.

Current treatment recommendations consist of limiting cognitive activities, limiting physical exertion (but not completely avoiding activity) and being very diligent about eating healthful meals, drinking a lot of water and getting regular and appropriate sleep. Use of over-the-counter pain relievers is often discouraged because the best advice experts can give to a patient suffering from a concussion is to let their symptoms guide them.

The most critical part of resting is recognizing that when symptoms hit, the brain

is suffering. Symptoms are the body’s way of reporting that the current activity must be stopped. For example, if a headache occurs with reading, the person needs to stop reading and maybe go for a walk or close their eyes and listen to music for a while. By changing activities, we allow different areas of the brain to work and the area that is exhausted gets a chance to rest.

**When should a person “push through the pain” after a concussion? Never.** Again, proper rest after a concussion is one of the most critical steps toward recovery. Ignoring symptoms will prolong recovery. One of the worst things a person can do after suffering a concussion is to push through the pain. That will only cause symptoms to intensify and will extend the time it takes for the person to heal.

The good news for many teenagers (and many adults too) is that they do not, in fact, have to give up use of their cell phones. Use of cell phones can be very irritating and can increase symptoms due to the nature of the demands it puts on the visual system. Often after a concussion, there are complaints of photosensitivity (sensitivity to light). However, since screens can be dimmed, cell phone usage can sometimes be tolerated well. As with all activities after a concussion, use of a cell phone should be done with careful attention to the body’s response. If it causes an increase in symptoms, it must be limited.

**Pacing and planning** are key elements in managing concussion recovery. Activities and tasks that must be done can be put into a schedule with breaks built in to decrease the chance of bringing on symptoms. Alternating types of activities, as stated above, between more cognitive tasks such as reading and physical tasks like taking a walk can give

different parts of the brain time to rest. This will make symptoms less likely to intensify. Use of timers, e.g., when playing video games or snapchatting, can allow a person to pre-emptively take the necessary break from a visually taxing activity, preventing a headache response. The limitation on activity of any sort should be based on the individual’s response to the activity and modify accordingly.

**Involving the patient in the process promotes cooperation and education to help protect the patient in his or her future as well.** Working with a good concussion management team is the best way to make sure that a person who has suffered a concussion is brought into the process and is being treated in the optimal way. The patient should be given ongoing education and support in managing their daily activities within their tolerance. Most concussions resolve without treatment in 7-21 days (it takes younger kids longer to heal due to ongoing brain development). Consultation with a knowledgeable provider can make a difference in managing recovery in the best way from the beginning.

Accommodations at school should be addressed to support “Return to Learn” in the most efficient time periods, and, for student athletes, a “Return to Play” protocol should be followed for safe return to sport. For adults, “Return to Work” protocols are also available and can be crucial for successful management of returns to daily activities.

**Academic accommodations** can be provided, once a student has been evaluated by a medical professional with experience working with concussions, through collaboration with a school’s guidance department and nurse to help a student return to full

school participation as quickly and effectively as possible. Some accommodations include permission to take breaks from class, taking tests in separate, quiet rooms with extended time, limiting participation in gym class and being allowed to wear sunglasses or earplugs if light or noise are issues. Current concussion management recommendations include a return to normal activity with appropriate accommodations as quickly as possible within the individual’s tolerance. This has been shown to be more effective than removing the student from regular activities. The treatment of concussion, once more of a “cocoon” approach (dark room with no noise until symptom free), has progressed to immersion with modifications. Healing takes place in shorter amounts of time without the side effects of depression and social isolation that were once prevalent after concussion.

**What if the concussion symptoms are prolonged?** Unfortunately, there are times that a concussion does not heal in the expected 1-3 or even 4-5 weeks. This happens in approximately 20 percent of concussion incidents. For many in this group with prolonged symptoms, concussion may not resolve without intervention. Typically persistent symptoms include headaches and dizziness. These symptoms can be related to oculomotor (eye movement), vestibular (balance) or other dysregulation in the body. Similar to treatment of other injuries, specialized physical therapy is needed to target these systems and to facilitate the healing process. Other times, there can also be psychological components such as anxiety or depression that require therapy with a psychologist. Any time symptoms are prolonged, intervention must be handled through a team approach with involvement of specialists to fully assess the areas that are affected and to decide on the best way to treat them.

➡ CONTINUED ON NEXT PAGE



# Marijuana, Immigration Law and John Lennon



By Michael Wildes

There have been considerable changes in state laws relating to the possession and use of marijuana. Recreational use of marijuana is now legal in states including Alaska, Colorado, Oregon and Washington. In addition, medical marijuana is legal in over 20 states, including such populous areas as California and New York. More changes in state law regarding marijuana are heavily anticipated.

The federal law, however, relating to marijuana has not changed a bit. It remains a Schedule 1 substance under the Controlled Substance Act along with LSD and heroin, which are all defined as illegal drugs under 21 USC Section 802 for federal purposes.

Indeed, because immigration law is part of federal law, the question remains if of-

fending noncitizen immigrants will legally survive and remain in the United States. Typically, according to federal law, they are promptly deported from this country if caught possessing, using or selling marijuana while here. Immigrants with prior marijuana-related offenses may even have a hard time coming to this country to begin with.

The experience of Wildes & Weinberg's founding partner Leon Wildes, Esq. in representing former Beatle John Lennon in deportation proceedings was a very rare exception to the rule. Wildes guided Lennon, who allegedly had a marijuana offense before coming to the United States, to ultimately succeed in the case after five years of intense litigation, resulting in the granting of lawful permanent residence status to Lennon. See "John Lennon vs. The U.S.A.: The Inside Story of the Most Bitterly Contested and Influential Deportation Case in United States History."

Notwithstanding the positive results of the Lennon case, it is clear that a conviction of marijuana possession or sale by a noncitizen of the United States will result in deportation. The only statutory eligible waiver available for convictions of simple possession of marijuana requires that the possession have been less than 30 grams of the substance. In such limited circumstances, a waiver can be requested.

Many questions remain, however, as to how state marijuana reform will eventually effect foreign nationals in the United States. Should foreign nationals be subjected to such serious proceedings when the drug is now legal for medical and recreational purposes on a more general basis than ever before? Will the more liberal stance being taken on marijuana eventually effect federal law and particularly the deportation likelihood of noncitizens? Will foreign nationals continue to be inadmissible to the United States for marijuana-

na-related offenses? Will they continue to be deportable for an offense in the United States? What position should the federal government take?

The courts will continue to opine as the law of the land evolves. With all of these moving parts, however, immigration will still continue its enforcement and prosecutions. Yet, there is still hope. John Lennon, a dreamer, with Wildes's help, was successfully granted lawful residence in the United States despite the allegations made against him. But for now, federal law has still not changed, so smokers beware!

This article is based on information available as of its publication and is not intended to be all-inclusive or to furnish advice in a particular case. We are not responsible for any changes in regulations that may occur subsequent to publication. Please feel free to contact our office for further information and advice.

Michael J. Wildes is the Managing Partner of Wildes and Weinberg, P.C. Mr. Wildes is a former Federal Prosecutor with the United States Attorney's Office in Brooklyn (1989-1993). Mr. Wildes has testified on Capitol Hill in connection with anti-terrorism legislation and is internationally renowned for his successful representation of several defectors who have provided difficult-to-obtain national security information. He is frequently a legal commentator/analyst for network television and radio. He is an Adjunct Professor of Business Immigration at the Benjamin N. Cardozo School of Law in New York. From 2004 through 2010, Mr. Wildes was also the Mayor of Englewood, New Jersey where he resides. Wildes and Weinberg, P.C. has offices in New York, New Jersey, California and Florida. If you would like to contact Michael Wildes please email him at michael@wildeslaw.com and visit the firm's website at www.wildeslaw.com.

Josh Wildes, Director of Communications, Wildes & Weinberg, contributed to this article

## Concussion Safety: How to Handle a Concussion for Best Recovery

CONTINUED FROM PREVIOUS PAGE

**Conclusion:** A concussion is a serious injury even though it is referred to as a mild traumatic brain injury. It is a brain injury. It must be taken seriously and handled properly from the time the injury occurs. While a concussion may mean that an athlete misses a game, or some time in their sport, job or school, it does not mean that they are sidelined for good. Just as in an ankle sprain or knee injury, activity must be monitored and accommodations must be made while healing takes place. Medical supervision by a knowledgeable provider with input from an expert rehabilitation team is critical to optimizing recovery from concussion. So get help and get well!

Danit Macklin PT, DPT has a doctorate degree in physical therapy as well as advanced certification in vestibular and concussion testing and treatment. She has been affiliated with Hackensack University Medical Center for over 10 years in the pediatric physical therapy department where she provides inpatient care in the Neonatal and Pediatric Intensive care units as well as outpatient services. As there were no post-concussion treatment centers providing care to patients with prolonged symptoms and diagnoses of post-concussion syndrome, Dr. Macklin is pleased to now be offering these specialized services. She can be reached at the Balance & Concussion Therapy Center, 551-888-2282 or at her website mybalancecenter.com.

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# How Will President Trump Impact Your Estate Plan?



By Alec Borenstein

As an estate planner, I get questions all the time, but there is one question that seems to be on people's minds recently: What impact will President-Elect Donald Trump have on my estate plan?

It's a great question, but the problem is there is more we don't know than we do know.

Let's start with the federal estate tax. Trump's plan right now is to repeal the estate tax. The federal estate tax exemption is currently \$5,450,000, and it will jump to \$5,490,000 in 2017. There were only about 5,000 federal estate tax returns due in 2015, which means only .02% of the estates in the country are subject to federal estate tax. Under Trump's plan that number would be 0%.

But there is a lot we don't know. We don't know *how* Trump plans to pass his estate tax proposals. If he passes them through Congress, that would require 60 votes in the Senate, which he does not have. If he passes them through as a budget reconciliation legislation, which only requires a simple majority, then there is a 10-year sunset provision under the Byrd Rule.

We also don't know if Trump is actually going to keep the gift tax even if he repeals the estate tax, even though his official plans talk about repealing the gift tax as well. There's a good chance my planning work is going to shift from an emphasis on *estate tax* planning to *income tax* or *asset protection* planning.

And there is one huge unknown that could be a game-changer. Currently, assets that are passed from one person to another person because of someone's dying receive a "step up in basis." This is an amazing income tax break for most of my clients. Let's

explain the concept briefly and relate it to Trump's plan.

If Mary buys a property (or a stock) in 1950 for \$20,000, but then sells the property in 2016 for \$500,000, Mary would have to pay capital gains tax on the difference between what she purchased the property for (\$20,000) and what she sold the property for (\$500,000). The exact amount of tax would depend on several factors that we will not get into now; however, it's important to know that Mary would owe taxes on the \$480,000 gain she received on her property.

However, same facts, but Mary dies owning the home and leaves it to her children—her children would not have to pay any capital gains tax at all. The property receives a "step up in basis" so that her children would be receiving a \$500,000 home and would not have to pay any capital gains tax if they decide to sell it.

Let's get back to Trump. Trump is currently talking about stripping away this

step up in basis for estates valued at \$10,000,000 and above. For most of my clients that is not an issue (you can exhale!). However, let's be honest. We are talking about Donald Trump, and he is somewhat of a loose cannon. I can imagine a scenario whereby he repeals the estate tax only to strip away the step up in basis completely even for estates under \$10,000,000. Which is why I wanted to let you know about Trump's proposals so you are prepared.

As you can see there are no simple answers. My job is to be as flexible with our planning as possible, but there are still many unknowns. When there are any updates, I'll let you know!

Alec Borenstein, Esq., an estate planning attorney, is a Teaneck resident with offices in Springfield and Brooklyn. His firm's website is [bmcestateplanning.com](http://bmcestateplanning.com). If you'd like a free estate planning consultation in the comfort of your own home or office, please email [alec@bmcestateplanning.com](mailto:alec@bmcestateplanning.com).

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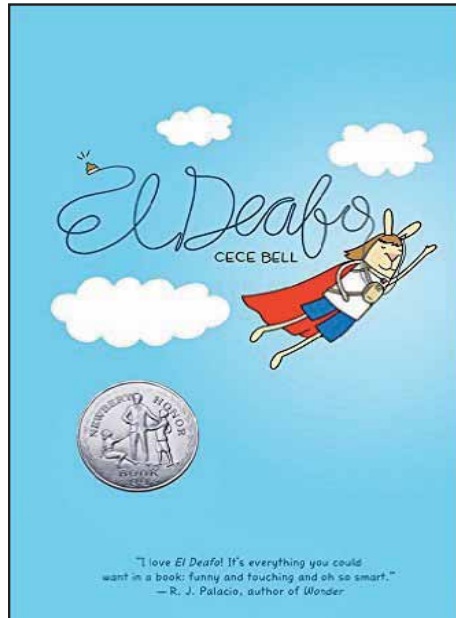
# Great Graphic Novels for Kids



By Josh Stiefel

## El Deafo by CeCe Bell

Trying to make new friends in school isn't easy, but CeCe Bell is having a harder time because of her deafness. CeCe gets a new hearing aid called the Phonic Ear, which helps her hear, but she doesn't think that it will make it any easier for her to make the friends that she dreams of. CeCe's predicament is made more defined by El Deafo's illustrations, which show CeCe's perspective in which everyone in the book is a rabbit. Therefore they all have large ears and excellent hearing but CeCe, being deaf, is the odd one out. CeCe dreams of using her deafness to her advantage and she imagines a superhero named El Deafo. CeCe tries to think of what this hero would do every time she faces a challenge and she tries to make a difference in



her life. This book's gorgeous illustrations, beautiful moral and meaningful analogies make this book stand out. I think that this book is incredible in every way and it can

really change your perspective on life. The moral will make you respect other people for their hardships and the challenges that they face and, through much difficulty, overcome.

## Dog Man by Dav Pilkey

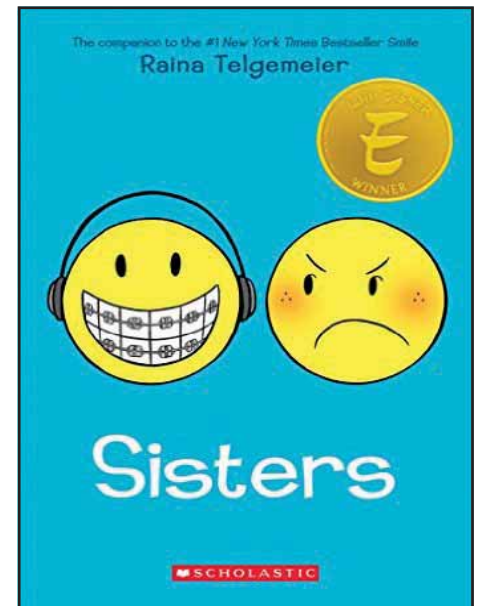
Petey the cat was trying to come up with an evil scheme, but first he needed to get rid of Police Officer Knight and his dog, Greg, who were the only beings who could get in his way. Petey tried to kill them and, fortunately, was not entirely successful. The problem was that Officer Knight was going to die from head injuries, and Greg the dog, from injuries on his body. Fortunately, the hospital nurse had a clever plan and she surgically attached Greg's head to Officer Knight's body. "Dog Man," by Dav Pilkey, creator of Captain Underpants, is the story of how Dog Man tries to foil Petey's evil plans. Every time that Dog Man thinks that he has finally stopped Petey, the dastardly cat gets away time and time again to deviously plot even more evil schemes. Can Dog Man finally stop Petey? Will Petey succeed in taking over the world? This story is aided by hilarious dog instincts, goofy and descriptive il-



lustrations and zany and unpredictable plot points. You should read this story because of its funny plot that will leave you rolling in uncontrollable laughter and make you hate finishing this story. The perfect ending makes this story even more worth reading; this story is impossible to put down.

## Sisters by Raina Telgemeier

The Telgemeier family went on a road trip to see their cousins who live in Colorado. The drive from California to Colorado is hard even without any extra problems, but the Telgemeier's drive was made all the more difficult by Raina, Amara and Will, who are the Telgemeier children. "Sisters" is the story of the hard road trip. Throughout the whole story, the siblings slowly learn how to deal with each other through their hardships and compromises. Their drive was not aided by the fact that Amara's pet snake had mysteriously disappeared under



the front seat of the Telgemeier's car. The story is hilariously written, with many sudden twists that leave the reader laughing hysterically. The gorgeous illustrations add a lot to the story and help to make it all the more magnificent. The story line is aided by certain meaningful moments, like when the Telgemeiers sit down under the stars while camping out, and enjoy the beauty of nature together. "Sisters" teaches an excellent lesson about how a family sticks together in hard times, and the clever plot makes it well worth reading. I liked this incredible story because of the way that it slowly and brilliantly moves towards its climax and does so with extreme hilarity and meaningfulness.

Josh Stiefel is a Fifth Grader at Yeshivat Noam. He's been known to devour books. He also likes school lunch.

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# Try our Shabbat Crossword!

Answers will be printed next week.

## A League of Their Own

By: Yoni Glatt,  
koshercrosswords@gmail.com

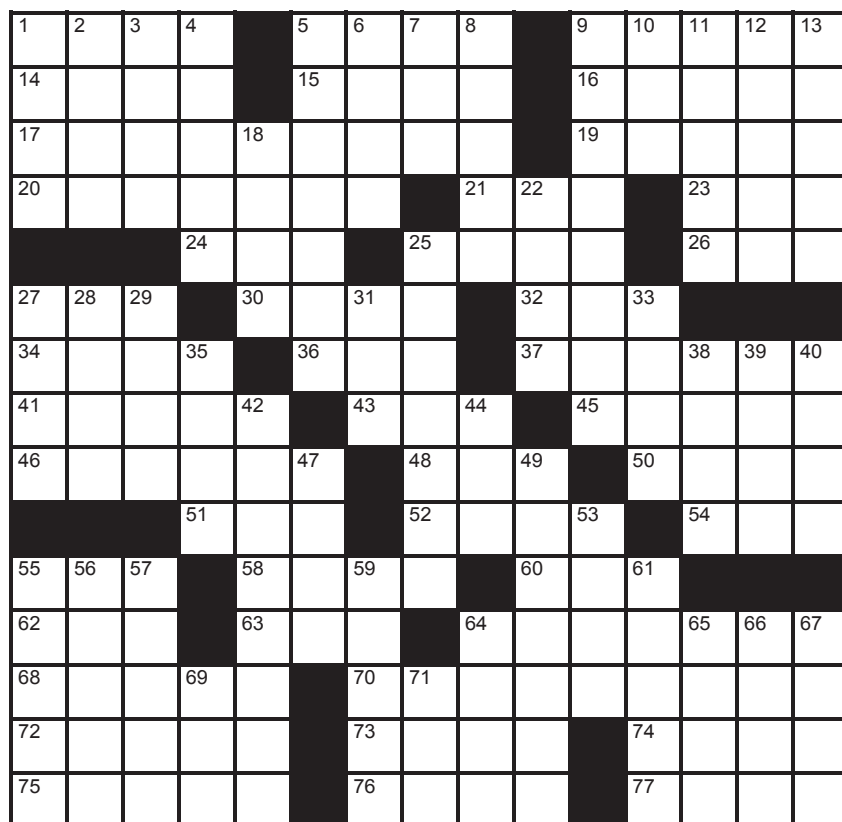
Difficulty Level: Manageable

### ACROSS

1. Fred Wilpon (MLB)
5. Joseph has a (long) one with his brothers
9. Fragrant wood used in the Temple
14. New Israeli
15. Paula's "American Idol" co-judge DioGuardi
16. Holy Land bank
17. Mark Cuban (NBA)
19. Undercover (like a Mossad agent), for short
20. Apple pie option that would also work on hot bakka
21. Meas. when making challah
23. \_\_\_ and Ktiv
24. What Trump might end for Syrian rebels
25. Julia Louis-Dreyfus' HBO show
26. Like 59-Down
27. Ramallah grp.

30. Lovato who claims to have Jewish ancestry
32. Conference foe of 70-Across & 57-Down
34. Broadcasts ("The Goldbergs")
36. "\_\_\_ il tas" (Ladino Chanukah song)
37. Radio psychologist Westheimer
41. What an Israeli heat wave will eventually do
43. Currency abbr. in Israel
45. Coppola who directed Scarlett Johansson in "Lost in Translation"
46. Shabbat prayer
48. \_\_\_ Yisrael (Moshav)
50. Sefer read on Yom Kippur
51. Had some kreplach
52. Jewish actress Jennifer
54. Allenby and Yefet in Tel Aviv: Abbr.
55. Quick punch from Tyson or Baer
58. Regrets, like Antiochus IV for oppressing the Jews
60. Old French coin, worth a few agorot

62. Simian opponent of 55-Down
  63. A mean Amin
  64. Like G-d
  68. Lenny Solomon shlocked his "Rock Me Amadeus"
  70. Dan & Gary Gilbert (NBA)
  72. Coastal town south of Haifa
  73. 4-Down in English
  74. Sneaker brand or Israeli storage company
  75. Observes Shabbat
  76. The Gershwin's "It \_\_\_ Necessarily So"
  77. Micky Arison (NBA)
- DOWN**
1. N.Y.C. locale where Chagalls hung around
  2. Plane that might have a sky-high minyan
  3. Israeli footwear brand
  4. Bedtime prayer
  5. Spun out (unlikely Arad road occurrence)
  6. Tempo (of Torah reading)
  7. Tablet holder
  8. Sample sufganiyot
  9. Steve Balmer (NBA)



## TORAH FUN

# TORAH FUN - VAYETZEI 5777

Yaacov **left** Be'er **Sheva** and **went** towards Lavan's house in Charan. On the way he stopped to daven at Mount Moriah. There, he **dreamt** that a **ladder** was extended to the heavens and HaShem appeared to him. HaShem told him the **land** will be given to his descendants and He will guard Yaacov wherever he **goes**. Yaacov met Rachel at a well and agreed to work 7 **years** for **Lavan** in order to **marry** her. On their wedding day, Lavan tricked Yaacov into marrying **Leah**, Rachel's older **sister**. The next week Yaacov married Rachel after agreeing to work for Lavan for 7 **more** years. Leah had 6 sons and a **girl** before Rachel gave **birth** to her first **child**, Joseph. Yaacov wished to leave Lavan, but instead made a **deal** about whose **flock** would belong to whom. HaShem told Yaacov to leave Lavan's house with his whole **family**. After Yaacov left, Lavan caught up to him and accused him of stealing his idols but searched and didn't **find** them. Lavan and Yaacov made a treaty.

### WORD FIND

Can you discover the Secret Message? Find and circle the bold, italicized words from the Torah summary in the Word Find. Write the unused Word Find letters in the spaces below to spell the Secret Message.

Have Fun!

F A M I L Y Y S A T A C  
S E O G A O V T H N M L  
A R G R N I E M D E L A  
E F I N D A L A A W V V  
B E R O M H L E B R E A  
F I L A D D E R F O R N  
D R R L E M A D A T R Y  
R E I T Y I H F L O C K  
N H A G H R Y E A R S A  
C C H L E R E T S I S L

### SECRET MESSAGE



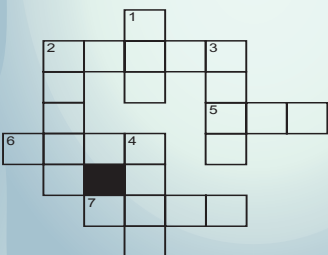
### SPOT THE DIFFERENCE

Which one is different?  
Hint: Dinah's half brothers

GAD ASHER DAN  
YOSEF NAPHTALI LEVI

### CROSSWORD

Complete the crossword by translating each Hebrew word into English. Use the *parsha* reference for help.



#### ACROSS

2. שדה (29:2)
5. שמש (28:11)
6. נשק (31:28)
7. אהל (31:33)

#### DOWN

1. עשר (31:7)
2. פרי (30:2)
3. עפר (28:14)
4. זרע (28:13)

### GEMATRIA

Hint: The week after a wedding is called "Sheva (7) \_\_\_"



ת ו צ ל נ א  
X א ÷ ט - י X ט + א  
ב

ת ש ק ר ק צ פ ס ו נ מ ל כ י ח ט ז י ח ד ת ג ב א

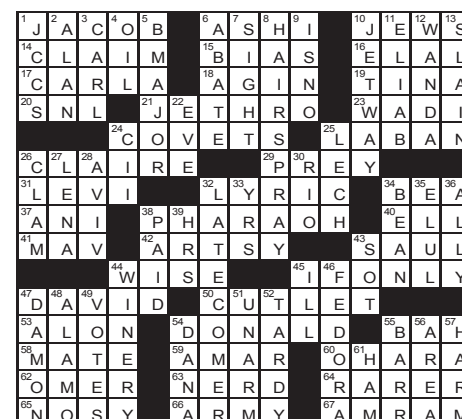
### WORD CMRLSAB

NEREUUV NMIOHS VEIL  
DAYEHUH UUZMLEV HNIAD

Hint: Leah's Children

10. Dark time for Keats or Lazarus
11. Henry Samueli (NHL)
12. Early rabbi
13. Like one who very strictly keeps halacha
18. Rage that might have been displayed by Barry Bonds or Ryan Braun
22. Sondheim's "\_\_\_ in the Clowns"
25. Zygi & Mark Wilf (NFL)
27. Lulav provider
28. In \_\_\_ of (wine, use grape juice)
29. Shabbat leftovers?
31. Adam, e.g.
33. 2004 Brad Pitt- Orlando Bloom film
35. Shushan
38. Ships in several Spielberg films: Abbr.
39. Krusty the Clown's green hair, e.g.
40. Shira of "Shtisel"
42. Robert Kraft (NFL)
44. Former title for Rabbi Sacks
47. Clash between Judah and Israel, e.g.
49. Boot up the Dell again
53. Singer Sharabi
55. Foe of Scott Weinger's "Aladdin"
56. Taper off, like the end of a simcha
57. Jerry Reinsdorf (NBA)
59. See 26-Across
61. Ill-fated husband of Bathsheba
64. Singers \_\_\_ and Jaron
65. Wolf's "Party of Five" co-star Campbell
66. Any solo from "Salome"
67. Exam before Cardozo, for short
69. Future staff at Ramah: Abbr.
71. OU preceders?

### Last week's crossword answers



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# FOOD & WINE LINK

## OF NEW JERSEY

### On January 7, Taste 'All-American' Craft Spirits From Prohibition Distillery

By Elizabeth Kratz

Prohibition Distillery, based in Roscoe, New York, in the heart of the Catskills, makes small-batch craft vodka, gin and bourbon under the label Bootlegger 21 New York. The OU-certified, gluten-free, highly regarded, award-winning products have helped the company become the leading micro-distillery in the New York area.

Bootlegger 21 Vodka is slow filtered for 24 hours through 800 pounds of activated charcoal, resulting in a spirit widely described as "dangerously smooth." It will be featured at Congregation Ahavath Torah's wine and spirits tasting on January 7, which is sponsored by Wine Country.

While Prohibition only started distilling spirits in 2009 and makes just 10,000 bottles a year, its availability at high-end restaurants and bars in New York and New Jersey and the traction the company has created in the competitive marketplace of Manhattan and gastronomic influencers has been extraordinary. For example, the spirits are served in Giants Stadium, and their gin is the official gin of The Four Seasons Hotel. Farm-to-table king Dan Kluger,

a Manhattan restaurateur and acolyte of the famed Chef Jean-Georges Vongerichten, is a fan and uses the product in his new restaurant. "We are a \$30 bottle of vodka, but we are in many of the world's top martinis, and our gin is the only product in any cocktail in the Twenty-One Club in Manhattan," said Brian Facquet, Prohibition Distillery's founder and chief executive.

"The world has changed," Facquet told The Jewish Link. "People are moving away from mass-produced spirits, as part of those joining the farm-to-table movement. Chefs want to know their producers and where their products come from."

Facquet explained that in restaurants within the farm-to-table movement, menus now say "chicken or vegetables from so-and-so farm," as people are interested in local producers. "The same trend is happening in liquor. People come to us because we make a good product and we are impacting our local economy," he said. He also added that he only uses New York state farmers for his corn and other ingredients and uses a local milling source, though he hopes to someday add an on-site mill to his distillery.



Brian Facquet



The spirits have won multiple awards and gold medals; one review of the vodka comments on its beautiful clarity, while adding that it possesses "delicate aromas of toasted custard, puff pastry and praline with a soft, silky dryish medium body and a smooth, talc and powdered sugar accented finish" (BTI 2010 Review of Spirits). If it's possible, the gin is described by the company even more poetically. "Our goal was to have a juniper-forward gin and pull com-

plementary floral, earthy and citrus notes from the coriander seeds, lemon verbena leaves, Orris root, also known as Iris root, and bitter orange peels. We steep our botanicals in 120 proof neutral spirit made from 100 percent corn for 24 hours to produce our maceration. We then distill the gin in our 300-gallon pot still to remove all of the color and bind the flavors. The

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# FOOD & WINE LINK



## On January 7, Taste 'All-American' Craft Spirits From Prohibition Distillery

CONTINUED FROM PREVIOUS PAGE

'hearts' are captured and blended down to 94 proof for bottling."

Does Facquet want to get bigger, or grow his company to have more of his unique and sought-after spirits available throughout the country? While he has the capacity at his distillery to make more spirits (the distillery has a 1,200-gallon still, and the capacity to bottle 500 cases a day on its full-scale, state-of-the-art bottling line), Facquet said he would rather grow slowly and keep his brand exclusive. "It's not a matter of being everywhere. As a brand owner and entrepreneur, I would rather be in 1,000 outposts in New York over 1,000 throughout the United States. I want to be the preferred spirits of the New York metro area. Besides, Wine Country will ship for me (to any of the 23 states where it ships)," he added. "I like being local."

Facquet also shared his perspective as a small businessman competing with top-shelf brands that cost more and have massive marketing campaigns behind them, like Kettle One or Grey Goose. "I am competing against Goliath every day. I am sitting there, David with a slingshot. But there is room for both of us on the shelf. We know that if we put high-quality spirits in the bottle, then consumers will demand our products."

"Doing the right thing is at the core of everything we do. Our people, products and our daily goal of 'doing good' is what we care about and I think it is reflected in



our products. The authenticity is what people care about," he added. "We do not take shortcuts. As a craft distiller, we make good products," he added.

Facquet noted that he takes pride in his squeaky-clean factory and his company's similarly all-American image, which reflects his background coming from a military family and having himself served in the U.S. Navy, though he was quick to point out that he served in peacetime and did not see combat. In particular, when asked about the beautiful detail-work on the back of his bottles, which feature a raised painting in the glass of a poppy, the flower of re-

membrance, he explained that the poppy is in remembrance of his friends who have died in combat. With the poppy, Facquet tips a hat to those he calls "the real heroes."

Prohibition Distillery is located in the former Roscoe Fire House and a former VFW Post. Facquet added that the distillery is a popular tourist destination and welcomes many visitors particularly in the summer, including Jewish visitors going to and from their vacation homes in the Catskills. They can visit the tasting room where they can taste the spirits and buy products, some of which are only available there. There is no cost to visit the distillery

or to taste in the tasting room, but donations are gladly accepted, all of which go back to the Navy Seal Foundation. The focus of the tasting room is education, as Facquet wants people to understand how the spirits are made, "which allows for people to understand why our products taste the way they do," he said.

Facquet added that since he is the builder of the business, he had great pride in what he has built. "When I say 'aw shucks,' I mean I want to do something for the right reasons," and that includes a clean factory that puts out a great product and welcomes visitors to see the distillery process for themselves. "If you saw food made in a dirty factory you wouldn't want to eat there. Our tours and tasting room (which opened in 2013) reflect the quality that we put in the bottle," and Facquet added that as a consumer he never understood how products were distilled, and it's important that people understand.

Prohibition is also a family affair, and Facquet said he takes advantage of the "free labor" offered by his father and sister as part of his small team of dedicated employees. Investors in the company are also mostly friends, Navy buddies and family. "I have no pedigree or great grandfather's recipes. I just have hard work, tireless effort and am just trying to build something lasting for my family," he said.

Taste the Bootlegger 21 New York vodka, bourbon and gin made by Prohibition and meet Brian Facquet at the Wine Country-sponsored Congregation Ahavath Torah annual wine and spirits tasting on January 7 at 8 p.m. For more information, call 201-385-0106.

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# The Truth About Kosher Wine



By David E. Y. Sarna  
(Part 1 of 2)

*"Wine makes the heart glad, making the face brighter than oil." Psalms (104:15)*

Shakespeare, in *King Lear*, had Edgar say, "Wine loved I deeply." (Act 3, Scene 4)

"Drinking good wine with good food in good company is one of life's most civilized pleasures." Famed British wine critic Michael Broadbent.

*Kosher Wine is, like good wine itself, complex. It has historical, oenological, and halachic bouquets and aromas and is intellectually satisfying. We will explore it in two parts.*

## From Kiddush Wine to Fine Rare Wine

Wine wasn't one of life's great pleasures for us when I was growing up. Wine didn't do it for me. It was neither an interesting part of my life, nor of anyone else's I knew. Those odes to wine did not resonate with me back then.

I knew wine only from Kiddush.

To borrow a line from the second studio album by Norman Cook (Fatboy Slim), "You've come a long way, baby"—kosher wines have come a long way. They have arrived and the best of them command high prices.

A bottle of Vintage Yarden 2003 Katzrin wine from The Golan Heights Winery in Israel sells for \$799.99. A bottle of Domaine Roses Camille Pomerol 2006 sells for \$219.99; Chateau Leoville Poylferre 2000 from the Saint-Julien appellation in Bordeaux sells for \$300. California's Herzog Special Reserve Alexander Valley Cabernet Sauvignon 1994 will set you back \$300. These are but a few of many examples of rare kosher wines offered at prices comparable to rare non-kosher wines.

Those surely aren't the wines of my memories. To me, wine meant Kiddush, and Kiddush meant drinking overly sweet, syrupy Concord or Malaga wine, made of grapes grown in New York's Catskill's, formulated as Schapiro Wine Company, founded on the lower East Side in 1899 as California Valley Wine Company (!) used to advertise, "wine you can almost cut with a knife." No one I knew was motivated to drink more than the required minimum (shiur). Schapiro's main competitors were Manischewitz (actually made by Monarch Wine, who licensed the name), Lifshitz and Mogen David. As far as I knew, it was only drunk voluntarily by the alcoholic derelicts who still frequented New York's Bowery neighborhood in southern Manhattan in those days. "Kosher USA," a fine book by Roger Horowitz relates that African-Americans said it tasted similar to the homebrew made in the South from Scuppernong grapes that have properties similar to Concord grapes. Extra heavy Mogen David jug wine was a favorite of theirs. Extra heavy refers to a wine's body, and for wine connoisseurs is an analysis of the way the wine feels inside our mouths.

## Why Was Kosher Wine Sweet?

Why so sweet? It turns out that the main reason for the sweetness in American kosher wines had nothing to do with tradition. It lies in the (inexpensive) Malaga-type grapes (including Concord) typically used. Whatever sugar exists in Mal-

aga-type grapes, including Concord, is almost entirely transformed into alcohol during fermentation; sugar must be added to make the wine palatable. Its alcohol content is 13% (26 proof), as wine yeast eventually consumes the sugar and turns it into alcohol. About ten tons of sugar are typically mixed into the vats with approximately 25,000 gallons of wine. Other grapes, usually of the vitis vinifera variety, such as Pinot Noir, Chardonnay, Cabernet Sauvignon, Gamay and Merlot are used in making fine wines. Malaga-type grapes are of the vitis labrusca species. They are higher in acid, and lower in sugar than grapes of the vitis vinifera variety.

So don't be fooled. The sweet Malaga-type kosher wines do not describe traditional kosher wine of the kind King David extolled.

## Jewish Fine Winemaking in Ancient Times

The history of Jewish winemaking is ancient, going back many thousands of years. Ancient wine presses and wine-making equipment are frequently found in archaeological digs in Israel. During the period of the Second Temple, winemaking was at its peak in Israel. Wine was of fine quality, a major export and an economic mainstay until the destruction of the Second Temple and the dispersion (galut) of the Jews. The Arab conquest in 600 CE essentially killed off the wine industry in Israel, due to the conquering Islam's prohibition on using alcohol. Thereafter, the wine industry in the Land of Israel lay dormant for another thousand years, until the second return to Zion in the mid-19th century that included the rabbinical Zionism of Rabbi Yehudah Alkalai (1798-1878) and Rabbi Tzvi Hirsh Kalischer (1795-1874). The first was during the times of Ezra, Nechemiah, Chagai, Zechariah, and Melachi.

My wife's family, the famed Lurias, immigrated during the Chasidic aliyah around 1770. While they undoubtedly made wine, no details have been preserved.

Wine has always been important, throughout the calendar year and throughout the Jewish life cycle. We sanctify Shabbat and Yom Tov over wine. At the Pesach Seder we express the four expressions of Geulah (redemption) over wine. At a wedding too, the seven blessings, sheva brachot, are recited over wine. Any kosher wine is fine; even per most authorities, unfermented grape juice qualifies. Sugary syrup wine is not required, and was not used in Europe or in Israel. When grapes were not available, it was made from raisins.

## Is Kosher Wine Sacramental?

We certainly make Kiddush over wine, but it is not specially made sacramental wine. Sacramental wine, in fact, is a Christian term. It is wine intended for use in celebration of the Eucharist (referred to also as the Divine Liturgy, the Mass, the Lord's Supper or Holy Communion). It was also used in pagan (idolrous) rituals. Such wine is Biblically forbidden to Jews (based on Deut. 32:37-38) as Yayin Nesech, and forbidden in the Talmud Avodah Zara 29b), meaning wine used or intended to be used as part of an idolrous religious service (as defined in the Talmud Avodah Zara, 57a—60b) is forbidden. Not only is drinking it forbidden, but also any form of enjoy-

ment or commerce. Maimonides views the prohibition as Biblical (Hilchot Maachalim Asurim, 11a).

Use of the term sacramental in connection with kosher wine dates to the prohibition era (1920-1933), when the Eighteenth Amendment to the constitution passed, ushering in prohibition. The enabling legislation, the Volstead Act, contained an exception to the general ban. It permitted "the manufacture, sale, transportation, importation, possession, or distribution of wine for sacramental purposes." Jews latched on to that exception.

## Stam Yenom and Other Key Distinctions in Kosher Wine

Kosher wine is made just like non-kosher wine, by fermenting the juice of grapes, but with many important and strict limitations and rules. Adherence to the rules is so strictly required that kosher wine requires continuous supervision (hashgacha) from the moment the grapes are brought to the winery, right after they are first harvested. The most important of these is that the wine be only handled by Sabbath-observing Jews.

What is the situation now? As a factual matter, most non-kosher wine today is not made with sacramental intent. Rather, it is considered "stam yenom" (their ordinary wine), e.g., made by non-idolaters accepting the seven Noachide Mitzvot. Such wine is rabbinically prohibited; we don't drink wine, even stam yenom, if it is even touched by a gentile, but commerce in it is not forbidden—it may be sold to a gentile. The reason for forbidding drinking stam yenom, we are taught, is social—"meshum

benotayhem" (because of their daughters) based on the Talmud (Shabbat 17b and 30b). The rabbis viewed it as a fence against intermarriage. This rule is codified in the Shulchan Aruch, "the set table," Rabbi Yosef Karo's code of Jewish Law, completed in 1563 and published in Venice two years later, in Hilchot Yayin Nesech—Orech Hayim 123. The halachic rulings in the Shulchan Aruch generally follow Sephardic law and customs, whereas Ashkenazi Jews will generally follow the halachic rulings of Moses Isserles, whose glosses to the Shulchan Aruch note where the Sephardic and Ashkenazi customs differ. For wine, there are a few differences; we will discuss them later.

## The New Era of Kosher Wine in Israel

Fast forward to 1848, when winemaking in Israel resumed after an imposed hiatus of a millennium.

The first recorded modern winery in Israel was opened in 1848 by Rabbi Yitzhak Galin Shor, a Karliner Chasid. His son Elisha, a nephew and another relative were killed in 1948 as members of the Palmach, fighting the Jordanians. The Shor family remains in the wine industry today and Rabbi Shor's descendants own the HaCormim, Arza and Zion wineries. Another of the earliest wineries was founded by Rabbi Avrom Teperberg in 1870. Efrat Winery (now known as Teperberg 1870) was founded in the Old City in Jerusalem. It went bankrupt in 1929 but was re-established in 1951. It is still owned by the fifth generation of this

➔ CONTINUED ON P. 84

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## The Truth About Kosher Wine

family. The much-better-known Carmel Winery was established in Israel in 1882 by Baron Edmond de Rothschild (1845-1934), owner of the famous Château LeFite Rothschild in France, in Zichron Yaakov (a town he founded in 1882, and named in honor of his father, James Mayer de Rothschild), and Rishon LeZion, a town founded in 1882 by 10 Hovevei Zion pioneers from Kharkiv, Ukraine (then part of the Russian Empire) headed by Zalman David HaCohen Levontin (1856-1940). While Carmel made some better-quality, dry wines (a wine with no residual sugar), most of its production was also low-cost, low-quality, sweet wine, not much different from that made in the US at the time.

Royal Wine Corp. (Kedem), the premier kosher manufacturer, importer and distributor of specialty wines and spir-

its in America also started out by producing “sacramental” (sweet) wines from Concord grapes grown near its winery in Marlboro, in New York’s Hudson Valley, in 1948. Kedem was founded in 1848 in Slovakia, and for eight generations has been owned and operated by members of the Herzog family. They were renowned as the Royal wine supplier to the emperor of the Austro-Hungarian Empire, Franz Joseph (1830-1916), eventually earning Phillip Herzog (1843-1918) the royal title of Baron. The winery was seized by the Nazis at the onset of World War II. A scion of founder Phillip Herzog, Eugene, moved to the United States in 1948, and worked for Royal Wine Corp in New York, founded by the Pluczenik Brothers; he purchased the company in 1958. By 1978 Kedem had begun importing dry kosher French Bordeaux wines.

As the Orthodox and Modern Orthodox communities developed, and became

more affluent, they developed a taste for some of the finer things in life, including food.

They discovered fine single malt whiskeys and such, but wine drinking was not to take a place in the kosher community for many years. There simply were few good choices.

That situation began to change in 1972, when a visiting professor to Israel from UC Davis, renowned for its scientific winemaking expertise, suggested that the Golan Heights, acquired a few years previously in the 1967 Six Day War, would be a great place to grow quality grapes. Kibbutzim and moshavim (cooperative agricultural communities) planted their first vineyards in 1976. Grape vines take three to six years to produce fruit. In any event, the grapes may not be eaten for three years, as they are considered Orlah, based on Leviticus 19:23. The Golan Heights Winery was founded in 1983. They brought in

experts from California, including the UC Davis-trained Peter Stern and others, initially also trained at UC Davis. Later, Israelis began to study winemaking abroad in places like California, France, Italy and Australia. Local winemaking expertise was once again available in Israel. As the market expanded, so did the number of wineries.

Families that had been involved in growing grapes for other wineries soon started to build their own wineries. This started with Jonathan Tishbi, whose great-grandparents began supplying Carmel and others in the 1880s. He opened up Baron Wine Cellars—now “Tishbi.” A few years later, other vineyards—most notably Ronnie James from Kibbutz Tzuba, and Dalton—followed suit.

In the 1990s, Barkan, founded by Shlomo Friedman in 1899, took over Stock. Israeli wine quality and reputation improved. Most notably, the new Golan Heights Winery began winning international awards. The revolution had begun.

In the late 1980s and early 1990s, other individuals began opening their own wineries. Dr. Yair Margalit, a chemistry professor at the Hebrew University of Jerusalem, opened Israel’s first boutique winery in 1989. Margalit also studied winemaking in California. Today, Margalit is recognized as making some of Israel’s best wineries. His wines, however, are not kosher.

Restaurateur Eli Ben-Zaken, self taught, began making wine in the old chicken coop near his home on Moshav Ramat Raziel, just outside of Jerusalem. Initially, he was just making wine in small quantities. Zaken became noticed when, in 1992, a bottle of his wine made its way to Serena Sutcliffe, Master of Wine (a qualification issued by The Institute of Masters of Wine in the UK), head of Sotheby’s Wine Department and one of the world’s leading authorities on wine. Sutcliffe’s evaluation changed the course of Israeli wine.

She called it “absolutely terrific” and “quite unlike other Israeli wines,” recalled Ben-Zaken. With that accolade, Ben-Zaken knew he had a winning wine and decided to take the risk and begin to pursue winemaking professionally. He planted more vineyards, converted the ramshackle chicken coop into a beautiful winery and sent his son, who had been touring in Europe, to France to learn the art of winemaking. His acclaimed Domaine Du Castel wines are kosher and not mevushal (discussed later). Today they are some of the most expensive wines made in Israel.

By 2005, the Israeli wine industry had become sufficiently developed that Daniel Rogov could produce an annual Rogov’s Guide to Israeli Wines, which he continued until his passing in 2011. In 2014, Yair Gat and Gal Zohar tasted more than 300 wines from the 100 top wineries in Israel (most, but not all are kosher) and published The New Israeli Wine Guide, available online.

*Next week we will continue the discussion focusing on European and California wines, Mevishal wines, and what is choicest.*

David E. Y. Sarna is a writer and retired entrepreneur. He has eight published books, including “Evernote For Dummies, V2,” and hundreds of articles, and has nearly completed his first novel, about the Jewish treasures in the Vatican’s secret archive. He is hard at work on a book about the Internet of Things and also on a book on the Talmud for general readers. He and his wife, Dr. Rachel Sarna, are long-time Teaneck residents.

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# FASHION LINK



## The '90s Called—They Want Their Shoes Back

By Jenny Gans

Shoe spending in the United States is a \$48 billion industry annually, and obviously women have the largest share in that, though men are definitely catching up. According to data compiled by Global Industry Analysts, the average woman owns 17 pairs of shoes, but wears only three on a regular basis, with one woman out of twelve admitting that she owns more than 100 pairs of shoes.

For anyone who thought they were not old enough for their high school styles to have come back into fashion, check again. Many of the latest shoes seen on the runways are a throwback to '90s fashion.

### Block Heels

Pack away those stilettos (well, not really). Chunk heels, also known as block heels, have returned to the runway, bringing comfort and fashion with them. As with most styles of heels, the sky's the limit, but with block heels a short heel adds height without killing everyone's feet. They were very popular over the summer with sandals and open toes, but with the colder weather everyone has adapted the style and they are still found in many styles.



Combining many comeback styles into one style, Nordstrom sells velvet-buckle and retro platform shoes. (CREDIT: NORDSTROM.COM)

### Buckle Up

Nineties icon Cher Horowitz wore these like no one else in "Clueless." Whether it's one buckle, three buckles or buckles up to the knee, these shoes are showing up everywhere. For people who find it hard to get a good fit with dress shoes, buckles help keep shoes on the wearer's foot, and now it is fashionable besides being utilitarian.

### Socks and Shoes



Buckle shoes and socks were big in the '90s but made a comeback recently. (CREDIT: WWW.WHOWHATWEAR.COM)

These two items are not mutually exclusive. Socks are being worn with heels. Yes, Cher wore these too. As did her best friend, Dionne. They rocked their high school with buckle heels over their socks. Though the socks style from the '90s went over the knee, many of today's styles are crew height and hit midcalf instead.



Multiple buckles add flair to this velvet shoe. (CREDIT: WWW.DSW.COM)



Textured and embellished shoes that extend all the way down the heel like this Vince Camuto style have become quite popular. (CREDIT: WWW.NORDSTROM.COM)



Clothing with prints grew in popularity over the past few years, even extending to colorful prints on shoes. (CREDIT: WWW.ZAPPOS.COM)

### Platform Heels

Anyone "Wannabe" a shoe trendsetter? Snag a pair of platform boots (or pull them out of a closet from decades ago) and channel the inner Spice Girl that's been dormant since their band broke up. Of course, platforms do not need to be worn solely as

boots. They work fine as a shoe inches high off the ground, too.

### En Pointe

Not quite as '90s, but fashionable nonetheless, to add a dressy look to any shoe, nothing achieves that result like a pointed

toe. True, there may be no toes left after an evening in this gorgeous style, but at least the elegant footwear will be worth it. A pointed toe looks chic on high heels and flats as well.

Keep in mind that many of these styles can be combined. There are chunk heels with buckles and pointed toes with buckles too, and platforms that have pointed toes. Socks are being worn with platforms and with other types of shoes too. Wooden heels have become popular too, and the look was seen with block heels, artistic heels, on platforms and buckle shoes.

Not all upcoming shoe styles came from the past, though. Newer looks hitting the style runway this year also feature illustrated shoe patterns and furry heels. Velvet has been a staple of winter fashion this year, and shoes are no exception.

Keep in mind that whether seeking a look outside a comfort zone, or just updating with the styles, own the look and be comfortable with the choice.

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## Effortless Hair Trends That Will Blow You Away (Without Needing a Blow-Out)

By Sari Friedbauer

Remember the days when we had to spend two agonizing hours (at least) locked in the bathroom with a war zone of hair products, just to look decently put together enough to make it out to the store? Well, ladies, our time has come. It's no secret that the biggest supermodels in the world have suddenly been seen walking around, on the runway and off, with hairstyles that look so cool yet so easy and we, the non-Kendall Jenners of the world, are wondering if we can actually pull them off. Some of us are really thinking, why would we spend all this time doing our hair, just so it looks like we rolled out of bed? The truth is, while messy is definitely in, there is so much more to the easy, laid-back style that's trending. The loose braids or top knots, for example, are a great way to make you look put together and fabulous, while also adding an effortless edge, so it screams 'not even trying.' Nobody wants to admit they actually spent all day perfecting that hairstyle, and would much rather pretend they just have a goddess-like gift that lets them wake up like that. Everybody wants to look gorgeous, but more than that they want it to look like it's natural. So now we have a trending "effortless style" look, and while it's not *actually* as easy as it looks (is



it ever?), there are definitely a few tricks and accessories you can use to make the name ring true.

### Top Knots

What makes this look so popular (and not just with celebrities) is how classic and refined it looks. It's great for staying cool in warmer weather, and is such an easy-to-pull-off style that you can wear anytime,



anywhere. We especially love how chic it makes us look, without all the hard work—just think a modern, laid-back Audrey Hepburn. Wear it messy, clean or even half-down—it will look glamorous no matter what!

*Style Tip:* Try a Top Knot Pony for this quick and easy look. No hassle or styling required. Just throw it on and you're ready to go!



you. Especially with all the holidays coming up, it's great to have a perfect look that can be put together in minutes that will keep you feeling cool (literally) and looking fresh, leaving you with enough time to focus on the hundreds of other things you have to get done. With these hairstyles, just remember—you do have goddess-like abilities, you will make this world your runway and you *can* wake up like that!

### Braids

The best thing about braids is how they never go out of style. This look is definitely a favorite, mostly for how fun and vibrant it is, and how it can always bring in attention while also being understated and cool. There are so many different ways to wear braids, and sometimes it takes time to find the right one for you, but they are always a go-to effortless style that you can wear absolutely anywhere.

*Style Tip:* Try a Clip-In Braid if you're looking for an easy way to create this style. It's not always so easy to find the right braid for you (let alone actually make it), but these clips do all the work for you!

There are so many products out there designed to help create these awesome hairdos, so it's easy to find what works best for



Sari Friedbauer is the owner of Sari's Wigs as well as a licensed hair and wig stylist. She can be reached at 201-694-5319 for consultations.

\*Above styling products sold at Sari's wigs



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## Emporio Shares Shoe Tips

### Correct Fit

1. Dress shoes should fit perfectly the first time you try them on. If they don't, they'll never fit. Leather, especially in dress shoes, will stretch very, very little, so "working in" a pair of dress shoes is not going to happen and will be a waste of your time and money.

2. When trying on shoes, if you feel any bunching in the toes or feel the shoes pressing against any of your toenails, they're too short. Your feet shouldn't be touching or grazing anything in the front. The shoe should not be putting any pressure or squeezing on the sides of your foot — anywhere. On the flip side of that, you also shouldn't have

any room on either side of your foot that allows your foot to move left or right when it's laced up.

### Shoe Care Tips

1. Rotation: You should have a good rotation of dress shoes if you wear dress shoes every day. You shouldn't wear the same shoe more than twice a week.

2. Invest in a pair of shoe trees. They will help maintain the shape and size of your shoes and prevent them from developing creases.

3. Smelly shoes: To prevent smelly shoes don't wear the same pair every day. Insert unvarnished cedar shoe trees into just-removed shoes. They will absorb sweat and deodorize the shoes. To cure smelly shoes, have the insoles replaced by a shoemaker.



4. Replace your heels: Heavy walkers will wear down the heel of a dress shoe far faster than the sole. You can have heel taps put on the shoes, or if you don't want the heel tap, replace that heel before you wear through the stacked leather back there.

5. If you drive a lot and you wear dress shoes, buy driving moccasins. They save your shoes from getting beat up in the car, and they're comfortable.

6. Wet shoes: Stuff soaking wet shoes with newspaper and dry them away from direct heat. Direct heat can dry the leather too fast causing it to crack.

7. Salt stains: Mix two parts water with one part vinegar in a small jar. Dip a clean, soft rag into the vinegar solution and use it to gently wipe away any salt from the surface of the shoes. Remove the vinegar solution with a water-soaked cloth, then dry with a clean towel.

8. Polishing your shoes: First wipe down the shoes with a damp cloth to remove superficial dirt and stains. Then apply Kiwi wax-based polish, using a circular rubbing motion. The more you rub the better, and don't forget to let the polish dry!

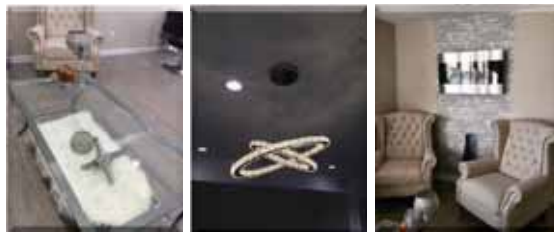
9. Caring for suede shoes: Apply a water-proofing spray to protect them from stains and water. Brush with a suede brush before and after the spray. If you get a stain, use a suede eraser.

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# FASHION LINK



## Iris Huertas Goes to Great Lengths for Customers

By Jenny Gans

Everyone knows where to go if they need a haircut or a quick blow dry. But when hair needs are not so specific, and possibly a little uncomfortable to discuss, no one knows where to go, and they are hesitant to ask around. Iris Huertas has been providing sensitive and dignified hair experiences for 20 years, with 10 of those years being in Teaneck. She specializes in hair replacement, and is certified in extensions, and even wigs. Many of her custom-



ers come in because they suffer from hair loss and hair thinning, especially around the crown area, and feel uncomfortable with the way they look. Coming into Huertas' private salon, which caters to their individual needs, can be a relief as they can get that one-on-one personal experience that Huertas provides. She has three private rooms and works by appointment only. "Privacy is essential for many of our customers," she explained.

"When women come in with thinning hair, I will customize a piece so they can manage it on their own, and they only need to come in for maintenance," Huertas said. Besides doing hair replacement, her salon also does hair extensions "for the Jennifer Lopez look people always want," in addition to eyelash applications, spray tans and Brazilian blowouts to keep hair sleek and frizz-free for six to eight weeks.

"This is not a regular hair salon," described Huertas. "It is considered more of a beauty-enhancement salon."

Catering to the large number of women who wear wigs in the greater Teaneck community is also important to Huertas. She will work with women to help them

find a wig, order it, customize it and even do a wash and set. Her prices are very reasonable, too, ranging from \$25 to \$35 depending on length of the sheitel, and her services are almost always same-day, or at least next-day.

Make sure to check out Huertas and her salon in the West Englewood area behind Queen Anne Road—154 W. Englewood Ave, Office #1 (behind the gas station on Queen Anne). Call 201-833-0362 or find her on Instagram at @exclusivelengths or <https://www.instagram.com/exclusivelengths/>.



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# Mind the Gap: College and Coeducation



By Kira Paley

All-women's colleges are not uncommon. Stern College is not unique in that all of its classes contain only female students; schools like Barnard, Bryn Mawr, Wellesley and Smith are all well-known colleges whose student bodies comprise only women. But what is unique about the education I currently receive, and have received since first grade, is that I have never been in class with male students.

This is not to say that I have not received excellent schooling; my elementary and high school educations matured me academically, emotionally and spiritually. Though as I sit in my college classes where all my classmates are women, I wonder how having male classmates might have affected my previous education, and might affect the education I am receiving now.

Coeducation in elementary, middle and high school has its pros and cons. I personally benefitted from going to an all-girls high school, partly because I thrived in the relaxed, comfortable environment. I encourage parents and students to consider what is right for them when deciding whether to enroll in a coed or single-sex school.

But now that I am a young adult, at an age where my peers and I are developing unique opinions, outlooks and beliefs, I am starting to believe that coeducation at a college level is something that everyone can benefit from. A Yeshiva College (YC) student recently published an article in The Commentator, YC's official newspaper, about the benefits of having both male and female perspectives in classes, especially ones that are discussion based. Though having coed classes at Yeshiva University is a concept that will most likely never come to fruition, it is important to recognize that despite this impossibility, it is time to open our minds to the pluses of integration of sexes in an academic setting.

It is impossible to ignore the reality that in Modern Orthodoxy, boys and girls are brought up differently and therefore have different experiences. To say that Jewish young adults all share similar experiences would be correct, but to say that they share the same experiences would be erroneous. Though I have only attended schools where there were only other girls or women in class, summer experiences and extracurricular activities have allowed me

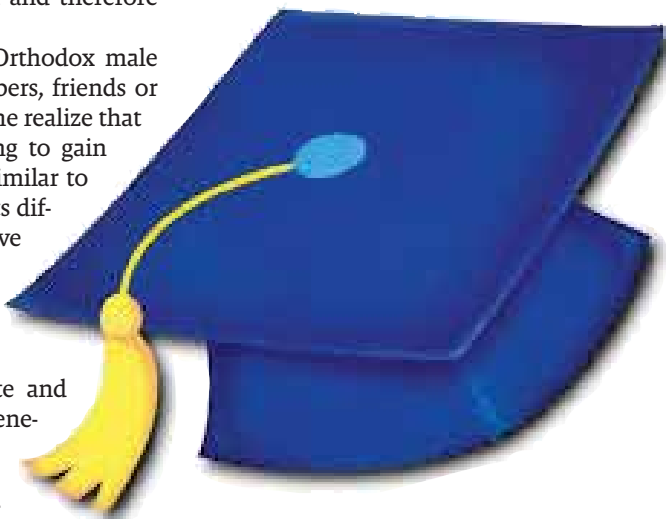
to form friendships with young Orthodox males with whom I often engage in discussion about religious and other experiences that are different because of our genders. Having an older brother close in age has also provided me with a chance to exchange ideas and feelings that have to do with a range of topics; these exchanges are especially meaningful because we were raised under the same roof and therefore share many opinions.

My relationships with Orthodox male peers, be they family members, friends or acquaintances, have made me realize that I in fact do have something to gain from a perspective that is similar to mine, but also nuanced in its differences. Therefore, I believe that since now I and my peers are at age where we are passionate about important issues and are eager to participate in debate and discussion, we would all benefit from settings in which both males and females are present to contribute their thoughts.

I have found that my peers, and many people at this era in time, are not only interested in participating in dialogue about big ideas, they are hungry for the chance to do so. Facebook groups exist whose sole purpose is for discussions about Judaism; members ranging from all ages and Jewish backgrounds virtually debate about issues like avoda zara in popular culture, yeshiva day school education and biblical sources for specific halachot. In addition to these threads, the ease of Facebook Messenger has allowed users to reach out to authors of articles or posts in order to ask them questions or debate about certain posts. After publishing a recent article, I was messaged by someone whom I had never met, who had a question regarding a line I had written. It is easier than ever, and I believe this is a good thing, to start discussions with anyone about anything, not only because of social media but also because of an attitude that young Jewish people today seem to have.

This thirst for varying opinions is not limited to a certain sect of Judaism, age, political leaning or gender. For people who are open-minded and strong enough in their own beliefs to hear the other side, the ability to exchange thoughts and ideas with different kinds of people is beneficial in that it allows participants to become nuanced in their thinking.

My generation, or "millennials" as we're often called, is sometimes criticized for being lazy and for being addicted to technology and social media. Perhaps I only say this because I am one of them, but I believe millennials are not given enough credit for many things: most of all, their willingness to hear new ideas. As always, there are those on both sides of the spectrum who



are only comfortable hearing the opinions of those with whom they agree. But for many of those in my age group, we are excited to hear different perspectives from different types of people.

That being said, I think it would be ludicrous to insist that all Jewish young adults must be in environments where their ideas are constantly being challenged; thanks to the coddling, bubble-like nature of many

Modern Orthodox communities, a lot of people would not be able to withstand such an environment. Instead, I am advocating for people to be more open to the idea of coeducation at a college level.

College-age young adults, among them my peers, have reached an age at which they are mature enough to generate and express ideas in a serious way. Perhaps I would not encourage every single Jewish high-school student to be educated in a mixed-gender environment partly because of immaturity. But for college students, most of whom I believe are mature enough to handle varying opinions, coeducation is a great place to start in terms of creating heterogeneous environments.

I possess this set of opinions perhaps because of my upbringing in all-girls' schools and now, an all-women's college. For young adults who attended coed high schools, or who attend secular colleges, what I am saying is definitely nothing new. But for people in my boat, who have only been exposed to certain opinions in a classroom setting, or who only expose their children to certain opinions, in order to ensure that open-mindedness of our generation is continued, young minds must be stimulated through differing opinions and varied perspectives.

Kira Paley is a sophomore majoring in English at Yeshiva University's Stern College for Women. She is the founding editor of the popular comedy blog SEMantics, and is currently serving as a campus fellow for ORA, the Organization for the Resolution of Agunot.

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## Getting the Right Kind of Help



By Dr. Leah Isler

What does a diagnosis really tell you? What do the labels Specific Learning Disability, Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) actually mean? How are parents to know which classification is the best fit for their child and will result in the greatest progress?

As a school neuropsychologist, I'm often approached by parents and students after they've been mislabeled and misunderstood. Many of the children have been through years of testing and diagnoses, sometimes showing little, if any, improvement. This has resulted in critical lost years of academic instruction. Compounding the issue is that the experience can lead to decreased self-esteem, which may result in additional emotional and behavioral problems. Children often do not fit into neat diagnostic categories. There are complex interplays between biological and psychological factors that must be addressed. There are unique brain-processing strengths and weaknesses that need to be factored in when assessing and treating a child.

Take the hypothetical case of David, a sophomore in a private high school. David was evaluated by the Child Study Team, but wasn't found eligible for special education because, although underperforming, he was not failing his courses. He was diagnosed with ADHD by a neurologist and placed on medication. However, David continued to struggle in school, often obtaining Ds on his exams. He became increasingly depressed and isolated, calling himself a "loser." Detailed neuropsychological testing of this otherwise bright and capable teen

revealed a learning disability in a very specific subtype of written language and math, as well as difficulties in executive functioning. Once David's strengths and weaknesses were understood, and modifications and accommodations were implemented in school, his performance improved. In addition, David's negative self-talk and depression lifted as he now began to feel he could keep up with the work. This is an example of how a detailed assessment uncovered specific underlying learning issues, leading to a proper diagnosis and a very real change.

Another example of the importance of understanding a child's unique strengths and weaknesses relates to the diagnosis of Autism Spectrum Disorder (ASD). An alarming number of students with ASD are misdiagnosed and mislabeled with alternate disorders for years before receiving the correct diagnoses. Some have additional disorders as well. ASD is a particular diagnosis that can be easily misunderstood. It is assigned when there are found to be difficulties in two areas—social communication and restricted, repetitive behavior or interests. These challenges must have been present from early childhood. Symptoms can range from mild to more severe. Students with ASD or other disorders sometimes have sensory challenges as well. They can either be oversensitive or undersensitive to temperature, texture, smell or sound. It is important to evaluate students as part of a neuropsychological assessment for sensorimotor input and output before measuring higher-order functioning such as intelligence or attention. This ensures that findings are interpreted correctly.

A second hypothetical example involves Michael. He had a similar profile to David, and was also diagnosed with ADHD, low self-esteem and decreasing grades.

However, Michael was in special education since kindergarten under the classification of "Other Health Impaired" due to his early diagnosis of ADHD. His parents noticed Michael's increased frustration, but neither they nor the school knew what to do. A thorough neuropsychological evaluation was conducted. It was discovered that Michael met the criteria for ASD based on his social communication difficulties and restricted interests. A sensory-motor battery revealed various difficulties, including oversensitivity to hallway noise during classroom changes. This resulted in an inability to gather materials for the next class. Interventions for ASD were implemented, including pragmatic speech and language therapy, social-skills groups, individual therapy and a behavior intervention plan. Michael's locker was also moved to a quieter area. Michael became less frustrated as his needs were finally being met.

What is learned is that it is essential to examine underlying symptoms and root causes of what is bothering the child. Sometimes it is not readily apparent. Neuropsychological testing enables the caregiver to look beyond the surface into how the brain is operating to understand an array of strengths and weaknesses. In this manner, one is better able to understand and help the child. After all, isn't that what the Individualized Education Plan is all about—to design a program around the individual's strengths and weaknesses?

### Practical Guidelines for Assessment and Intervention for A Child With Learning Difficulties

I am often asked by parents for assistance in accessing help for their children who they believe may require special education, or have already been placed in special education but continue to struggle in school.

### How to Ask Your School System for a Neuropsychological Assessment

There are times when your child's school does not understand or properly address his/her disability. This may occur because of a lack of progress in school. This may also happen if you, as a parent, do not agree with an evaluation that was performed by the school. You may feel that some areas of concern were not addressed. Parents are part of the process and can request that an Independent Evaluation be conducted at the school's expense. This assessment may be conducted by an outside evaluator and can include a neuropsychological assessment.

### The Importance of Identifying the "Specific" in Specific Learning Disability

It is not enough to know that your child has a Specific Learning Disability. The term "Specific" needs to be defined. Dyslexia is an example of a Specific Learning Disability. It is a neurodevelopmental disorder that hinders the acquisition of reading abilities. It cannot otherwise be explained by deficits in general intelligence, academic learning opportunities, overall motivation or sensory acuity problems. It is not only important to know if your child has dyslexia, but what type of dyslexia your child has, to properly plan for early and specific interventions. There also needs to be an awareness that there are different types of writing and math disorders. The specific type of disorder, which is pinpointed in a school neuropsychological assessment, often makes a huge difference regarding which types of interventions and accommodations are needed.

Leah Isler is a school psychologist who has a private practice in school neuropsychology. Her website is [childneuropsychevals.com](http://childneuropsychevals.com). She can be reached at [leahislerpsyd@gmail.com](mailto:leahislerpsyd@gmail.com).

## Renowned Educators Featured in Free Webinar Program for Parents and Teachers

By JLNJ Staff

Tired of "rewarding" your children with presents and sugary treats? Do you find that you have to continually up the ante on your prizes? Last week, Dr. Rona Novick, Dean of the Azrieli Graduate School of Jewish Education and Administration at Yeshiva University, and Co-Educational Director of Hidden Sparks presented a webinar entitled "Positive Behavior Support—Motivating With Rewards That Have No Salt, No Sugar and Cost No Money" as part of the Hidden Sparks Without Walls webinar series for educators and parents. In the webinar, now available on the Hidden Sparks website archive, she discussed strategies for enhancing self-motivation and effective ways to offer incentives. Later in the spring, Dr. Novick will be speaking on the topic of building resilience in children.

Hidden Sparks, a non-profit that offers professional development opportunities for yeshiva and day school based educators, provides educational opportunities to parents as well as teachers through the Hidden Sparks Without Walls (HSWOW) webinar series. To date, over 80 webinars have been hosted (and enjoyed by over 1,800 people), all of which are currently archived

and available for viewing on the Hidden Sparks Website.

For Debbie Niderberg, Executive Director of Hidden Sparks, the drive to provide programming for parents across the country has been a major impetus for HSWOW. "The HSWOW program has enabled us to bring fantastic presenters and important subject matter to parents and teachers in Jewish day schools across North America—from the large urban centers to the small, underserved communities. Enhancing the understanding of learning and behavior for teachers and parents is core to our mission of helping children and this webinar format is so easy, accessible and valuable."

This year's presentations feature speakers such as Teaneck local, Rabbi Jay Goldmintz, presenting on "Making Tefilla More Meaningful for Children," in which he will guide participants towards a better understanding of the development of prayer in children and adolescents and provide them with some practical strategies for enabling students to find their own voice. In addition, local Educational Technologists Rabbis Efraim Clair and Dov Hochbaum from Rosenbaum Yeshiva of North Jersey will be presenting on "Digital Parenting Tips in the Age of Social Media" in February.

Past webinars for parents and teachers are archived on the Hidden Sparks website, [HiddenSparks.org](http://HiddenSparks.org), and are accessible through a link on the homepage, where parents and teachers can also add themselves to

the Hidden Sparks mailing list and find out more about the Hidden Sparks programs. For more information, please contact Sara Diamant, Director of School Services at [Sara@HiddenSparks.org](mailto:Sara@HiddenSparks.org).

### Hidden Sparks Without Walls Webinars 2016-17 Teacher Series and Parent Connection

| TITLE                                                                                           | DATE                                              | PRESENTER                            |
|-------------------------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------|
| Classroom Management and Proactive Practices                                                    | Thursday, November 3, 2016<br>(Archived)          | Mindy Rosenthal                      |
| Positive Behavior Support—Motivating With Rewards That Have No Salt, No Sugar and Cost No Money | Wednesday, November 16, 2016<br>(Archived)        | Rona Novick                          |
| Managing Meltdowns and Taming Tantrums: Practical Strategies for Everyday Challenges            | Tuesday, December 13, 2016                        | Amanda Morin                         |
| A+ for Teachers: Understanding and Creating Effective Assessments                               | Tuesday, January 3, 2017                          | Zipora Schuk                         |
| Digital Parenting Tips in the Age of Social Media                                               | Wednesday, February 8, 2017                       | Rabbis Efraim Clair and Dov Hochbaum |
| Fostering Essential Traits for Learning—Growth Mindset, Grit and Motivation                     | Wednesday, February 22, 2017                      | Hollis Dannaham                      |
| Making Tefilla More Meaningful for Children                                                     | Wednesday, March 1, 2017                          | Rabbi Jay Goldmintz                  |
| Parenting in the Balance: When to Intervene and When Not To                                     | Tuesday, March 21, 2017                           | Dr. Yoni Schwab                      |
| Language and Learning: A Foundation for Success                                                 | Wednesday, April 26, 2017                         | Claire Wurtzel                       |
| Building Resilience in Our Children and Students                                                | Wednesday, June 1, 2016,<br>Tuesday, May 16, 2017 | Rona Novick                          |



# Where Did We Go Wrong?



By Wallace Greene

Day school education in America is an evolving revolution. In the early 20th century there were very few schools offering limudei kodesh and general studies. Children of immigrants attended cheder, but only after regular public school classes. Following World War II the growth of day schools became exponential, especially due to the efforts of individuals such as Rabbi Joseph Kaminetsky, a"h, and Torah UMesorah. Today there are more children studying Torah than at any other time in Jewish history.

Most of the mid-20th century families who sent their children to Orthodox day schools and yeshivot were certainly Orthodox in practice, affiliation and outlook (hashkafah). They davened, bentched, were shomer Shabbat, kept kosher and attended shiurim. Orthodox baby boomers who sent their children to day schools by and large also fit this profile. Recently a number of surveys have tabulated the level of observance of contemporary day school



graduates 5, 10 and 15 years after they graduate. There's some good news and some bad news. You can Google the results.

I am not a statistician or a sociologist. I can only report on what I see and experience in my community and in my travels. There is a great deal of discussion today about Modern Orthodoxy and Open Orthodoxy. My concern is not so philosophical or theoretical. I am very worried about the subgroup called modern Orthodox with a small "m" that I have observed in the past 25 years or so. I am a strong believer in the maxim that Judaism is caught more than it is taught. All of our schools teach how to act as a Jew and even how to think as a Jew. Parents have gone through the same schooling—but too often the schooling hasn't gone through them. I am noticing families affiliated with Orthodox synagogues and Orthodox day schools, yet their behavior and attitudes belie this affiliation.

This subgroup seems to be growing. I do not refer to those families where parents walk the walk as well as talk the talk. I am concerned about those parents and the children who follow their lead where they can be categorized as Orthodox by convenience. They attend Orthodox synagogues and Orthodox day schools because that's how they were brought up. They purchase only glatt kosher food for the home. They even put up a sukka and use shmura matza at the seder. Yet you rarely, if ever, see them at minyan during the week, they stroll into shul sometime during Torah reading, the women often come in flip flops and the men hardly ever come back for Shabbat mincha. On Shabbat afternoon, they dress for the beach or the basketball court. Shabbat swim parties occur in some communities. When eating out, standards are relaxed, washing and bentching are often omitted, and watching sports trumps any



serious learning. Is it any wonder then that the children will follow their parents' lead? Texting on Shabbat is widespread as is often inappropriate attire when away from school. Tzitzit—fuggetaboutit.

Observe what goes on during Simchat Torah in many communities. See how our day school children behave during Yeshiva break in Florida and elsewhere. Listen to how they speak to or text each other. Watch what they watch on TV and listen to their music. Where did we go wrong? There's Orthodox and Orthoprax. This group is neither. In the 60s when the first glatt kosher deli opened in the 42nd Street area to serve those Jews who were attending shows and movies that may not have been so kosher, there were many reactions to this development. Rabbi Israel Wohlgelemer, z"l, wrote in Hamevaser that "A shatnez label in an Ivy League blazer does not ipso facto make you an Orthodox Jew."

Fortunately this is a small subgroup, but I see it growing. I see it in the entitlements of young parents and in their often spoiled offspring. Ask any teacher and he/she will tell you that a child's attitude mirrors the parents. This is apparent most blatantly at Jewish summer camps. Free from direct parental supervision a child's true essence becomes manifest. Children no longer listen to authority figures. "If I don't want to go

swimming you can't make me." "I just want to play basketball." "I don't feel like davening." "My parents pay your salary." Unfortunately, the camps cravenly give in to this because many parents behave the same way and the camps need to fill the bunks. Despite scheduled visiting days, parents come whenever they want to visit, thus reinforcing in the child this sense of entitlement.

There was a time when parents and children would fear a teacher's reprimand. Now the teacher as well as the principal is in trouble if a child is disciplined for acting out or otherwise misbehaving. And woe to the teacher who criticizes the child of a Board member. Sometimes the child himself will threaten the teacher!

A new scary wrinkle is the high proportion of children who are medicated. It's not just ADD or ADHD anymore, but parents are giving their children growth hormones and puberty-delay drugs!

I don't know where it comes from or how to stop it but this problem is real. Rabbis and school administrators need to acknowledge this problem and try to deal with it. Just as a parent must learn how to say no to a child, so too must those who deal with parents stand up to their misguided judgments and self-importance. Baruch Hashem there are many, many parents who bring up their children properly and with the correct Torah values. Unfortunately, there are growing numbers of children whose parents have yet to reach maturity, Jewishly or otherwise.

Rabbi Dr. Wallace Greene is a veteran Jewish educator and administrator. He is currently the Executive Director of the Shulamith School in Brooklyn, the oldest religious girls school in the US.

## Bachurim in Acheinu Yeshiva to Be Tested on the Entire Masechta Kesubos

By Yosef Sosnow

"These talmidim did not even know what a Gemara was two years ago, and now they have learned all 113 blatt of Masechta Kesubos and are ready to be tested on the entire masechta from cover to cover! If this isn't a miraculous manifestation of the fulfillment of the pasuk 'V'heishiv lev avos al bonim,' I am not sure what is!"

Those were the words of Rav Ariel Elbaz, R"m at Acheinu's Yeshiva Hakedosha in Yerushalayim, describing the upcoming test that will be taken by more than 45 bachurim in the yeshiva next week.

"The yeshiva caters to 60 bachurim who were completely non-observant until two years ago. Through Acheinu's network of battei chizuk, these teenagers have not only become Torah observant baalei teshuva, they are on their way to becoming talmidei chachamim," Rav Elbaz said.

### HaGaon HaRav Avrohom Yitzchok Kook, Shlita, to Administer Test

The test will be held at Acheinu's Yeshiva Hakedosha in Yerushalayim, and the special guests who are scheduled to conduct the test will be HaGaon HaRav Avrohom Yitzchok Hakohen Kook, shlita, rosh yeshiva of Yeshiva Me'or Hatalmud in Rechovot, Rav

Dovid Hofstedter, nasi of Dirshu (the umbrella organization of which Acheinu is the kiruv arm) and Rav Zev Hofstedter, Rosh Yeshiva of Acheinu's Yeshiva Hakedosha.

### Showing Parents Their Children's Accomplishments

One of the features of the grand test will be the fact that all of the parents of the talmidim will be in attendance. Rav Elbaz explains that the parents who are not observant often do not realize what their children are accomplishing in yeshiva. This grand farher where the bachurim are tested publicly on over 100 blatt Gemara provides the families with a tremendous feeling of nachas and accomplishment as they see that their children have accomplished a tremendous amount, and great rabbanim have even come to hail their accomplishments.

Two years ago, a similar siyum was made by the talmidim on Masechta Sukkah. At the siyum, one of the most power-

ful speeches was given by Shaul Maimon, president of the Chevel Ha'aretz Company. Mr. Maimon is a successful businessman. His son learned in the yeshiva at the time and was one of the bachurim who made a siyum. Mr. Maimon spoke openly about how it was initially very difficult for him when his son became religious but, "Now," he explained, "I cannot tell you how happy we are and how proud we are of him! He il-



luminates our entire home. The light that he brings is the light of Torah. It was missing from our home. If I would have known before what the yeshiva does, I would have sent all of my children here!"

### True Heroes!

"The bachurim in Acheinu's Yeshiva Hakedosha are true heroes!" exclaimed Rav Elbaz. "Every Shabbos, every Yom Tov, they are faced with nisyonos as they go home to their parents. They are taught to have the utmost derech erez for their parents, while they must at the same time observe Shabbos and kashrus in an environment where these things cannot be taken for granted.

"There is no way to depict the degree of progress made by these bachurim over such a short period other than to realize that it is a divine smile, a tremendous manifestation of *siyata d'Shmaya* that defies description," said Rabbi Yisrael Layush of Acheinu.

"Certainly our staff is amazingly devoted. In addition to the 12 maggidei shiur and mashgichim we have tens of avreichim who learn with the bachurim and are devoted to them with their hearts and souls. The hallmark of Acheinu is constant accompaniment and monitoring—dealing with problems when they are still small before they become large.

"Nevertheless, for these boys to finish the entire Masechta Kesubos in one year to the extent that they can be tested on the entire masechta is nothing short of a miracle!" remarked Rabbi Layush.

When observing the deep respect and love that these secular parents gain for their children after seeing their success in Torah, one realizes that these wonderful boys embody the fulfillment of the pasuk "V'heishiv lev avos al bonim!"



## Touro's Lander College for Men Alumni Introduce Students to Careers

Flushing—Greeting old friends and former professors with smiles, dozens of alumni of Touro's Lander College for Men returned to the college recently to share their professional experiences with current students. Lander College for Men hosted a three-day series with 14 career panels as part of its career services programming.

"Successful Lander College for Men alumni have an invaluable perspective, since they know from their own personal experience what they would like to have known while they were students. Students say this is one of the most helpful programs we offer," said Dr. Moshe Sokol, Dean of Lander College for Men.

Established in 2000, Lander College for Men is both a rigorous academic institution and a tight-knit community. The campus in Kew Gardens Hills, Queens offers a dual curriculum of intensive Torah study and a wide range of academic programs. Students major in professionally oriented disciplines.

For alumni, the panels are a way to contribute to the school and to maintain their connections. "I like to give back to Lander because I had a great experience here," said Jordan Kaplan, a credit ratings analyst at Standard and Poor's who is president of the Lander College Alumni Council and lives in Edison, New Jersey.

"That dozens of alumni take time from their very busy personal and professional lives to come back to campus demon-



Jordan Kaplan, a credit ratings analyst at Standard and Poor's and president of the Lander College Alumni Council, talks with Ron Ansel, Lander College for Men Director of Career Services.

strates just how committed our alumni are," said Rabbi Aryeh Young, Lander's Director of Alumni Affairs, who organized the program.

Over subs, hot dogs and soft drinks, students peppered alumni with questions about their career paths, their college and graduate school experiences, and the lessons they learned on the job. After informal networking, the discipline-specific panels began.

At the finance panel, Kaplan advised students to focus on gaining meaningful experiences when they are starting out. "The salary is important, but experience matters most in your first job," he said. The panelists also discussed how to use your network to build your career, what to highlight on a resume and how Lander prepared them for their careers.

Moshe Bedziner, a senior from North Miami Beach, waited for the medical panel to start. "I always wanted to be a doctor. I want to be able to help people," he said. He volunteers in the emergency room at Jamaica Hospital.

Doctors in a range of specialties from pediatric neurology to emergency medicine shared their perspectives. Students learned that an entire semester of college is covered in just two weeks in medical school, and that their Lander education would leave them well prepared for this. "Lander's dual curriculum built the habits that enabled me to be successful. I had classmates from Yale and Harvard who were overwhelmed by the work," said Dr. Yitzchak Goldstein, a pathologist who graduated from Lander in 2006, went to medical school at Albert Einstein College of Medicine and is now a physician at Montefiore Medical Center.

Ari Glatt, an attorney at Nixon Peabody in Manhattan attended the University of Chicago Law School after graduating from Lander. "I love being an attorney, but the reality is that you have to go to a top law school or be



Ari Glatt, an attorney at Nixon and Peabody, speaks with students about careers in law.

at the top of your class if you want to work for one of the big firms," said Glatt, who lives in Woodmere, Long Island. He discussed the different types of careers that lawyers pursue and fielded questions about LSATs and GPAs.

Lander prides itself on combining scholarship, career readiness and a commitment to Torah and mitzvot in a warm and supportive community. That's what brought Ari Glatt back to campus last week. "I loved my time at Lander," he said.

The Lander College for Men is an undergraduate division of Touro College, in service to the Jewish community. It provides students with an environment that produces ethical, mature and well-rounded professionals committed to scholarship and career growth. Dedicated to Touro's mission of perpetuating the Jewish heritage, Lander College for Men prepares students to uphold the ideals of Torah and pursue positions of professional and communal leadership.

## YU's GPATS Provides High-Level Judaic Learning Opportunities for Girls

New York—A new initiative from Yeshiva University's Graduate Program in Advanced Talmudic Studies (GPATS) will provide new opportunities for local high school girls to engage in high-level Judaic studies with the support and mentorship of GPATS students and faculty.

Called Sunday Night Learning: Empowered by GPATS (SNL), the program will feature a series of events that are open to female students at any high school. Each event will begin with a dinner and chavruta (partnered) learning with current students in GPATS, a program designed to provide young women with opportunities to immerse themselves in post-graduate study of Judaic topics. The learning will be followed by advanced shiurim (lectures) from GPATS and YU faculty on topics that will range from Tanach to gemara and Jewish philosophy.

The first event of the series will take place from 7 to 9 p.m. on Sunday, December 18 at the Bais Medrash of Bergenfield, 371 South Prospect Avenue, Bergenfield, New Jersey, 07621. Nechama Price, director of GPATS, will deliver a shiur titled, "These Are a Few of Their Favorite Things: Favoritism in Tanach."

"I feel privileged to be able to run such an incredible program and to facilitate learning between post-college and high school students," she said. "The goal is to feature an array of topics and styles to show students the vastness of Torah. We hope that this will provide inspiration for

participants and spread our passion for Torah study."

The idea for the program actually originated with Dr. Jessica Kornwasser, a mother who was intrigued by Price's discussion of GPATS and women's learning at YU's annual ChampionsGate Leadership Conference. "After hearing Nechama Price and several other Stern College Judaic studies professors speak at Championsgate, I found myself wishing that my daughter, a sophomore in high school, could get a glimpse of the Torah learning that awaits her in college," said Kornwasser. "The idea was met with enthusiasm by Nechama and several other mothers of high school girls, and Sunday Night Learning began to take shape."

"I was really excited by the idea of spreading the message of women's learning to a younger generation," added Price.

"GPATS provides our community with a graduate opportunity for women to learn Talmud and halacha on the highest level," said Rabbi Kenneth Brander, vice president for university and community life at YU. "Many of the GPATS graduates go on to serve the Jewish community in unprecedented ways. To have our GPATS scholars engage with young women in high school is just another way for them to contribute to the Torah scholarship of our community while simultaneously benefiting from the informal teaching experience created by SNL."

For more information, contact Nechama Price at [nechama.price@yu.edu](mailto:nechama.price@yu.edu).

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### 24TH ANNUAL BERGEN COUNTY CHANUKAH TOY DRIVE

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## 'The Story of the Medinat Yisrael' Comes to Life at RYNJ

"Morah Aliza is here! Morah Aliza is here!" The shouts of excitement were heard throughout the lunchroom as the sixth and seventh grade RYNJ boys had the opportunity to meet Morah Aliza Picard face to face for the very first time this past month. She is their Israeli teacher who 'visits' them remotely twice a week via video conference. Aliza is a seasoned, long-distance morah with seven years of experience in this format. The course that she teaches, "Ahavat Yisrael Banishama, The Story of Medinat Yisrael," was conceived of and designed by Morah Picard and her husband, Dr. Avi Picard, a Fulbright scholar and historian in the department of Archeology and Eretz Yisrael at Bar Ilan University. Dr. Picard designed the curriculum which highlights the key events that shaped the establishment of the state, prepares and edits documentaries and movie clips that both educate and inspire the students and adapts maps that illustrate the information. The comprehensive, two year curriculum began with the 1880's Russian pogroms and Herzl's dream of a Jewish state, and continues until the present day. The course was funded in part by a generous grant from The Jewish Federation of Northern New Jersey.

Interview with Morah Aliza:

**Question:** How did you conceive of "Ahavat Yisrael Banishama, The Story of Medinat Yisrael"?

**Answer:** I spent four years living in Teaneck with my husband and five children during the time that my husband was a visiting professor at NYU, Rutgers and the University of Maryland. The Teaneck community was so gracious and welcoming and we made many close friends. We saw how Zionist this community was, but we also realized that most of the people that we met, both adults and youngsters, had only a very basic knowledge of the history of Medinat Yisrael. And this actually planted the seed for the course in our minds. When Cindy Zucker, RYNJ middle school assistant principal, reached out to me this past summer to discuss the possibility of my teaching



a long distance course from Israel, Avi and I realized that this would be the perfect opportunity to educate the students about Zionism in a thorough and meaningful way. So we decided to seize the moment and partner with RYNJ. Working together with the RYNJ administrators, technology team and co-teachers, all the pieces of the puzzle fit and the course became a reality.

**Q:** What are the goals of this course?

**A:** We have three main goals. The first is to teach the history of Zionism and the State of Israel. The main focus is on the movements and events that brought about the establishment of the state. In addition, I include today's geography, demographics and even the politics of modern Israel. The students learn about the historical figures and role models and what they can teach us. I emphasize the wars and battles that took place over the years, and the students are fascinated and very engaged. The second goal is to expand the students' Hebrew vocabulary. Although I speak to the students primarily in English, I infuse my classes with modern Hebrew vocabulary, daily instructions and useful Ivrit phrases. My final goal is to connect the students to Medinat Yisrael, through their minds and their hearts. I nurture the students' *ahava* (love) for Medinat Yisrael, their appreciation for the dedication and sacrifices that so many of their people made to make the dream of the State of Israel a reality and

the shared responsibility that we all have for our homeland.

**Q:** What is the most enjoyable aspect of your job?

**A:** I love observing the fascination that I see on my students' faces as they anticipate watching the next film clip, or hearing about an upcoming unit. Their questions are amazing. I see the wheels spinning in their minds as they think about what they are learning and then share their opinions, analyzing the past with a passion. My greatest nachat is when the parents tell me that they are thrilled that their children know more about Zionism than they do.

**Q:** What are the challenges in long distance teaching?

**A:** To be a good teacher and to be significant to the students, one must have a personal connection. This is harder to do when the teacher is not physically in the

occurs in a dynamic and interactive environment, you might think that this simply can not be done long distance. However, it's not a problem. Our technology is so sophisticated. I can zoom in and out on all the students, and they really feel like I am right there with them (and I feel as if I am there as well). The topic excites them and inspires them to ask so many questions; they are eager to listen and learn. I use a lot of role playing when we discuss historical leaders and the boys love identifying with the characters, and sharing their opinions. I always ask them, "What would you have done in this situation?" This they love the most.

**Q:** What was most surprising about teaching this course at RYNJ?

**A:** Everyone on staff has been so invested in this program, from the office staff, to my fellow teachers, to the administration.



classroom with the students. So I encourage the students to come up to the screen before and after class and talk to me. They tell me about their bar mitzvahs, they share stories about trips to Israel and talk about their cousins who live there. Also, classroom management is easier when the teacher is actually in the room. So how do we deal with this challenge? In every one of my classes I work with a master teacher, and this partnership enhances and enriches the experience for the students even more.

But what you probably imagine to be the greatest challenge, is not actually a challenge at all. Because the best learning

They all contribute to making "Ahavat Yisrael Banishama, The Story of Medinat Yisrael" the success that it is. And most surprising of all is what the boys answered when I asked them the following question: "If you had lived in Russia at the end of the 19th century, and were forced to leave and move to another country, where would you have gone?" I've asked this many times in the past and have heard many different answers, but the majority of students at RYNJ said, "For sure, I would have gone to Israel!"

Please visit the RYNJ website at <http://rynj.org/medinatyisrael> to see the video clip and learn more about "Ahavat Yisrael Banishama, The Story of Medinat Yisrael."

## Yeshivat Noam Seventh Grade Engineers Design Software and Printers

The seventh grade E2K enrichment program participants are learning how to make work easier. Students are learning about engineering design using 3D printers and TinkerCAD software. The final projects will be student sized and entered into the First Yeshiva League GOKART competition at the end of the year.



## TABC Rosh Chodesh Game Show Is a Hit

TABC celebrated Rosh Chodesh with some fun and friendly competition. The freshmen and juniors took on the sophomores and seniors for game show style questions, a tug of war, hula hooping, Simon says, scooter race and a dance off. Several of the teachers got in on the fun as

well. The program culminated with a raffle for all of the competition winners. The students displayed the effervescent ruach that they always have when energy and enthusiasm are called for. A good time was had by all and everyone enjoyed having a fun break in the middle of the day.





## Yavneh Students Give Thanks



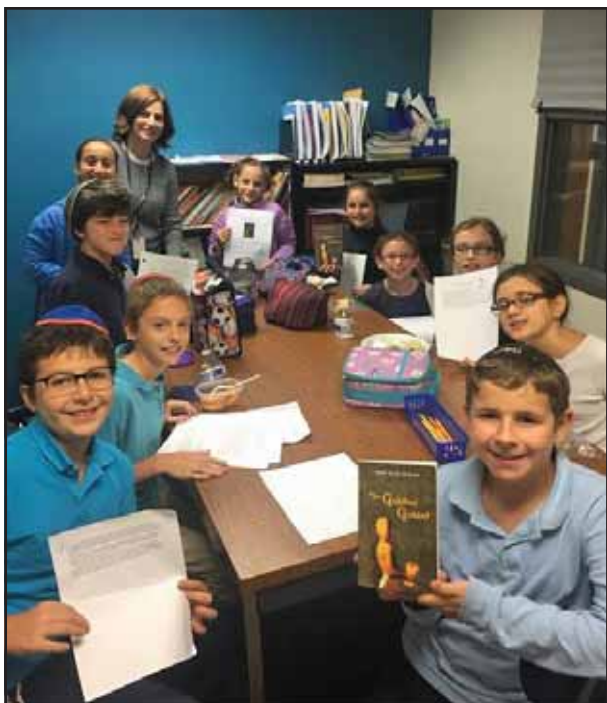
As part of the theme of Chodesh Cheshvan, 'Todah,' Yavneh Academy's second graders recognized the many actions of others and made a point to say thank you. They then wrote up the interactions and their notes were hung around the classroom.

Their abundance of notes ran the entire way around the room. As a celebration of their hakarat hatov, EJ's Pizza donated a special pizza lunch to the second grade classes. Yavneh Academy is thankful to the generosity of EJ's and is proud of its students.

## Yeshivat Noam Launches Lunchtime Book Club

Yeshivat Noam students' desire to read books above and beyond the classroom curriculum has inspired the creation of a book club. Since early November, a number of students in grades four and five meet during lunch and engage in exciting book

talks with Mrs. Margi Saks, enrichment coordinator. These students spend their week working through additional assignments and reading additional books, yet they can't wait to do the work and share their thoughts and ideas with the group.



When asked to describe his feelings about the club, fifth grader Gedaliah remarked, "The book club is fun, and we share lots of ideas that we think are interesting too. The homework is creative and fun to do, which I know is hard to believe. Mrs. Saks gives us hard questions and even lets us be T.V. reporters, interviewing the main characters."

After Mrs. Saks shared a recap of one of her book talks with the parents via email, one parent responded with the following email, "Simply the best! I read the book and loved it! My son handed it to me and said, 'This is a beautiful book. You have to read this.' Thank you for providing this opportunity for our students."

## LPS Students Learn About Parshat Toldot



LPS preschool children learned about the birth of Yaakov and Esav. They learned about the contrasting personalities and qualities of the brothers and explored the themes of caring for babies, twins and opposites.

## RYNJ Yeladim Cook Up Some Soup



RYNJ children learned about lentil soup in Parshat Toldot. They also enjoyed preparing lentil soup. The yeladim learned the proper ways to clean, peel and chop the vegetables. It tasted delicious and was so much fun to make.

## Teaneck Chabad Preschool Enjoys Lentil Soup



Teaneck Chabad Preschool children made lentil soup with red lentils in honor of Parshat Toldot.

## Moriah's Early Childhood Makes Soup



In honor of Parshat Toldot, Moriah kindergarten students learned that Yaakov made soup for Esav. In class, they read the soup recipe on their message board, got all the ingredients ready and cut up celery, onions, dill, carrots, sweet potato and garlic. The children did a really great job of cutting, and enjoyed the fruits of their labor by getting to eat the soup at the end of the day.



## Ma'ayanot Night Out Features Paint Wars

On Saturday night, December 3, Ma'ayanot parents, faculty and alumnae enjoyed Live Art Battles, the school's Second Annual Night Out. The evening began with a delicious color-themed dinner (white pasta & wraps station, green salads, red sauces and soups and more). Then, four local artists—Shelley Adelson, Helen Maryles Shankman, Aviva Bloom and Tova Lahasky—competed in Live Art Battles, two 20-minute rounds MC'd by comedian Eli Lebowicz. In round one, all of the artists painted beautiful works of art on the theme of Jerusalem. Attendees voted on their favorite painting,

with Adelson and Shankman advancing to round two, a Chanukah theme. Adelson's second painting, "Dichotomy of Light and Dark," squeaked by Shankman's sweet painting of "Donuts." All artwork was auctioned off to benefit the school. It was a colorful and lively evening, enjoyed by all.

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## Shahar Azani, of StandWithUs, Visits Ben Porat Yosef

On Tuesday, November 29, Ben Porat Yosef middle school students were addressed by Shahar Azani, executive director of StandWithUs Northeast U.S., a global Israel-education organization dedicated to sharing Israel's story in word and deed. Azani has held several diplomatic posts, most recently as consul for media affairs at the Consulate General of Israel in New York, where he was responsible for maintaining direct contact with American media in the tri-state area. Prior to joining the consulate in New York, Azani served as deputy spokesperson at Israel's Ministry of Foreign Affairs; Israel's con-

sul for culture, media and public affairs in Los Angeles, CA; and deputy ambassador at the Embassy of the State of Israel in Nairobi, Kenya. He spoke with students about the BDS movement, the negative press against Israel and how it is spread, actions that they can take to counter misinformation about Israel and how important the students' role is in the public relations effort. He gave many examples and stories from his experience as a diplomat and as executive director of StandWithUs. The BPY students and staff asked great questions and learned a lot about Israel advocacy during this session.



## AIPAC and Frisch Partner to Encourage Israel Advocacy



Josh Losner, national early engagement director of AIPAC, spoke to Frisch's Israel Club about the importance of Israel advocacy and how students can get involved starting in high school. He suggested that arranging meetings with local congressmen and attending AIPAC conferences are two important early steps they can take to become politically active.

## RYNJ Holds Biography Legacy Fair



At their Biography Legacy Fair, the fifth grade boys of RYNJ shared what they learned about important leaders, inventors and innovators, and the legacies they left behind. Louis Braille, Mark Zuckerberg, Will Keith Kellogg and Jesse Owens are examples of people who were featured at the fair.

## TABC Alumni and Principal Reunite in Chevron



TABC's keshet with its talmidim continues to remain strong long after the students graduate. Mr. Poleyeff travels to Israel each year for Parshat Chayei Sarah and while there he organizes a reunion in Chevron for TABC alumni. TABC is proud of how its alumni learning in yeshiva in Israel are all growing as bnei Torah and budding talmidei chachamim.

## He'Atid Kindergarten Travels Around the World



Kindergarten students at Yeshivat He'Atid are in the process of traveling around the world. They already visited Mexico, and made salsa; China, and decorated their own coolie hats; and Italy, where they learned to paint like Michelangelo. To integrate Ivrit into the theme, students are learning the Hebrew words for various transportation vehicles.

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## TABC Brings Warmth, Ruach and Limud HaTorah to Riverdale



TABC enjoys several community shabbatonim throughout the year. This past Shabbat, 60 talmidim participated in the Riverdale shabbaton, together with their rebbeim, Rabbi Yablok, Rabbi Malitzky, Rabbi Rich, Rabbi Yoni Mandelstam and Rabbi First.

After eating wonderful meals in their hosts' homes, everyone enjoyed a ruach-filled oneg together at the

home of TABC music and media teacher, Shim Cramer. On Shabbat day, the group came together for lunch, after which the talmidim were engaged in shiurim from their rebbeim. Seudah shlishit was split between the Sturm family hosting on the south side and Rabbi Yablok speaking in Rabbi Hain's shul (Ohab Zedek) on the north side. After Shabbat, Mrs. Sturm wrote in a note to Head of School Rabbi

Yablok, "Thank you for the opportunity to host these wonderful boys. They filled our home with beautiful singing and they delighted us with their divrei Torah and laughter. It was especially meaningful that they were ready and willing to help in any way- shlepping, serving, clearing and even playing knee hockey with 'Little Sturm.' They are a source of true TABC nachas and I wanted to share it with you."



## Esteemed IDF Brigadier General Visits RKYHS

Students at RKYHS were fortunate to hear from IDF Brigadier General Nechmya Sokol, whose visit to the US includ-



ed meetings at the Pentagon, top universities and West Point. General Sokol is the IDF Technology and Logistics Branch chief of staff. In this senior role, General Sokol has vast responsibilities including overseeing the supply chain of land, air and sea in times of war and times of calm, he is responsible for all autonomous weapons in the IDF—those not manned by humans—and is in charge of identifying and implementing the technology used to block the terror tunnels.

In his unique role, General Sokol illustrated some of the ways that technology is playing a role in the IDF, another key area that Sokol oversees. Students were amazed to learn about the use of 3D printers

in the field, with examples of how Israel is the leader in the application of 3D printing. It was truly astounding to learn that food rations and spare parts can be 3D printed right in the field to reduce the footprint of what is taken with them. Food rations are being 3D printed through the use of protein, fat and carbohydrate powders, ensuring troops have appropriate rations while out in the field. The role of social media in the battlefield was also discussed. General Sokol explained how if a platoon is in Lebanon or Gaza and needs to re-supply, it typically would need to go through a chain of command. In the future, a platoon commander can identify his/her needs via internal social media and another platoon that is located nearby will be able to share whatever ammunition, food or whatever

else is needed with them.

General Sokol answered questions from students ranging from the technology being used to identify and destroy the terror tunnels and prevent new ones from being built, to the values and morality of the IDF and the increase in the ultra Orthodox in its ranks. As the students are only a few years apart from their counterparts serving in the IDF, they took General Sokol's words to heart as he described the great responsibility he bears overseeing thousands and thousands of troops, including his own children. While he maintained that it was his honor to speak to future Jewish leaders, the honor truly belonged to the RKYHS students who were fortunate to welcome such an esteemed general of the IDF to their school.

## Yeshivat Noam Middle Schoolers Prepare for Shabbaton

In preparation for the Yeshivat Noam seventh grade girls Shabbaton, each student served on a committee to prepare and coordinate various aspects of the event. In these photos, the girls are cooking and baking the food which was enjoyed at the Shabbat meals.



## RKYHS Students Hear From AIPAC Leader

The active AIPAC student group at RKYHS had the opportunity to hear from Mr. Joshua Losner, National Early Engagement Director at AIPAC. At the AIPAC policy conference in Washington, DC last spring, the RKYHS student delegation was honored to receive the prestigious AIPAC National

Early Engagement Exemplars Award. The award recognized the high school leaders who have done the most to advance AIPAC's mission over the past year. RKYHS is one of only two high schools in the entire country that received this impressive award.





## JEC Demonstrates Strength and Solidarity at Federation's BIGGIVE



It was a demonstration of strength and solidarity as teams of volunteers representing the Jewish Educational Center converged at two calling centers for the Jewish Federation of Greater MetroWest's annual BIGGIVE fundraiser (formerly known as Super Sunday).

"We always look forward to and appreciate the strong turnout that JEC encourages for the BIGGIVE," said Stanley Stone, executive director of the Jewish Community Foundation of Greater MetroWest, NJ. "The JEC has been a model in its recruitment efforts by always being one of the first to get the word out about the BIGGIVE."

Indeed, members of the JEC are also among the first to turn out for the community telethon and this year was no exception. Headed by JEC Executive Director Steve Karp, his team travelled to Scotch Plains to participate in the drive and occupied an impressive row of seats during the morning's earliest shift. "Steve likes to get there early," said the JEC's Chief Marketing Officer Adina Abramov, "because he knows that the later shifts are generally more popular and we want to be sure that our energies are maximized and most impactful."

The school's efforts did not go unnoticed and even Federation CEO Dov

Ben-Shimon weighed in. "I'm grateful for the active participation of JEC members in the BIGGIVE," he said. "The JEC is a critical part of our community and we're proud of its achievements and leadership role. The BIGGIVE with JEC is a great statement to our values and future."

The feeling is mutual. "We look forward to this event every year," said Steve Karp. "It's a great time to mingle and reconnect with peers and community members spanning our entire catchment area. As a partner and beneficiary agency of Federation, we appreciate the opportunity to give back and help play a role in

the Federation's continued strength and success."

JEC parent and board member Brian Ness of Hillside, NJ led the school's charge at the Federation's second calling site in West Orange.

"It is always great to see the power of the Jewish people working together to support local causes and share an everlasting love for the Land of Israel," he said.

Besides leading his team, Ness also brought along his children Gavriel, Pearl- ie and Leebie for a lesson in chinuch and tzedakah. "In addition to volunteer efforts with our local organizations," he shared, "it is important for Arielle and me to show our children the importance of having an impact throughout the Jewish community. There are many organizations that benefit Jewish causes. Partnering with the Jewish Federation of Greater MetroWest allows us to benefit from their broad network."

Although the JEC is the newest addition to Greater MetroWest's Day School Initiative, the school has a decades-old history of actively partnering with Jewish Federation, beginning with the Central Jewish Federation, prior to the merger with MetroWest in 2012.

"The Jewish Federation of Greater MetroWest is proud of our partnership with the Jewish Educational Center," exclaimed Jessica Mehlman, chief planning officer for the Jewish Federation of Greater MetroWest, who is one of several key professionals there with roots in Central. "Through mutual support and respect we care for those in need, build community and save the lives of individuals around the world. At the BIGGIVE, we know we can count on the JEC membership to come out and help raise the precious dollars we need to support our community. Thank you!"



## JKHA Gives Back at Federation's BIGGIVE

Parents, board members and JKHA students came out to support the Jewish Federation of Greater MetroWest at its BIGGIVE last Sunday. The BIGGIVE (formerly known as Super Sunday) is a community-wide event designed to build achdut and offer an opportunity for people to support Federation and all that it does for the Greater MetroWest and extended community.

## RKYHS Students Help the Homeless in Newark

On Thanksgiving eve, the RKYHS Homeless Awareness Chug (HAC) went to Newark's Penn Station to distribute clothing and food, as well as ziploc bags containing toiletries and other items that were assembled by the JKHA Open House attendees. Homelessness often brings a sense of loneliness, and in addition to the material items that were handed out, RKYHS students brought smiles and words of kindness that made a big difference to the people they were helping. The RKYHS HAC officially launched its winter drive and will be collecting winter items including hats, scarves, gloves, mittens and other cold weather items that they will distribute when they head back to Newark in late December.





## RTMA Middle School Swishes for Sderot



The RTMA JVV Thunder basketball team has never played with the level of passion that they exhibited as they Swished for Sderot in a recent fundraising basketball tournament.

Sixteen yeshiva day schools participated in the competition to raise money for victims of terror as well as to help rebuild areas of the southern Israeli city of Sderot, which has been on the front line of missile attacks from Gaza.

This week, Carol and Judah Rhine of American Friends of Sderot presented the RTMA Middle School with an ornate mezuzah cover that was crafted from shrapnel recovered after a missile headed for Sderot was shot down by the Iron Dome system.

Sderot is under constant threat of attacks 24/7," said Judah Rhine as he made the presentation. "Sderot's brave determination in the face of continuous terror reveals to the world a model of outstanding



courage. Despite this enormous challenge, Sderot is thriving with a state of the art train station connecting them to the rest of the country, as well as malls, restaurants and real estate which is booming, and the Hesder Yeshiva in Sderot is the largest Hesder Yeshiva in Israel with over 500 students.

Students were eager to touch the mezuzah with their own hands and it was evident by the passion in their eyes that in



RTMA 8th grader Elazar Milstein of Hillside, NJ (left) was named Tournament All-Star.

doing so, it made the cause that they are working towards that much more tangible.

In summing up this mega event, Rhine said, "This was far more than just a great basketball tournament. It also raised awareness and much needed funds for the community and Hesder Yeshiva of Sderot. Plans are already underway for next season's Second Annual Swish for Sderot Yeshiva Day School 8<sup>th</sup> Grade Boys Basketball Tournament which promises to be even bigger and better.

## JEC Lower School Students Inspired by Real-Life Lessons in Giving

It was a lesson that students in the JEC Lower School will not soon forget as they had the opportunity to see the results of their efforts when they delivered food collected by the school to the JFS of



Union County's Kosher Food Pantry.

The JEC was tapped to help bolster the pantry's provisions after Thanksgiving, when supplies were all but depleted. Students and faculty were quick to



step up to the task and filled box loads of high quality food in relatively short order.

This week, accompanied by JEC Executive Director Steve Karp and JEC Lower



School Assistant Principal Mrs. Faigy Leiter, students from the fifth grade personally delivered the food items to the pantry. They were amazed upon seeing the pantry itself for the very first time and were especially impressed with both the organization of the foodstuffs as well as the care taken to both protect the dignity of every recipient as well as make them feel good about what they receive.

"It is both inspiring and humbling for our students," said Karp. "They get to learn what it is to give, but also what it means to receive, and this experience is a powerful one that we know will remain with them for life."

## Bruriah Works to Raise 1.5 Million Pennies to Honor Jewish Children Lost in the Holocaust

By Mikayla Elk, junior, Bruriah High School

Bruriah High School and I have embarked on a journey to raise 1.5 million pennies to commemorate the 1.5 million children who died in the Holocaust. The money raised will go to various organizations, all of which help children. The money will be divided up and donated to different orphanages and scholarship funds.

The 1.5 million children killed in the Holocaust never got the chance to reach their full potential and we want to enable

many children to thrive and fulfill theirs. With this money, we're allowing today's children to live and grow and contribute to society in ways the other children never had the chance to. Our goal is to give as many children as possible a chance to live healthy and happy lives in memory of those children who never had that chance.

One penny doesn't have much value; however, when you look at it as the equivalent of one child who died, a penny suddenly means so much more.

They say that one person can change

the world. But that is not enough. When one person stands up and tries to change the world, the people who join in and help contribute are the ones making the significant changes. The first person is the lone wolf, but the first follower is the real leader. Doing this alone will take many years, but with your help I'd like to have the goal accomplished by the end of this school year.

To participate, please make checks out to "JEC" and mailed to Penny Fund, % Mikayla Elk, 35 North Avenue, Elizabeth, NJ 07208.



## RKYHS Students Connect to Tefillah Through Specialized Davening Groups

Tefillah can be a very personal experience, and the weekly specialized 'boutique tefillah' program offers students at RKYHS an opportunity to individualize their davening. Students were given the option, once a week, instead of attending the regular school minyan, of exploring themes and ideas about tefillah in an informal group

setting. With a wide range of choices to select from, students were able to discuss their questions and struggles with tefillah and learn different perspectives from various members of the Judaic Studies faculty. Some of the close to a dozen options for tefillah groups included Tefillah Through Song, where students connect to tefillah

using the power of music and the power of uniting voices in song; The Vicissitudes of Tefillah, which takes a close look at the various themes and tones embedded in tefillah; Tefillah and Halacha, which focuses on what Halacha says about the nature of tefillah and Reflective Tefillah, which uses different tefillot and stories each week to

elicit discussion and reflect on how tefillot relate to students, and teaches how tefillot can help students connect to their lives and to Hashem in today's world. Through this individualized tefillah program, each and every student will find his or her unique voice in the very special daily opportunity of connection to Hashem.



# Camp HASC Hits the Road for a Boca Raton Respite Shabbaton and Adventure



Some of the local participants included Elliot Fuchs, Teaneck; Alan Soclof, Teaneck; Shulamit Wasserman, Bergenfield; Netanya Stein, West Caldwell and Zev Kinderlehrer, Teaneck.

Close to 40 special campers and staff members from Camp HASC spent last Shabbat at Boca Raton Synagogue as guests of the community.

Before the sun had even risen on Friday morning, the excitement and anticipation were palpable as the children and staff gathered at Newark Airport. Accompanied by direct one-on-one counselors, as well as by additional staff members and medical personnel, the special campers enjoyed a fun-filled beautiful day in Florida, and an uplifting Shabbat at the Boca Raton Synagogue. Joined by local Yeshiva high school students, camp alumni spanning the past 30 years as well as supporters and community members, the Shabbat meals were filled with ruach, divrei Torah and sharing amazing memories.

Rabbi Efrem Goldberg, Rav of BRS, shared inspiring words regarding his visit to camp this summer. "Visit Camp HASC and you see young men and women spontaneously displaying hugs, kisses and affection to campers they only met a short time ago but have come to love as their own children...Those fortunate enough to spend a summer there are blessed to come close with some holy neshamos and develop relationships with some truly special people. HASC alumni are among the most selfless community leaders everywhere and, undoubtedly, the experiences they gain there contribute to learning the skills necessary to be a devoted and giving spouse, parent and friend."

Rebbetzin Yocheved Goldberg reflected on how impactful her experiences were as a Camp HASC staff member, and now as a parent of a staff member.

Addressing the main shul at BRS, Medical Director Alyssa Sacks spoke movingly about her personal feelings and experiences as a parent of a child with special needs, and how Camp HASC plays such a central role in her family's day to day life.

Moteai Shabbat, everyone enjoyed a fun night of music, dancing, pizza and a chesed project/art activity together with members of NCSY JOLT. The campers got a chance to interact with the community in the true spirit of Camp HASC—through music, dance and fun.

"So many community members expressed interest in learning more about the unique summer program and year-round services that Camp HASC provides, so spending Shabbat with the community was also a form of *Pirsumei Nisa*—a great way to begin Chodesh Kislev by educating the amazing BRS community through first-hand exposure and involvement in what we do," said Rav Judah Mischel, Executive Director.

As Nina Butler, Director of Special Projects, explained, "We were thrilled when Rabbi and Rebbetzin Goldberg extended the invitation for us to join their wonderful BRS community for Shabbat... With so many alumni and families that share a connection to Camp HASC there, joining BRS was a natural fit for us."

"It was phenomenal to see the magic of Camp HASC outside the confinements of a summer in Parkville, New

York. Those unfamiliar to Camp HASC's rep were able to witness firsthand the love and care with which our counselors treat their campers. With as much time and effort that was put into this Shabbaton, it would have been nothing without the incredible enthusiasm and care each one of the counselors brought to this weekend," said Jenny Konigsberg, one of the coordinators of the Shabbaton.

Thank you so much to all the people who worked tirelessly in making this Shabbaton a success: Camp HASC's Dr. Nina Butler, Michael Adler, Jenny Konigsberg, Alyssa Sacks and Baila Mandelbaum, as well as Boca Raton's very own Rabbi and Rebbetzin Goldberg, Rabbi Steve Moskowitz, Dr. Liora Adler and Donna & Kelly Tripp.

Throughout the year and all summer long, Camp HASC is committed to providing meaningful care and support services for individuals with special needs and their families.

To see more of the magic that happens in Camp HASC and to get involved in miracles that happen daily, visit [CampHASC.org](http://CampHASC.org).



## A Counselor's Reflections

By Elliot Fuchs

This past Shabbos, Camp HASC kicked off their first-ever out-of-camp Shabbaton with a weekend trip to Florida! Fifteen campers, accompanied by fifteen counselors, as well as upper staff members, who came from all over the continent (New York, New Jersey, California, Georgia, Pennsylvania, Canada and Miami) were warmly welcomed by Rabbi Efrem Goldberg and the entire Boca Raton Synagogue and community for a fun-filled weekend.

The trip began early Friday morning, with flights from all over meeting in Sunny Florida, where we then headed to an incredible indoor play-gym, designed specially for individuals with special needs. It was great to hang out with our campers in a facility that so well mimicked the environment that we and our campers are used to in camp, with adaptable swings, trampolines and jungle gyms. After having lunch, we spent some time in the nice warm Floridian sun by chilling in an outdoor playground, where some campers climbed, swung, rested or ran through sprinklers. The fun had just begun as we headed to our hosts' homes in the community to get ready for Shabbos.

After starting Shabbos with a lively davening, we ate dinner with the 11th and 12th graders of the community, and had a Boca-wide Oneg Shabbos at the Tripp home, filled with singing and words of Torah and inspiration from campers ("I love the Rambam!"), staff, alumni and rabbis from the community. We had a great time meeting new friends, and showing them a taste of the magic of Camp HASC!

Rabbi Goldberg and his family joined us for Shabbos lunch, where we were privileged to hear from Rebbetzin Yocheved Goldberg, an alumna of Camp HASC, about her own experiences as a staff member, and now parent of a staff member, as well as some insight from current counselors and staff about how HASC has impacted their lives. During Seudah Shelishit, Executive Director Rav Judah Mischel addressed the entire shul and explained Camp HASC's mission of revealing and embracing the natural and infinite light within every Jew, regardless of external abilities. We were so happy to be able to show the shul some of the excitement of a true Camp HASC Shabbos!

On Motzei Shabbos, we were treated to a special concert by the Katz Hillel High School band, as well as arts and crafts projects with NCSY JOLT. After the dancing, we headed into the gym to watch the Katz Hillel Lions take on Donna Klein Jewish Academy in a high school basketball thriller! After the game and some group photos, we headed to sleep, and boarded the plane back home early Sunday morning.

We're so grateful to our hosts—Boca Raton Synagogue, Rabbi Goldberg and all the families who welcomed us into their homes and community with wide-open arms. It was such a treat to reunite with our campers in such a welcoming environment, and we loved watching the community be amazed with the campers we all know and love. A special thanks to organizers Dr. Nina Butler, Jenny Konigsberg, Michael Adler, Alyssa Sacks, Baila Mandelbaum and Kelley Tripp for all their hard work. We hope that everyone in Boca got a taste of the unique light of Camp HASC and that we can continue our connection in the future! Looking forward to seeing all of our new friends at the Camp HASC Marathon in Fort Lauderdale in February! #HASCtakesBoca



## TABC 'Storms' Rambam in Stunning Upset

On Wednesday, November 30, the 2-1-0-1 TABC Storm Varsity Hockey team traveled to Long Island to take on the 5-0 Rambam Ravens. After some back and forth to start the game, the Storm struck first with Efraim Tiger batting the puck out of the air into the back of the net. The Storm took this lead into the locker room after the first period. To start the second, the Ravens came out flying, scoring three consecutive goals. Goalie Solly Weiser's stellar play kept the deficit to two. Down 3-1, the Storm finished the second period with an aggressive last minute and felt confident going into the third to mount a comeback. After coincidental minors, the teams battled three on three, where Akiva Weider scored on a rocket from the point to cut the deficit to one. However, Rambam came right back,

scoring to bring their lead to 4-2. With the bench alive, the Storm continued pressing and with a little less than six minutes left, Josh Wertenteil found the back of the net to once again cut the lead to one. Then with 2:45 left, captain Zach Rothenberg took the puck from the corner toward the net and stuffed it in to tie the game at four. The Storm continued their press and played shut down defense to take the game into overtime. Following numerous chances on both sides, including a tremendous game saving stop by Weiser, Akiva Weider sent the puck from the point toward middle and Zach Rothenberg threw the puck towards the net, creating a rebound that found its way to Efraim Tiger's stick, who put the puck in the back of the net to complete the comeback for the Storm.



## MTA Varsity Lions Hockey Can't Withstand the Sting

By Jonathan Felman

Last Monday night, the MTA varsity hockey team suffered a hard fought defeat at the hands of the SAR Sting. The Lions made the journey to SAR and after a scrappy first ten minutes, Gabe Isaacs ('18) put one into the

back of the net; however, the Lions returned to the locker room down 2-1 after the first period. Unfortunately, SAR maintained control and handed the Lions a tough loss after a valiant effort. SAR will come to the Lion's Den on December 17, giving the Lions a chance to avenge their loss.

against RTMA, where the Cobras defeated their crosstown rival JEC by the final score of 48-25. What an exciting game it was!

Sophomore center Gabe Plotsker led the Cobras with 19 points and 15 rebounds, Sam Raab added 12 and Sam Bernstein had 10 points. The Cobras took a 27-10 lead to the locker room at halftime. Defensively, the Cobras were led by Zach Ansel, Avery Bell, Koby Stadtmauer and Daniel Moradi, holding JEC to just 15 after three quarters. The Cobras are now 5-1 in league play.

The team wishes to extend a huge thank you to Rabbi and Devorah Klahr for welcoming them for Shabbat.

For more information about the Shabbat House, please visit [www.shabbathouse.org](http://www.shabbathouse.org).

### Kushner Cobras Experience 'Shabbat House,' Defeat RTMA

CONTINUED FROM P. 1

For the RKYHS boys varsity basketball team, this past weekend was one they will never forget. The players experienced a Shabbaton at Rabbi Baruch and Devorah Klahr's "Shabbat House" in West Orange. Between the delicious meals and lively zemirot, followed by a long shmooze with the rabbi, the boys enjoyed this special and inspirational bonding time.

To extend the wonder of their Shabbat experience, the rabbi and Devorah attended their motzei Shabbat home game

## Frisch Ice Hockey Team Defeats Morris Catholic



Sam Lipschitz skates to center ice.

(CREDIT: BEN WASSERMAN)



Jacob Ross fires at the goal.

(CREDIT: BEN WASSERMAN)

In an all around team effort, the Frisch Ice Hockey team notched another victory, this time against Morris Catholic, 7-1. Sammy Volodarsky and Charlie Freilich were nearly perfect denying 25/26 shots on

goal. Frisch goals were from Aaron Abecasis, Benjamin Feintuch, Jake Zackai, Evan Fromen and Maury Bauer. Bauer rang the bell twice and Noah Petak served up two assists at Mackay Park in Englewood.

## TABC JV Teams Sweep MTA and Remain Undefeated

By Eli Rifkind

The TABC JV basketball and hockey teams both came away with victories on Motzei Shabbat against the MTA Lions. Both schools' basketball teams came into the night undefeated, so it figured to be a great matchup between two of the conference's strongest teams. The Lions came out with a lot of energy, and quickly built an early lead. They stayed ahead for most of the first half, but great playing from sophomore starters Alex Ostrin and Avi Proctor, as well as strong defending from sophomore center Eli Rifkind off the bench helped keep the game close, and the Storm ended the half down five. In the second half, TABC stepped up and went on a run which gave them the lead. Sophomore Joe Baron and freshmen Yehuda Mirwis and Ari Kaminetsky also got in the game and played hard, helping their team stay in the game. TABC didn't hold onto their lead for long, however, as strong playing from MTA helped them regain the upper hand. Towards the end of the third quarter with TABC down five, MTA nearly caught a break, after shooting and technical fouls were called against starting center Amichai Citron. TABC lucked out, though, as MTA missed all four of their free throws. In the fourth quarter, TABC found themselves down by two points, when a clutch three by sophomore Jonathan Haberman gave the Storm a one point lead. This time, TABC was able

to hold on, and thanks to great free throw shooting by Ostrin, Proctor and freshman point guard Yoni Mann, they came out with the win. This was a huge victory for TABC, who continue their season with a busy week that includes a game at HANC as well as the Rubinstein Memorial Tournament.

The hockey team had a much easier matchup, as the undefeated Storm faced off against the 2-2 Lions. The fact that many of the TABC players had come straight from an amazing shabbaton in Riverdale didn't seem to slow them down, as they scored early, with two goals in the first period. The first came on a power play, with a great shot by sophomore Akiva Hain, and the second came from sophomore Eli Spinowitz. TABC couldn't find the net in the second period, but thanks to great defending and strong goaltending from freshman Charles Gibber, who recorded his first ever shutout for the Storm, they were able to stay ahead. It was a fun game for TABC, and everybody got a chance to play. In the third period, TABC scored another goal, with a great play from sophomore Elie Schiff. The Storm finished the night with another goal by Spinowitz, and reached another great victory. The hockey team continues their season with a rematch against SAR, at home on Sunday, December 11.

Both teams remain undefeated and sit at the top of their respective conferences, and the young teams give TABC a bright future for success in their leagues.

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# MGBL Minute

This past weekend featured over a dozen exciting playoff games, but as the dust clears and we look forward to round two this weekend, we bid a fond farewell to the following teams: Sheer Simcha, Statestreetsmiles.com, Stefanie Diamond Photography, Bergen Veterinary Hospital, The Jewish Link of New Jersey, Teaneck Doghouse 201-530-7733,

Travel Techsperts, Congregation Rinat Yisrael, The Famous Abba, Congregation Keter Torah, Sharing Seats, Cliffside Jewelers, Immortal Portals, Oil Tank Services, Camp Regesh, NDC Drug, Camp Mesorah and Five Star Caterers.

The playoff action continues this Motzei Shabbat and Sunday (see schedule). The Mitch Gross league would like to



thank the coaches who continue to generously volunteer their time, patience and expertise to insure that the MGBL participants have a great experience.

There are still a couple of open spots for the 2016-17 MGBL Boys' league. Register your son today at <https://www.mgbl.org/SignUpPart1.php>. MGBL is an IRS recognized 501c3 charity. As a sponsor, in addition to having your business or family

name of the back of the team jersey, additional exposure will be offered to sponsors because MGBL has a reserved space in each issue of The Jewish Link and the emphasis will be to get the sponsor's names in print as often as possible (captions, results or standings). To sponsor a team go to <https://www.mgbl.org/BecomeSponsorChoose.php> or email [mgblnj@gmail.com](mailto:mgblnj@gmail.com). For your older boys, high school registration and the second season of MGBL men's basketball are opening soon.



Kayla Katz inbound the ball to Dalya Pachter.



Team Oil Tank Services gives out defensive assignments.



Team Nina Eizkovitz Links Residential advances to the next round.



The Teaneck Doghouse girls strategize during a time out.



The Keter Torah team after a hard fought game



The Tree Point play team huddles up.

## Second & Third Grade Girls Division Final Standings

| Team                             | Wins | Loss | Ties | Winning Percentage |
|----------------------------------|------|------|------|--------------------|
| Chestnut Holdings                | 7    | 0    | 0    | 1.000              |
| The Purple Bow                   | 6    | 1    | 0    | .857               |
| Wolverines                       | 5    | 2    | 0    | .714               |
| The Jewish Link of New Jersey    | 5    | 2    | 0    | .714               |
| Washington Avenue Pediatrics     | 4    | 2    | 1    | .667               |
| Embroidme                        | 4    | 3    | 0    | .571               |
| Columbia Cardiology              | 4    | 3    | 0    | .571               |
| Nina Eizkovitz-Links Residential | 3    | 4    | 0    | .429               |
| Bergen Veterinary Hospital       | 1    | 5    | 1    | .167               |
| Stefanie Diamond Photography     | 1    | 6    | 0    | .143               |
| Sheer Simcha                     | 1    | 6    | 0    | .143               |
| StateStreetSmiles.com            | 0    | 7    | 0    | .000               |

## Fourth & Fifth Grade Girls Division Final Standings

| Team                          | Wins | Loss | Ties | Winning Percentage |
|-------------------------------|------|------|------|--------------------|
| Tree Point Play               | 7    | 0    | 0    | 1.000              |
| Rockwell Management           | 6    | 1    | 0    | .857               |
| Sharsheret                    | 6    | 1    | 0    | .857               |
| Chopstix                      | 5    | 2    | 0    | .714               |
| El's Place                    | 4    | 3    | 0    | .571               |
| Judaica House                 | 4    | 3    | 0    | .571               |
| Sharing Seats                 | 3    | 4    | 0    | .429               |
| Kosher Fit                    | 3    | 4    | 0    | .429               |
| Jason M. Suss D.M.D.          | 3    | 4    | 0    | .429               |
| Travel Techsperts             | 3    | 4    | 0    | .429               |
| The Jewish Link of New Jersey | 2    | 5    | 0    | .286               |
| Teaneck Doghouse 201-530-7733 | 2    | 5    | 0    | .286               |
| Congregation Keter Torah      | 2    | 5    | 0    | .286               |
| The Famous Abba               | 2    | 5    | 0    | .286               |
| Congregation Rinat Yisrael    | 2    | 5    | 0    | .286               |
| Cliffside Jewelers            | 2    | 5    | 0    | .286               |

## Sixth, Seventh & Eighth Grade Division Final Standings

| Team                             | Wins | Loss | Ties | Winning Percentage |
|----------------------------------|------|------|------|--------------------|
| Tilem and Associates             | 7    | 0    | 0    | 1.000              |
| Balanced Body Rehabilitation     | 7    | 0    | 0    | 1.000              |
| LYNLY Insurance                  | 5    | 2    | 0    | .714               |
| Net@Work                         | 5    | 2    | 0    | .714               |
| @alislabele Ali's Label Skirts   | 5    | 2    | 0    | .714               |
| Center for Dermatology           | 4    | 2    | 1    | .667               |
| Camp Regesh                      | 4    | 3    | 0    | .571               |
| NDC Drug                         | 3    | 4    | 0    | .429               |
| Freed Oil                        | 3    | 4    | 0    | .429               |
| Malka Abrahams Links Residential | 3    | 4    | 0    | .429               |
| Camp Mesorah                     | 1    | 6    | 0    | .143               |
| Five Star Caterers               | 1    | 6    | 0    | .143               |
| Oil Tank Services                | 0    | 6    | 1    | .000               |
| Immortal Portals                 | 0    | 7    | 0    | .000               |

## YU Announces Inaugural Maccabees Athletics Hall of Fame Class

Legendary basketball coach Bernard "Red" Sarachek, fencing coach Arthur Tauber and wrestling coach Henry Wittenberg, along with the all-time leading women's and men's basketball scorers, are among the inaugural inductees into the Maccabees Hall of Fame, honoring Yeshiva University alumni and other individuals who have distinguished themselves in National Collegiate Athletic Association competition and who best exemplify the University's highest ideals and mission. The inaugural class induction ceremony will be held in May 2017.

"The establishment of the Hall of Fame is a testament to the contributions Yeshiva athletes, coaches and others have made to the world of sports over more than a century and the reflection of Yeshiva's long and illustrious athletic history," said Joe Bednarsh, YU's athletic director. "We look forward to adding to the inductee list in years to come with individuals who best exemplify the exceptional athletic ability, personal integrity, high standards of character and ideals and philosophy of Yeshiva University."

The honorees include both players and coaches:

- Daniela Epstein, who played on the Lady Macs YU women's basketball team from 1999-2003. She is the all-time leading scorer, with 1,134 career points, and is the only woman in YU history to score over 1,000 points in her career.
- Yossy Gev, who is the all-time YU men's

basketball points leader with 1,871 points. He played on the men's basketball team from 1998 to 2002, serving as captain for three out of the four years. He was also the assistant coach from 2002 to 2005. He has earned many awards, including being named to the New York Metropolitan Basketball Writers Association Division III All-Star (four times), National Association of Basketball Coaches Division III Atlantic All-District All-Star team and East Coast Athletic Conference Division III Men's Metro Basketball All-Star Team.

- Heidi Nathan Baker, who led the women's tennis team to a Skyline Conference Championship in 1999. She went undefeated in singles for all four years that she played, from 1996-1999, and she was named the Conference's No. 1 singles player in 1999. She also coached the women's tennis team for two years, after graduation.
- Sheldon Rokach, who played on the YU men's basketball team from 1962 to 1966. Accomplishments include the following: third all-time YU rebounder, with 1,020 rebounds; fifth player in YU history to score more than 1,000 points, with a total of 1,223 points; most points in one game (48) and most rebounds in one game (33).
- Irwin Blumenreich, who played on the basketball team from 1954 to 1957 and served as captain in both the 1955-1956 and 1956-1957 seasons. He scored 513 points in one season, which stood as

the most points scored in a season for decades. Other long-standing marks were for the most field goals in one season (211) and the most points in a single game (44), and he was the first Yeshiva basketball player to be elected to the All-Metropolitan team.

- Herbert Schlusel, who was a member of the YU basketball team from 1953 to 1957, and played alongside Blumenreich and Sodden. He served as captain in the 1956-1957 season. Over his four-year career, Yeshiva basketball posted an impressive 51-29 record.
- Abe Sodden, who ranks 16th all-time in YU basketball scoring history. He played from 1952 to 1956, serving as captain during the 1955-1956 season. Sodden broke the record at the time for most points in a season, with 384 points, by averaging the highest individual average per game, with 20.21 points.
- Marvin Hershkowitz, who was the first-ever basketball player in YU history to score 1,000 points. In the 1949-1950 season, he led Yeshiva's scorers with a total of 269 points. From 1954 to 1956, he served as assistant coach, and from 1956 to 1957, he was assistant athletic director. Six decades later, Hershkowitz is still ranked 23rd in team history in total points scored.
- Henry Wittenberg, who coached wrestling at YU from 1957-1967. Wittenberg was a two-time Olympic medalist (winning gold in 1948 in London and silver

in 1952 in Helsinki, where he served as captain), and his personal wrestling career consisted of over 400 wins and only four losses. He was a member of the National Wrestling Hall of Fame (inducted 1977), the National Jewish Sports Hall of Fame and the CCNY Hall of Fame.

- Arthur Tauber, who served as the men's fencing coach at YU from 1949 to 1985 and athletic director from 1979 to 1985. He spent 37 years at YU, where he was a professor of health and physical education and director of health. He also coached the baseball, soccer, tennis and cross country teams. He earned fencing All-American status in 1941 and was inducted into NYU's Athletics Hall of Fame in 2001. He received the Bronze Star for his U.S. military service in World War II.
- Finally, Bernard "Red" Sarachek, who served as coach of the YU men's basketball team from 1942 to 1943 and from 1945 to 1968. He coached the 1954-1955 YU men's basketball team that broke every individual and team scoring record, including most wins (13), most points, most field goals and the highest average score per game. He is credited with putting YU basketball "on the map." He also coached and mentored legendary players and coaches, such as NY Knicks' Red Holzman, St. John's/Nets' Lou Carnesecca and YU's own Johnny Halpert. During World War II, he coached in the military at Pearl Harbor, where his Schofield Barracks team won an armed forces title.





## The Jewish Link and Gotham Burger Sportstar of the Week: Sara Mirwis

The Jewish Link of New Jersey and Gotham Burger would like to recognize eleven year old Sara Mirwis as this week's Sportstar of the Week. The Yeshivat Noam fifth grader helped lead her Mitch Gross Basketball Rockwell Management team to an impressive 5-1 regular season record averaging over 15 points per game

*Sara, I know there are many great influences in your life, but if you had to pick one, who would you say is your role model and why?*

My role model is my dad because he never gives up and always looks for the best.

*Who is your favorite professional athlete?*

My favorite athlete is James Harden because I am from Houston and he's a great guard (and I met him!).

*What is your pregame routine?*

My pregame routine is shooting around with my older brothers and taking foul shots.

*What is your earliest sports memory?*

My earliest sports memory was when we won in the championship in second grade MGBL (what a rush!).

*What is your favorite sports memory?*

My favorite sports memory was when I was on the Jumbotron for the Houston Rockets.

*What do you like to do when not playing basketball?*

When I'm not playing basketball I like to play flag football, hang out with my friends and make musical.lys.

*What is the best thing about being a Sportstar?*

Knowing that all of your hard work pays off!



The Jewish Link and Gotham Burger Sportstar of the Week will receive a \$10 gift certificate to Gotham Burger. Please send nominees for upcoming Gotham Burger Sportstars of the Week to Sports@jewish-linknj.com.

## SPORTS SCENES



Abie Schwartz races upcourt for the 7th grade RYNJ Jaguars. (CREDIT MAYER SABO)



Bergen Broncos 4th grade champions



Bergen Broncos 6 Blue champions



Bergen Broncos second grade champs



CMEK 2 won the Hoop Heaven AAU Fall League Championship. The team competed against teams with players from multiple schools or who were in grades three/four which makes things even more remarkable as all 10 boys attend RYNJ. The team has been training with CMEK since Pre K.



CMEK 4 won the Hoop Heaven AAU League championship. The team was in its first season together and the players attend Noam, BPY, Yavneh and Moriah.



CMEK 5 won its 4th AAU championship by winning the Fall League. The feat is even more impressive as they were the only single school team (Moriah) in the fifth grade bracket, which consisted of teams with players from various schools. It was a dominating performance in both the semifinal and championship games.



The CMEK eighth grade team won the Hoop Heaven AAU Fall League Championship. The journey, which began in grade five, peaked last week behind a brilliant all-around team effort. All 10 players attend RYNJ.



Congratulations to the 2016 Sixth Grade Girls Basketball Champions as they unveil their championship banner.



The Lacrosse club at Frisch is going strong.



TABC Jr. Hockey 4\_5 Team Canucks is pictured before a tough semifinal loss this past Sunday.

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Griffin Woodfinlevine of Montclair State University Lacrosse #2 Middle (MSU) & Team Israel lax team, was the guest coach at Chevra Youth Lacrosse Passaic/ Clifton.



Shmuel Yablok sinks the jump shot for RYNJ.  
(CREDIT MAYER SABO)



# YU Basketball Team Rallies for Key Skyline Win Over St. Joseph's Long Island

(yumacs.com)

The Yeshiva University men's basketball team overcame an eight point second half deficit to earn a thrilling Skyline Conference victory over St. Joseph's College Long Island, 82-77, at the Max Stern Athletic Center on Sunday afternoon. Yeshiva now has a three game winning streak and advance to 2-0 in Skyline games, while St. Joseph's L.I. falls to 1-1 in conference play.

Yeshiva (4-3, 2-0 Skyline) was led once again by a balanced attack, as four of the five starters reached double-figures in scoring. Senior forward Dean Pienica led the team with 20 points, five assists, three steals, two rebounds and one block. Sophomore guard Judah Cohen added 19 points with four assists and just as many rebounds. Senior forward Michael Berg and freshman guard Simcha Halpert each netted 14 points, with the former dishing out five assists, and

the latter grabbing five boards and forcing two steals.

"Great win for us," Yeshiva Head Coach Elliot Steinmetz said. "Our players were resilient and teamwork allowed us to overcome a terrific shooting team and get a big conference win."

The Maccabees got off to a quick start as a three point field goal by Halpert helped Yeshiva jump out to a 9-2 lead, less than three minutes into the contest. Later in the half, Berg produced a successful jump shot to extend Yeshiva's lead to 16-6, with 15:14 remaining in the period. On the next offensive possession, Cohen found Halpert, who converted a layup on a fast



(CREDIT: YUMACS)

break, to give Yeshiva its largest lead of the game, 18-6, with 14:52 left.

After Pienica's layup made it 20-8 Yeshiva, the Golden Eagles (1-5, 1-1 Skyline) shifted momentum into their favor by going on a 19-5 run in a span of 5:03, to take a 27-25 advantage. After Yeshiva tied the game at 27, St. Joseph's L.I. scored 11 of the game's next 13 points to take a commanding 38-29 lead with 3:45 left in the first half. The teams went into the intermission with the visiting team up, 41-33.

Yeshiva came flying out of the gate in the second half, as Halpert and Cohen combined for back-to-back three point-

ers to pull the home team to within two. The Golden Eagles answered with six straight points of their own to go back up by eight.

Later in the period, a three point field goal by senior guard Jordan Hod capped off a 5-0 run for the Blue and White, narrowing the Golden Eagles' lead to 52-50. After St. Joseph's L.I. built the lead to 65-60, back-to-back three point field goals by Cohen propelled the home team to a 66-65 advantage with 5:34 remaining in regulation time. On the next offensive possession, Pienica converted a layup to cap off an 8-0 run and extend Yeshiva's lead to three. With 2:25 left, Pienica once again successfully executed a key layup to extend the Maccabees' lead to 76-71.

After a series of free throws from both teams, the Golden Eagles produced a two point field goal to pull within three, with eight seconds left. A turnover by Yeshiva gave the ball right back to St. Joseph's L.I. with a chance to tie the game in the closing seconds. After a missed three point attempt, Berg grabbed the defensive rebound and drew the foul. He went to the line and drilled two free throws to clinch the win for Yeshiva.

For the game, Hod scored five points and dished out three assists, while sophomore forward Tal Gweta added six points. Freshman forward Bar Alluf and sophomore forward Michael Hayon each scored two points, while freshman forward Daniel Katz produced one assist and grabbed one rebound.

## SPORTS STANDINGS

### Metropolitan Yeshiva High School Athletic League

#### Boys Varsity Basketball Standings

##### Western Division

| Team    | Wins | Loss | Winning Percentage |
|---------|------|------|--------------------|
| HESCHEL | 4    | 0    | 1.000              |
| KUSHNER | 6    | 1    | .857               |
| FRISCH  | 6    | 2    | .750               |
| MTA     | 3    | 1    | .750               |
| SAR     | 3    | 1    | .750               |
| TABC    | 3    | 1    | .750               |
| RAMAZ   | 2    | 2    | .500               |
| HILLEL  | 0    | 5    | .000               |
| JEC     | 0    | 5    | .000               |
| MAOR    | 0    | 7    | .000               |

#### Boys JV Basketball Standings

##### Western

| Team        | Wins | Loss | Winning Percentage |
|-------------|------|------|--------------------|
| FRISCH      | 6    | 0    | 1.000              |
| TABC        | 4    | 0    | 1.000              |
| MTA         | 4    | 1    | .800               |
| JEC         | 2    | 3    | .400               |
| HILLEL      | 2    | 4    | .333               |
| SAR         | 1    | 2    | .333               |
| KUSHNER     | 1    | 4    | .200               |
| RAMAZ       | 0    | 1    | .000               |
| HESCHEL     | 0    | 2    | .000               |
| WESTCHESTER | 0    | 4    | .000               |

#### Girls Varsity A Basketball Standings

##### Western Division

| Team        | Wins | Loss | Winning Percentage |
|-------------|------|------|--------------------|
| FRISCH      | 4    | 0    | 1.000              |
| SAR         | 3    | 0    | 1.000              |
| HILLEL      | 4    | 1    | .800               |
| BRURIAH     | 3    | 2    | .600               |
| MAAYANOT    | 1    | 2    | .333               |
| KUSHNER     | 1    | 5    | .167               |
| WESTCHESTER | 0    | 4    | .000               |

#### Girls Varsity B Basketball Standings

| Team            | Wins | Loss | Winning Percentage |
|-----------------|------|------|--------------------|
| SKA             | 6    | 0    | 1.000              |
| BRURIAH         | 4    | 0    | 1.000              |
| MAGEN DAVID     | 2    | 3    | .400               |
| ILAN            | 1    | 3    | .250               |
| SHALHEVET       | 0    | 2    | .000               |
| SHAARE T. Girls | 0    | 5    | .000               |

#### Girls JV Basketball Standings

##### Western Division

| Team     | Wins | Loss | Winning Percentage |
|----------|------|------|--------------------|
| FRISCH   | 4    | 0    | 1.000              |
| SAR      | 3    | 1    | .750               |
| MAAYANOT | 4    | 2    | .667               |
| BRURIAH  | 1    | 4    | .200               |
| KUSHNER  | 0    | 3    | .000               |

#### Boys Varsity Hockey Standings

##### Western Conference

| Team        | Points | Wins | Loss | OTL | Ties |
|-------------|--------|------|------|-----|------|
| JEC         | 10     | 5    | 0    | 0   | 0    |
| RAMAZ       | 10     | 5    | 2    | 0   | 0    |
| FRISCH      | 8      | 4    | 0    | 0   | 0    |
| SAR         | 8      | 4    | 0    | 0   | 0    |
| TABC        | 7      | 3    | 1    | 1   | 0    |
| MTA         | 6      | 3    | 3    | 0   | 0    |
| HILLEL      | 4      | 2    | 6    | 0   | 0    |
| KUSHNER     | 2      | 1    | 2    | 0   | 0    |
| WESTCHESTER | 0      | 0    | 6    | 0   | 0    |

#### Boys JV Hockey Standings

##### Western Division

| Team    | Points | Wins | Loss | OTL | Ties |
|---------|--------|------|------|-----|------|
| RAMAZ   | 9      | 4    | 1    | 0   | 1    |
| TABC    | 8      | 4    | 0    | 0   | 0    |
| JEC     | 6      | 3    | 1    | 0   | 0    |
| FRISCH  | 5      | 2    | 1    | 0   | 1    |
| SAR     | 5      | 2    | 1    | 1   | 0    |
| MTA     | 4      | 2    | 4    | 0   | 0    |
| KUSHNER | 1      | 0    | 3    | 0   | 1    |

#### Girls Varsity A Volleyball Standings

##### Western Conference

| Team        | Wins | Loss | Winning Percentage |
|-------------|------|------|--------------------|
| RAMAZ       | 3    | 0    | 1.000              |
| SAR         | 3    | 0    | 1.000              |
| FRISCH      | 2    | 1    | .667               |
| MAAYANOT    | 2    | 2    | .500               |
| WESTCHESTER | 2    | 3    | .400               |
| KUSHNER     | 1    | 4    | .200               |
| BRURIAH     | 1    | 4    | .200               |

#### Girls Varsity B Volleyball Standings

| Team         | Wins | Loss | Winning Percentage |
|--------------|------|------|--------------------|
| BRURIAH      | 2    | 0    | 1.000              |
| MAGEN DAVID  | 1    | 0    | 1.000              |
| MAAYANOT     | 1    | 0    | 1.000              |
| SKA          | 0    | 1    | .000               |
| SHULAMITH-BK | 0    | 3    | .000               |



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### MOTZEI SHABBAT, DECEMBER 10

Comedy Show  
7:00 OR 9:00PM, Estihana, 515 Cedar Lane, Teaneck  
Featuring Elon Altman and Eli Lebowicz. \$50/person, includes buffet dinner. Purchase tickets at [www.estihana.com](http://www.estihana.com).

### SUNDAY, DECEMBER 11

"Jewish Violence: Empowerment or Endangerment?"  
8:50AM, Congregation Rinat Yisrael, 389 W Englewood Ave, Teaneck  
With Rabbi Alex Israel of Yeshivat Eretz Hatzvi.

### Jew in the City's Allison Josephs

8:15PM, Congregation Beth Aaron, 950 Queen Anne Road, Teaneck

### MONDAY, DECEMBER 12

Jewish National Fund Annual Teaneck Reception  
7:00PM, Congregation Beth Sholom, 354 Maitland Ave, Teaneck  
Honoring Toby & Peter Glick and Michal Ungar. Guest speaker: Lt. Col. Ariel Almog, Chairman of Special in Uniform. To make a reservation contact 973-593-0095 x823.

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## COMMUNITY CALENDAR

### TUESDAY, DECEMBER 13

The Contemporary Significance of the State of Israel: Reshit Zemichat Geulatenu?  
7:30PM, Congregation Rinat Yisrael, 389 West Englewood Ave, Teaneck  
Presented by Religious Zionists of America-Mizrachi. Featuring Rabbi Dr. Jacob J. Schacter. Please RSVP to [office@rza.org](mailto:office@rza.org).

### MOTZEI SHABBAT, DECEMBER 17

Havdalah on Ice  
7:00-8:45PM, Clary Anderson Arena, Montclair  
Join your friends from Greater MetroWest for havdalah and ice skating. Free! Refreshments and skates included. For more info contact [jsakofs@jfedgmw.org](mailto:jsakofs@jfedgmw.org) or (973) 929-2980.

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A C.H.A.I.N A Chesed and Inspirational Network provides checklists and resources for brides as well as referrals to kallah teachers, etc. For more information call (201) 837-2058 or email [jrfleisher@gmail.com](mailto:jrfleisher@gmail.com).

Hosting a Simcha in your home? The **Teaneck Simcha Gemach** has folding tables, cocktail tables, chairs and coat racks (w/ hangers) available for loan. Contact [Teanecksimcha@yahoo.com](mailto:Teanecksimcha@yahoo.com)

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Gowns (wedding gowns, mother of the bride,

bridesmaids and flower girls) are loaned free of charge. Please call for appointments. The number is 201 797-1770. For donations or any other inquiries please contact [Fairlawngemach@aol.com](mailto:Fairlawngemach@aol.com). Appts are not made by email. The Fair Lawn Gemach is under the auspices of Anshei Lubavitch of Fair Lawn.

**Congregation Ahavath Torah** 240 Broad Avenue, Englewood) collects flower centerpieces that can be brought to the homebound or those in the hospital. For more information call the Shul at 201-568-1315.

### FURNITURE DONATIONS

Email [rodzeen@gmail.com](mailto:rodzeen@gmail.com) of a picture of what you'd like to donate and a recipient can be matched.

### HOUSEWARES

**Housewares G'mach** in Teaneck collects brand new, still in their boxes, serving china platters, mixing bowls and many other house ware items for new Kallahs in need. For more information or to donate contact Sara Beth Fein at [mrsfein@aol.com](mailto:mrsfein@aol.com).

**The Kallah Gemach** collects donations for Kallahs in need. They collect any unopened new items in their original boxes from people who have received gifts that they do not want and offer them to those less fortunate. All the items go to Passaic where the girls can come and see what they may be able to use. We collect things like Judaica, household items, small appliances, giftware, etc. For more information contact Carrie Cooper at 201-801-9028 or via email at [candscooper@gmail.com](mailto:candscooper@gmail.com).

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Nursing home physician collects used clothing for needy nursing home residents. Unfortunately many nursing home residents have only bare minimal articles of clothing and lack funds to buy more. Clothes can be picked up and a receipt can be given by the nursing home. Please contact Dr Sam Carr [sscarr246@yahoo.com](mailto:sscarr246@yahoo.com)

### BABIES AND CHILDREN:

#### Teaneck Baby Gemach

Collects baby equipment, clothing to size 5T, toys, diapers, formula, and baby food for Jewish families in Bergen County. For more information contact Avi and Ginnine Fried at 718-753-6275, or by email at [Teaneckbabygemach@gmail.com](mailto:Teaneckbabygemach@gmail.com). Tax donation letters are available for any financial and/or item donations.

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# REAL ESTATE LINK

## OF NEW JERSEY



### Ready For An Interest Rate Decrease?!



By Shmuel Shayowitz

In a few days the Federal Reserve will be making their long awaited decision on interest rate policy. All the money is on a rate increase of presumably 25 basis points. The decision will likely cause much volatility - pulling money into or out of the bond markets depending on the positioning of bond traders. Clearly the change of Fed policy on rates will cause movement for mortgage rates.

Before we can determine the effect that a Federal Reserve rate change has on mortgage rates however, it is important to know that the Federal Reserve does not control mortgage rates whatsoever. The Federal Reserve has the ability to control important instruments such as the "discount rate" and "fed funds rate," which ultimately influence other market indices, but that is the extent of their ability.

#### Federal Funds Rate

The federal funds target rate is a short-

term rate objective that is set by the Federal Reserve Board at its FOMC meetings. This rate is the interest rate at which depository institutions lend balances at the Federal Reserve to other depository institutions overnight. The real rates may change intermittently but it is usually very close to the target rate desired by the Federal Reserve.

#### Discount Rate

The discount rate is the interest rate that banks pay when they borrow money directly from the Fed, usually on a short-term basis, to meet temporary shortages of liquidity caused by internal or external disruptions. The rate has been largely symbolic in the past and is typically at least one percent higher than fed funds rates. Because of this, hardly any banks utilized this source or method of obtaining funds except during emergencies.

#### Prime Rates

The prime rate has generally been known as the interest rate that is charged to the most creditworthy bank consumers. These loans are typically extended to

things such as credit cards and home equity lines of credit, as well as most small business loans. The prime rate is directly tied to the fed funds rate, normally three points higher than the published fed funds rate. In recent years, the prime rate has been offered to all types of consumers for various loan types and typically acts as a starting point (base) rate at which banks tie their loan rates to. These rates are generally variable and subject to change every month based on the published prime rate in effect at the time.

#### The Fed Effect

Now that we have a better idea of the different rates in the marketplace, we see that the only direct effect to a consumer is through the change in the prime rate. Should the Fed increase the targeted fed funds rate, consumers will be affected by receiving a higher rate on their prime-based loans as indicated above, beginning the following month after a rate increase.

#### Preparing For A Rate Decrease

There is a very common and very wrong misconception that if the Fed were

to raise "rates" mortgage rates will go up. That's not the case whatsoever. The last Fed rate increase was in December 2015 after years of inaction. Immediately following that rate decision, mortgage bonds rallied and mortgage rates improved in the short-term. Chances are we may see the same. Homeowners and consumers should be using the time now to evaluate all of their outstanding loans and debts to see if consolidation is a viable option for them and how it would compare in a market with higher prime rates. *Special shout out to Yoel Dreifus.*

Shmuel Shayowitz (NMLS#19871) is President and Chief Lending Officer at Approved Funding, a privately held local mortgage banker and direct lender. Approved Funding is a mortgage company offering competitive interest rates as well specialty niche programs on all types of Residential and Commercial properties. Shmuel has over 20 years of industry experience including licenses and certifications as certified mortgage underwriter, residential review appraiser, licensed real estate agent, and direct FHA specialized underwriter. He can be reached via email at [Shmuel@approvedfunding.com](mailto:Shmuel@approvedfunding.com)

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## 20 Money Moves to Make Before the End of 2016



By Ronn Yaish, MBA

Part II

During each of the last four Jewish Link of New Jersey issues in 2016, I will be sharing five “money moves” to consider before the end of the year. This being the second part of this series, in this article I will share money moves six through 10.

### #6. Flexible Spending Account—Use It or Lose It!

A Flexible Spending Account (FSA) may be offered by your employer as a benefit to set some money aside (2016 limit of \$2,550) pre-tax in a special account to be used for paying health-related expenses. The employee benefits by paying less tax and has more money to spend.

So, for example, if John Smith was to earn \$40,000 that year, in a 25 percent tax bracket, and decides to set aside \$2,000 into a FSA, John would now only need to pay taxes on 38K (40K-2K) and would have more money to spend on health care; \$2,000 instead of \$1,500 if he would have been taxed on the 2K. (\$2000 taxed at 25 percent = \$1,500)

There is some risk involved in this account, in that you can lose your money if you don't spend down all the funds set aside. To combat this concern, employers have been adding one of two provisions to alleviate the pressure. One option allows

the employee to roll over \$500 into next year's account (without impacting next year's contribution limits). The second option offers an extended deadline for 2 ½ months—until the middle of March, allowing the employee more time to spend the money in their Flexible Spending Account.

For some last-minute suggestions and a list of eligible expenses such as first aid kits or specific strength sunscreen, see YaishFinancial.com/MoneyMoves.

### # 7. Sell losses to offset gains.

When an investor realizes he may have a big capital gain for a given year that will trigger a sizable tax bill, this investor may consider what is called harvesting tax losses. Meaning, if you also notice an investment that is doing poorly (below what you paid for it) and decide to sell it for the right reason, the investor can use the losses of the poorly performing investment to offset his capital gain liability.

Although at first glance it may be beneficial for an individual to utilize this approach, it's not recommended to sell a stock just to use the loss as a tax break. It also goes without saying that it is recommended to seek the advice of a financial or tax professional to determine if this strategy makes sense for you and how you can benefit properly from exercising this strategy. For more information, see YaishFinancial.com/MoneyMoves.

➔ CONTINUED ON NEXT PAGE

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## PERSONAL FINANCE

### 20 Money Moves to Make Before the End of 2016

CONTINUED FROM PREVIOUS PAGE

#### # 8. Request a credit report.

There is no such thing as a free lunch. But there is such a thing as getting a free credit report once every 12 months. You can request a free report from each of the nationwide credit reporting companies, Experian, Equifax and TransUnion.

Reviewing your credit report is a way of practicing good financial hygiene. I would recommend looking over these reports once a year. You can set an annual Google or Outlook calendar reminder to request a copy of your report.



You should be looking for errors, inconsistencies between the agencies and irregularities such as accounts you don't know about or loans you never requested. In fact, there are some organized individuals who make a request from one agency every four months to spot any glaring issues more immediately!

#### # 9. Make a will.

I wouldn't ordinarily suggest someone take the "do-it-yourself" approach when it comes to estate planning, but for someone who currently has a simple estate, a state-specific online service can generate a



rudimentary plan that may be better than nothing. An AARP survey revealed that 40 percent of "Americans over the age of 45 don't have a will." This statistic is shocking and troubling. If you, your friends or loved ones don't have a will, please get on their

case! This type of friend or family pestering is what I consider selfless and is called positive nudging.

This document is too important to be overlooked or caught in the procrastination muck that can plague pre-retirement Americans. You don't need a lawyer to at least temporarily prepare a will. You may choose to find an online will service, estate planning software, materials at a bookstore or library. Seeking legal advice is always recommended. Professionals get paid to know how to set up a will while considering the state's requirements and your personal needs.

#### # 10. Review benefits you should be receiving from your employer.

Health insurance and pension plans are usually the services individuals associate with an HR office. But you may be surprised to learn that there can be other services and opportunities available to help you save money. For example, there is a health insurance company that offers a free Fitbit to their policyholders and provides incentives such as Amazon dollars for meeting daily step goals. Some companies offer neat perks such as free gym access, free local museum passes or discounts for products or services.

So when the HR office runs a benefits meeting, try to attend, get the handouts or follow up with someone from HR to learn about the company's general benefit offerings—health, pension and disability insurance. It may also help to meet with a financial adviser beforehand to discuss ways to utilize your employee benefits to the maximum.

Ronn Yaish is wealth advisor and CEO of Yaish Financial Services, a New Jersey-based investment and wealth management firm. Ronn earned a master's in education and an MBA in finance. He has been featured in Forbes, AOL Finance, Credit.com, GoBanking and US News and World Report. His goal is to educate and help clients "keep things simple" when managing their money.

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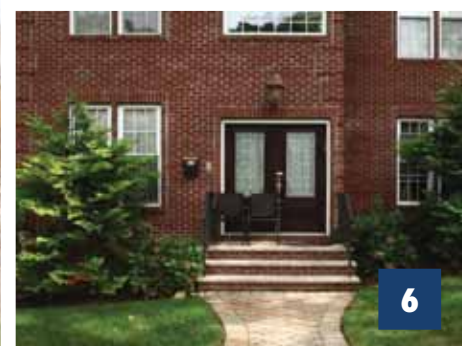
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4



5



6

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Contact Debra Botwinick at 201.851.1035 for more information.

**558 Warwick Road, Teaneck • \$1,285,000 • 5 Bedrooms • 3.5 Bathrooms**

One of a Kind Custom Tudor Colonial set on park-like approximately 94 x 146 property. Elegant Entry Hall, grand living room with fireplace, formal dining room, updated kitchen with large granite island and separate breakfast/family area. 5 Bedrooms and 3 full baths on 2nd and 3rd level. Spacious finished basement. 2 car detached garage with loft.

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**350 Vomel Drive, New Milford • \$499,000 • 3 Bedrooms • 2 Bathrooms**

Charming ranch with expansion possibilities in much sought after area. Beautifully renovated, freshly painted, polished hardwood floors, new shower, new outdoor gas line for grill. Eat in kitchen with new stainless steel appliances, granite counters. Large, sunny great room with sliding glass doors, skylight, fireplace and new Mitsubishi ductless heating/AC system.

Contact Esther Schlanger at 201.803.7203 for more information.

**66 John Place, Bergenfield • \$1,099,900 • 6 Bedrooms • 3.5 Bathrooms**

Spectacular center hall colonial on a premier cul de sac in Bergenfield. Two story entry leads to five spacious bedrooms on second floor, including stunning master suite. Oversized banquet dining room, formal living room and den perfect for entertaining. Large full finished basement with guest suite. Beautiful lush backyard with koi pond. Great value for a fantastic home!

Contact Esther Shayowitz at 201.638.5858 for more information.

**1403 Milford Terrace, Teaneck • \$450,000 • 3 Bedrooms • 3.5 Bathrooms**

Beautifully renovated Colonial in the heart of the prestigious West Englewood neighborhood. Stunning open Kitchen to Dining Room. Electric fireplace in the Living Room. Large Master Bedroom with full Bath. 2nd bedroom has large cedar closet. All spacious rooms. 2nd Floor has central air while the 1st floor has modern on the wall air conditioners. Basement includes an office, poly area and full bath.

Contact Helene Stein at 201.615.5265 for more information.

**1181 E Laurelton Pkwy, Teaneck • \$989,000 • 6 Bedrooms • 2.5 Bathrooms**

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Desirable West Englewood location. Formal living room and dining room, modern eat-in kitchen, den, sun room, four nice sized bedrooms, and a large private fenced-in yard. Many upgrades include newer windows, roof, siding, boiler, hot water heater, and electric panel. Listed by Zeevyah Benoff.



### 282 Ridge St, New Milford

\$2,200,000

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Luxury 6 Bedroom 6.5 Bath Colonial. Entry into rotunda, Library/Den, true banquet Formal Dining Room with coffered ceiling, grand Living Room and Kitchen overlooking spectacular 269 ft deep property. Full guest quarters on 1st floor plus guest powder room with glass tile over copper. Fully finished high ceiling basement with "Concert" sized party room. Suspended heating system with vibration dampeners, computerized irrigation system, summer kitchen.



## Featured Approved Funding Testimonial Of The Week



William Laforet  
Mortgage Executive

"Shmuel was a client of mine for many years. He ran a tight ship, with very knowledgeable and detail oriented employees. He has a talent for knowing the industry in depth, down to the rate movements of the day, but never losing sight of the overall big picture, industry movements and implications that they have. It was a pleasure to work with Shmuel and his staff."

— William Laforet

## Featured Real Estate Professional Of The Week



Shirley Sosland  
Sales Associate  
Russo Real Estate  
Office: (201) 837-8800  
Cell: (201) 394-5614

Shirley Sosland is currently a Broker-Sales Associate at Russo Real Estate where she has worked since 1979. She has been a resident of Bergen County since 1970.

Shirley has successfully sold real estate in Teaneck and the surrounding areas and is an Accredited Staging Professional. She has also been honored with a 25 year lifetime membership in NJAR and is a former director of the Eastern Bergen County Board of Realtors. She is trustworthy, extremely resourceful and highly responsive. Professionally trained as a social worker, Shirley continues to enjoy assisting people in finding their new home.

Shirley can also be reached via email at [sosland2ds@aol.com](mailto:sosland2ds@aol.com).

## Sell Myself or Use a Realtor?



By Michelle Wasserlauf,  
Sales Associate/Realtor

In today's market many sellers are trying to save costs somewhere and the first place they turn to is Real Estate commissions, resulting in selling their home on their own. When putting up a for sale by owner, "FSBO," sellers need to make sure they are ready for the work ahead of them that a Realtor is experienced and knowledgeable about.

**Marketing:** Some of the benefits of working with a Realtor start with advertising costs and knowing the right places to market. Agencies are equipped to take professional photography and know how to stage a home for each room to look pristine. In addition, they provide clean and professional marketing materials, such as brochures, post cards and floor plans. Not only will this be very helpful for potential buyers, but it will target buyers through different channels.

**Negotiations:** Sellers need to ask themselves if they are only allowing buyers without agents in their home

or if they are willing to allow buyers in who are currently being represented by agents. There is a big difference; sellers need to realize that the agent will expect a commission if the home sells to their buyer, and as the seller you will have to negotiate with the buyer's agent directly.

**Market Knowledge:** Sellers carry the burden of making sure they know the fair market value of the house they're putting up for sale. Realtors are equipped not only with the resources, but also the experience to give accurate valuation of your home in today's market. Pricing a house too high is a disadvantage to the seller because the house will sit on the market and become "old inventory." Pricing the house just right will not only bring many buyers through your door, but will help get the home sold quickly.

**Experience:** Sellers need to be prepared to host an Open House for two to four hours, allowing potential buyers to walk through their home and accept any criticism regarding it. Realtors learn over time that sellers believe their home is perfect for any buyer that walks through the door; however, for a new buyer, the dining room may be too small, the kitchen may be dated, or the red walls in the

bathroom may be too dark, and that is OK. Realtors have the experience to walk buyers through a home and explain how the advantages of a home outweigh the disadvantages, which are mostly aesthetic and can be altered. When one buys a house they make it their own.

There are a number of "behind the scenes" steps that take place in a home purchase transaction. Owners selling their own home, especially for the first time, don't know the steps that need to be taken and need to do the research to make sure the transaction goes smoothly without any hiccups deterring the buyer from getting to the closing table successfully. One of the most important factors is available funds. The seller of a FSBO needs to make sure the potential buyer is capable of purchasing the house and getting a mortgage or coming up with the funds at closing. Realtors work hand in hand with a network of professionals, such as mortgage brokers and attorneys, to make sure you, as the seller, are protected and fully aware of all aspects of the deal before closing.

**Accessibility:** Sellers must realize that they need to be readily available to show their home at any time of day

and any day of the week. They need to be prepared to give up any free time or even take time off from work to show their home to potential buyers. Realtors are available round the clock to show your home, whether it is during the work day, dinner time or even weekends. You wouldn't want to push a potential buyer away because of timing.

While a commission to a Realtor may sound like a lot for sellers, it is actually a small price to pay to make sure that one's house is marketed properly; sold in a quick, efficient manner; and saved from any legal issues. A Realtor's job is to market and sell your house and help you achieve maximum value. Give Realtors the opportunity to do their jobs as agents and sell your home!

Michelle is a New Jersey real estate agent specializing in first-time home buyers and finding families homes. As a local Bergenfield resident, Michelle has a great understanding of Northern New Jersey and, in particular, Bergen County real estate. Michelle is known for her honesty and genuine approachability when it comes to helping clients find their perfect home. Please contact Michelle Wasserlauf to buy or sell your home at 646-702-8577.



## The Many Moods of Modern Design

(BPT) With roots dating back to the 1920's and 1930's, modern interior design encompasses a wide variety of aesthetics and moods. From an urban industrial loft to a sleek beach house, the versatility of modern design can morph to match a variety of environments. Whether you prefer raw spaces and reclaimed materials or crisp lines and minimal embellishment, there's a modern flavor to fit your personal style.

### European Minimalism

Synonymous for simplicity and functionality, European minimalism is well versed in the notion of less is more. Clean lines and simple ornamentation allow for an open, natural flow, while a muted color scheme and light wood floors create the foundation of a calming space. The neutral palette is balanced with rich textures, mixed materials and natural lighting to invite guests in without offering overwhelming distractions.



### Unfinished Industrial

Drawing inspiration from factories and warehouses, exposed brick, reclaimed wood and unfinished metals deliver a functionally minimal aesthetic. This design approach strips spaces down to their bare essence and brings structural components to the foreground. Incorporating sleek fixtures with purposeful details brings a modern sentiment to a vintage space. With a simplistically beautiful bent tube spout, the Litze Bath Collection by Brizo exemplifies the fusion

of creativity and manufacturing. Thoughtful details such as three distinctive handle options and textural knurling accents throughout the collection denote stunning craftsmanship with an industrial feel.

### Bold Contemporary

Bold contemporary is an eye-catching twist on modern design. Coupled with a neutral backdrop, contemporary design details - such as pops of color or geometric shapes - bring a space to life. Warm finishes offer a contrast to a cool black-and-white palette, while organic elements, such as air plants or bamboo, keep the space from becoming too stark. Incorporating textured gold tones, such as the Brizo Brilliance Luxe Gold finish, against a monochromatic background delivers a sophisticated take on modern design. Faucets, fittings and accessories in this same finish help create a cohesive, bold look throughout the space.

### Urban Zen

Minimalist in design, urban Zen utilizes the simplicity of clean lines and a warm neutral color palette to provide a serene, quiet home design. Infused with natural materials, this modern design approach brings the outdoors inside with elements such as rock tiled showers, bamboo flooring or stone sinks. Soft colors such as cream, taupe, gray and gold complement the natural materials to deliver a soothing spa-like experience.

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|    | 350 Vomel Drive, New Milford  | \$499,000   | Charming ranch in popular location. Beautifully renovated, freshly painted, polished hardwood floors, new shower, new outdoor gas line for grill. Eat in kitchen with new stainless steel appliances, granite counters. Large, sunny Great Room with sliding glass doors, skylight, fireplace and new Mitsubishi ductless heating/AC system                      | 1:00-3:00pm  |    | 201-692-3700 |
|    | 1360 Princeton Rd, Teaneck    | \$549,000   | 4 Bed / 1.5 Bath. Desirable West Englewood location. Formal living room and dining room, modern eat-in kitchen, den, sun room, four nice sized bedrooms, and a large private fenced-in yard. Many upgrades include newer windows, roof, siding, boiler, hot water heater, and electric panel. Listed by Zeevyah Benoff.                                          | 11AM-1PM     |    | 201-992-3600 |
|   | 18 Sunrise Ter, Bergenfield   | \$550,000   | 5 Bed / 4 Bath. Great Bergenfield location. Income generating opportunity. Separate entrance leads to bedroom, full bath, and kitchenette making this perfect for extended family living. Listed by Sara Landarer.                                                                                                                                               | 11AM-1PM     |   | 201-992-3600 |
|  | 472 W Englewood Ave, Teaneck  | \$779,000   | Completely renovated and expanded Sidehall Colonial. Gorgeous kitchen with quartz countertops and stainless steel appliances. 5 bedrooms, laundry and 3 full baths on second floor, finished third floor, full basement with egress window and half bath.                                                                                                        | 1:00-3:00pm  |  | 201-692-3700 |
|  | 265 Briarcliffe Road, Teaneck | \$969,000   | Upscale 6 bedroom Center Hall Colonial. Living Room with Fireplace, true Banquet sized Formal Dining Room, generous double appliance Kitchen with granite counters and breakfast area overlooking 144 ft deep property. Ensuite guest bedroom with bath on 1st level.                                                                                            | 11:00-1:00pm |  | 201-692-3700 |
|  | 558 Warwick Ave, Teaneck      | \$1,285,000 | Price Change! - One of a Kind Custom Tudor Colonial set on park-like. 94' x 146' property. Elegant Entry Hall, grand living room with fireplace, formal dining room, updated kitchen with large granite island and separate breakfast/family area. 5 Bedrooms and 3 full baths on 2nd and 3rd level. Spacious finished basement. 2 car detached garage with loft | 1:00-3:00pm  |  | 201-692-3700 |

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★ "As first time home buyers, we had a great experience with Carl Guzman. He was very persistent with full follow through. He responded right away to any questions we had and was very involved in the process all the way through til closing."

★ "Very knowledgeable and helpful. Always available when we had questions or concerns. :) 2 thumbs up ... worked well with our attorney and made this a very smooth process"

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Monthly  
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\* WIN A  
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# Real Estate Stlight

Spot the differences and win!!!

Actual Photo #1



**OPEN HOUSE**  
Sunday, Dec 11 1:00pm - 3:00pm

## 132 Lydecker Street Englewood



**Yaffa Regosin**  
**Miron Properties**  
140 County Rd, Suite 111  
Tenafly, NJ  
(201) 266-8555 Office  
(201) 966-5589 Cell  
yaffa@mironproperties.com  
www.mironproperties.com

6 bedrooms/5 baths. Center Hall Colonial in prestigious East Hill on private, almost half acre. 1st floor features LR w/gas FPL; FDR with granite buffet pass through to kitchen; cozy FR off kitchen with built-ins, sliding doors, patio/barbecue area/backyard; newly renovated eat-in kitchen, SS appliances, 2 sinks; granite counter peninsula with stools, room for a table complete the breakfast area. 2nd floor features MBR with new MBTH; 4 additional bedrooms-one ensuite; hall FBTH. Newly finished basement. Detached 2 car garage. Move right into this amazing home!

Actual Photo #1



**OPEN HOUSE**  
Sunday, Dec 11 1:00pm - 3:00pm

## 558 Warwick Ave Teaneck



Hosted By:  
**Esther Shayowitz**  
**V & N Realty**  
1401 Palisade Avenue  
Teaneck, NJ  
(201) 692-3700 Office  
(201) 638-5858 Cell  
eshayowitz@gmail.com  
www.vera-nechama.com

Price Reduced! 5 bedrooms / 3 full and 1 half baths. One of a Kind Custom Tudor Colonial set on park-like approximately 94 x 146 property. Elegant Entry Hall, grand living room with fireplace, formal dining room, updated kitchen with large granite island and separate breakfast/family area. Spacious finished basement. 2 car detached garage with loft.

Sptolight Photo #1



Spotlight Photo #2



To have your home featured, email [Approved@ApprovedFunding.com](mailto:Approved@ApprovedFunding.com)



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Circle the 5 correct mistakes on each of the listings and email your submission to [Contest@ApprovedFunding.com](mailto:Contest@ApprovedFunding.com)

\* For more information and official contest rules visit: [www.approvedfunding.com/spotlight](http://www.approvedfunding.com/spotlight)



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