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## RWSHLI



OF NEW JERSEY

November 2, 2017 | 13 Cheshvan, 5778





## Israel 'Stands With All Americans' After NYC Islamist Terror Attack

By United With Israel Staff and combined sources

**Bv Phil Jacobs** 

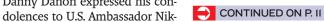
Israeli Prime Minister Benjamin Netanyahu sent a message of support

to U.S. President Donald Trump, stating that Israel "stands with our friends in New York and all Americans following yet another horrible Islamist terror attack. We pray for the victims and

The scene of the terror attack.

By Larry Bernstein

their families. Together we will defeat this scourge." Israel's Ambassador to the United Nations Danny Danon expressed his conki Haley following the Islamic terror attack in New York, which left eight dead and scores wounded.



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By Moshe Kinderlehrer, JLNJ Co-Publisher

I hope I am not wrong about this, but I like to think and believe that most in our community are at least somewhat aware of the special work of Yachad and



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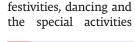


This past Sunday, October 29, Anshei Lubavitch of Fair Lawn welcomed a brandnew Torah scroll with a grand siyum sefer Torah ceremony and celebration. Nearly 1,000 people showed up to

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Gets a New Torah

The Neubort family dedicates a new sefer Torah to Anshei Lubavitch in Fair Lawn. Pictured are (top, I-r) Rabbi Levi Neubort, rabbi of Anshei Lubavitch; his father, Rabbi Shimon Neubort, who donated the Torah; Rabbi Benny Amzalak, a brother-in-law; (bottom, I-r) Ruth Neubort, mother of Rabbi Neubort; Rabbi Chaim Neubort; and Rabbi Elkin, the sofer who concluded the Torah writing. (CREDIT: RAFAEL DAYAN PHOTOGRAPHY)



participate in the con-

clusion of the writing

of the Torah, dance and

enjoy live music. The

children were also en-

couraged to join the

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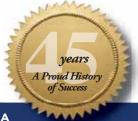




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## **WORLD NEWSBRIEFS**

## Israel 'Will Retaliate to Any Provocation,' Defense Chief Says **After Terror Tunnel Discovery**



Israeli Defense Minister Avigdor Lieberman. (CREDIT: PREISS/MSC VIA WIKIMEDIA COMMONS)

(JNS.org) Israel is not interested in another conflict in the Gaza Strip, but it "will not tolerate any infringement on its sovereignty" and "will retaliate to any provocation," Defense Minister Avigdor Lieberman said on Tuesday, following this week's discovery and destruction of a Palestinian terror tunnel dug under the Israel-Gaza border.

In an interview with Israel Hayom, Lieberman commended the IDF's handling of the tunnel, saving that the Israeli defense establishment "is following the situation in southern Israel very closely. We're ready for any scenario."

Israel believes that after seven Palestinian Islamic Jihad operatives were killed in the explosion that destroyed the tunnel, the Gaza-based terror group is likely to retaliate. According to Israeli defense officials, Islamic Jihad might mount a limited reaction to exact a price from Israel while avoiding a broader security escalation.

The IDF has elevated the alert level on the Gaza border, as well as in several oth-

IDF Chief of Staff Lt. Gen. Gadi Eizenkot, GOC Southern Command Maj. Gen. Eyal Zamir, Gaza Division Commander Col. Yehuda Fuchs, Coordinator of Government Activities in the Territories Maj. Gen. Yoav Mordechai and other senior security officers held a situation assessment in the Gaza sector on Tuesday.

"The IDF's operation [to destroy the tunnel] neutralized a threat to the Israeli public. That was its purpose," Eizenkot said. "This operation joins many others, both overt and covert, that IDF forces carry out and we will continue to do so to counter any threat, at any time and in any situation. The IDF continues to be prepared for any scenario and monitors terrorist elements in the Gaza Strip closely. Any violation of Israeli sovereignty will be met with determination, as we have done now."

## **Israel Demands That PA Bar Hamas** From Gaza Border Crossings

(Israel Hayom/Exclusive to JNS.org) Israel's Coordinator of Government Activities in the Territories Maj. Gen. Yoav Mordechai on Wednesday instructed the country's Coordination and Liaison Authority to set up meetings with the Palestinian Authority (PA) on the issue of Gaza Strip border crossings with the Jewish state.

In accordance with an order from Israeli Defense Minister Avigdor Lieberman, Mordechai's office has informed the PA that it will not allow Hamas representatives to be part of new security arrangements at the

The Gaza-ruling Hamas terror group on Wednesday surrendered control of the Kerem Shalom crossing, through which goods enter the coastal territory, as well as the Erez crossing, which Palestinians use to enter and exit Israel, to the PA's security forces as part of the recently reached reconciliation deal between the rival Palestinian

Hamas had seized control of the crossings during its military coup in Gaza in 2007, when it ousted the Fatah-controlled PA from the territory.

Mordechai's office said Israel's meetings with the PA aim to outline new work procedures and ensure the security criteria that the Jewish state wishes to maintain in order to preserve the crossings' routine operations.

OF NEW JERSEY

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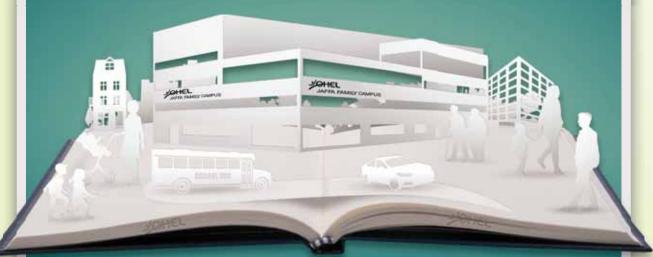


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## LETTERS TO THE EDITOR

### Tuition Crisis Is Most Significant Issue for the American Jewish Community

Had the Czars issued edicts limiting the number of Iewish children, the outcry would have been deafening and a way would have been found to circumvent the decree. The same would have applied to all the enemies of the Jews. Yet there exists today a system that causes Jewish couples to limit the number of children they will have of their own free will! I have heard too many times from too many couples that they planned to limit their number of children or stopped having children due to the cost of Jewish education. Jewish day schools are clearly shown to have the best effect on reducing intermarriage and ensuring a Jewish future. Sadly, the very families that will raise children with the greatest chance of Jewish continuity impose limitations due to the very harsh financial realities of Jewish education. The tuition crisis is an existential one for the observant community and must be dealt with as such. Economies of scale must be enacted for schools to pool their costs. Priorities for charities must be reconsidered. The Jewish resistance to tax credits for private education needs to end. It is the greatest crisis for the American Jewish community.

Scott David Lippe, M.D.

## **Continuing the Conversation Regarding the Tuition Crisis**

In last week's issue (October 26, 2017), Mitch Morrison ("Half the Tuition, Half the Expectation") and Rabbi Tomer Ronen ("A Solution to the Tuition Crisis") wrote articles about tuition, the former directly in response to my article in the previous week's issue ("The Hidden Cost of Tuition," October 19, 2017). Both articles are thoughtful discussions of the issue. Mitch Morrison highlighted many good reasons to pursue excellence in education. I am all for excellence in education as long as we mitigate the costs, not just in dollars but in people. Quality of education is a spectrum that never ends. We can hire a team of professors to tutor each student individually and we can put all children of all ages into a single room with an untrained teacher. We have to balance cost and quality, recognizing that there will always be opportunity for better education but sometimes we have to say no to prevent the cost from becoming prohibitive. For too many people, the cost today is prohibitive.

Orthodoxy has to decide whether it will be an elite club of the upper class. In Israel, there are Orthodox bus drivers, sanitation workers and artists. We see little of that in the US because generally people with those careers cannot afford to be part of the Orthodox community. That is a hidden cost beyond the sticker price of tuition.

In a prior article, I mentioned discussion of the "tuition crisis" in 1995. Twenty-two years later, it has only gotten worse. However, there are pockets of progress. Rabbi Tomer Ronen describes the innovative approaches his school takes to offer quality education at a significantly lower cost. I applaud the school's efforts and hope other schools take similar measures. I am less concerned with the specific educational approach than with the sharply decreased tuition and its impact on the dignity and happiness of struggling families.

Rabbi Gil Student

## The 'Tuition Crisis' and Turnout

Please excuse any stereotyping or broad statements. My opinion is formulated from my own anecdotal observances and experi-

ences and may not reflect reality.

Thank you, Jewish Link, for being the platform we need for real change to happen with the tuition situation. Thank you to the OU for the vision and foresight to dedicate resources and begin grassroots efforts for this cause. I would like to provide a possible explanation for the low turnout, as discussed in last week's Jewish Link editorial, "Want to Help the Tuition Crisis? Show Up!" (October 26, 2017), of people like myself, who are yeshiva parents, at the recent event addressing the tuition crisis.

First of all, it is very scary on many levels to identify this issue as a real crisis, instead of Shabbat table chatter. We, as a community, are afraid to face the reality of the situation. Secondly, we have become numb—there is despair, a sense of hopelessness—for any real, meaningful change.

I have yet to hear of a yeshiva that lowered the tuition or sent out refund checks because of additional government funding to yeshivot.

Although I am a deep believer in grassroots movements and slow and steady incremental steps, it will be much easier for the community to get excited and rally around efforts toward real significant massive change that would make yeshiva great again.

If there was real community courage on all levels to make dramatic statements—for example, if every yeshiva closed for the first day of school and mandated that every student enroll in public school, overwhelming the public school system—there would become a public-school crisis instead of a yeshiva-tuition crisis. That would force public dollars to solve the yeshiva-tuition crisis on a level never seen before.

I have the exact opposite background as Rabbi Student, who wrote a piece on this subject two weeks ago ("The Hidden Cost of the Tuition Crisis," October 19, 2017). I grew up in a Yeshivish school and now send my children to a Modern Orthodox school. Therefore, I have a different perspective on some of the issues here.

Yeshiva communities have not mounted the campaign mentioned above that will begin the domino chain of solving the yeshiva tuition crisis by creating a public-school-enrollment crisis. Despite the fact that yeshiva community leaders exert tremendous influence and are revered on an extreme level, and can very easily rally their followers. All they need to say is "jump," and the response will be "how high?"

I do *not* know the reason for that. But I do know the reason is *not* because the yeshiva communities are not affected by the tuition crisis because they choose "no frills" schools like Rabbi Student suggested. The yeshiva communities are affected possibly even more, with many larger families and many more kollel families.

By the way, the "no frills" school concept referenced I think was misguided. Yeshiva communities at large want what they believe is *best* for their children. They believe their children will be more righteous and better servants of Hashem without all the things defined as "frills." Extracurricular activities are a distraction from Torah learning. Parents and students need to practice the concept of subservience to authority and reverence to a higher power by not questioning school decisions.

In a Modern Orthodox community, parents should also be allowed to choose what *they* believe is best for their children, without compromising on the "frills."

Without the political will to launch a public-school crisis, we are forced to go

back to the drawing board to look at other options, like working toward vouchers. In this case, there are serious public campaigns that can be launched. What about every year we designate a yeshiva tuition day, when every single yeshiva sends all the students on buses and go down to Trenton and lobby officials on this matter? We as a community clearly do not yet have the resolve to take this kind of action.

So we are left with good old-fashioned professional lobbyists working on specific aid packages that will (most likely) not cause a reduction in my tuition fees or cause me to get a refund check. At least they have not so far.

To the OU, what if you got every yeshiva to commit that they will send refund checks, dollar for dollar in the amount of public aid received? What if you advertised that in your campaign? Please give us another chance to allow us to come out and show our support for your work.

What about establishing a "Tuition Shabbat" in our communities, where all the speeches on Shabbat will be dedicated to the subject?

The murmurings and rumblings of real change is happening. Sometimes it may seem disappointing, with one step forward and two steps back. However, we must stay vigilant and focused if we want to have any chance at this.

Yehuda Miller Teaneck

## Why Christopher Wolf Is Your Best Option on Election Day

As we all know, election day is coming up. We are aware that we will be electing our next governor; however, many of us don't always pay attention to the local state races. While I can almost guarantee that your vote for governor may not make a difference, in many assembly districts even a few votes can have a huge impact. Four years ago, Timothy Eustace, who is probably the biggest progressive in the assembly, won his election by only 56 votes. While Timothy Eustace's entire voting record is beyond terrible, two particular bills he sponsored promote our specific ire.

The first of these bills is one he sponsored regarding assisted suicide (2451). While this bill would be terrible regardless of the specifics of the bill, this particular bill would horrify us even if we supported the concept of assisted suicide. The sponsor of this bill assures us that there are safeguards in place and there is no possibility of something going wrong, which in this case would mean an innocent life has been snuffed out unintentionally. Since these safeguards are contingent on the premise that two witnesses are verifying that the entire process is legitimate and being done willingly, we would assume that this would be the place where the strongest safeguards were in place. However, a closer look shows that this is the section with the most flagrant lack of safeguards in the entire bill.

Some of the lowlights of the witnesses section of the bill include:

- One of the witnesses can be completely biased, thus the two witnesses are, in fact, one "non-biased" witness and one potentially biased witness.
- There is no minimum age for the witnesses.
- An ex-wife/husband, live-in boy/girlfriend, life insurance beneficiary and agent from the patient's medical insurance company are all considered unbiased witnesses.

## CONTINUED ON NEXT PAGE

## **JEWISH LINK**

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The Jewish Link wishes a heartfelt mazal tov to Esta and Harold Luber on the bar mitzvah of their son Yonah?

## Correction

In "Congregation Etz Chaim to Host Shalva Band of Jerusalem" (October 26, 2017), Deena Levenstein was identified incorrectly. Levenstein is the coordinator of the Shalva Jerusalem Marathon and currently assisting with the Shalva Band Tour. The issue has been corrected online. The Jewish Link regrets the error.

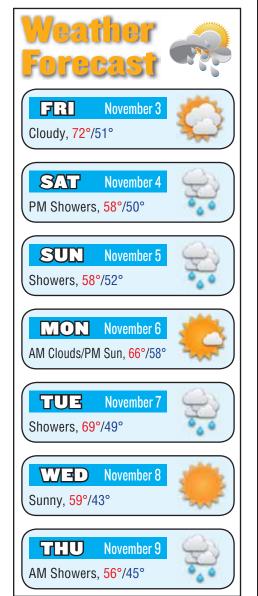
## **LETTERS TO THE EDITOR**

## CONTINUED FROM PREVIOUS PAGE

The bill's sponsor claims that our care will not get worse due to this bill, and he cites this part of the bill: "Nothing in this bill shall be construed to 'lower the applicable standard of care to be provided by a healthcare professional who participates"; however, what he neglects to inform us is that the medical insurance companies do not have a similar provision. Thus, the bill specifically allows medical insurance companies to worsen their coverage if this bill passes.

The second terrible Eustace bill (3613) is a bill that basically declares war against other states which pass freedom of religion bills. Eustace wants New Jersey to boycott states that allow caterers to refuse to cater weddings that they feel are a sin, or don't allow men into women's bathrooms, forgetting freedom of religion, or the rights of states to decide their own law. Besides the fact that these policies are the proper course of action and you couldn't find any society that would do differently until a few years ago, freedom of religion is literally the first right in the country's first amendment and the top point mentioned in our state's constitution. By sponsoring a bill banning travel to states that allow these things, he is actually treating states like South Dakota as though it were an enemy of the state of New Jersey. This flies in the face of the words the United States. When New Jersey, through Assemblyman Eustace, tries to use imperialistic methods to impose its will on other states for supporting women and freedom of religion, it flies in the face of all America holds dear.

When faced with these facts we must vote for Christopher Wolf, the only option. Avraham Sharaby Lakewood, NJ



## Highland Park Councilman Josh Fine Urges Support for Diegnan, Karabinchak and Pinkin

I urge all Highland Park voters to reelect our 18th District legislators, Senator Patrick Diegnan [and] Assemblymembers Robert Karabinchak and Nancy Pinkin, next Tuesday, November 7. They have consistently advocated for issues that are of concern to Highland Park's diverse community. They have advocated for local control over charter schools and are opposed to vouchers, while also supporting state aid for nursing, security and technology for non-public schools. They have secured state funding for much-needed road repairs. They have also stood up against baseless anti-Israel discrimination in supporting passage of the law that now prohibits New Jersey state pension and annuity funds from being invested in companies that participate in the discriminatory Boycott, Divestment and Sanctions (BDS) movement against Israel and Israeli businesses. On Election Day, please join me in voting for Patrick Diegnan, Robert Karabinchak and Nancy Pinkin, who can be counted on to represent Highland Park's interests in the New Jersey State Legislature.

Josh Fine (D) Highland Park Borough Council Member

## Ora Kornbluth Encourages Voters to Support Gordon, Eustace and Lagana on Election Day

On Tuesday, November 7, the residents of Bergenfield will have the opportunity to cast their votes for governor and their representatives in the state legislature, as well as for county and municipal officials. The contest for the legislature in our district is particularly important. I urge you to reelect Senator Bob Gordon and his team, Assemblymen Tim Eustace and Joe Lagana.

Bob, Tim and Joe understand the needs of our community and support the very issues that are important to us: making our state more affordable, promoting economic opportunities, strong ethics reform and matters that affect the Jewish community.

Senator Gordon and Assemblymen Eustace and Lagana have been champions for changes made in the school funding formula, which includes funding for non-

public schools. In the 2018 fiscal year, the budget includes a \$112 funding increase per student. In addition, they have sponsored legislation to enable the use of public funds for the placement of public-school students in the special-education programs offered by religious schools such as Sinai Schools. They are also advancing legislation to provide additional resources for school nursing and transportation.

We need people in Trenton, like Bob, Tim and Joe, who represent our interests, are independent-minded and vote their conscience and not their party.

On Tuesday, November 7, please vote for Senator Bob Gordon and Assemblymen Tim Eustace and Joe Lagana, as well as all the candidates in Column 2. Together we can work for a better Bergenfield. This election is of critical importance to our community, and every vote will make a difference. We cannot afford to lose our voices in Trenton.

Respectfully, Councilwoman Ora Kornbluth Bergenfield



## What Israeli Orthodoxy Has Learned About Women's Leadership



By Leah Aharoni

On a recent trip to the US from Israel, I ran into a problem. The house my family was renting was situated just half a block inside the eruv and we need-

ed to figure out how to get around with the baby stroller on Shabbat. So I did what most people would do and called the local Orthodox rabbi. The rabbi was welcoming, asked a few questions, and explained where the eruv was situated and how to stay within its parameters. He told me to stay on the right side of the power/eruv lines and said we'd

But we weren't. On Friday night, as I tried to make my way down that street, two things went wrong. One, the eruv-enclosed sidewalk with its protruding tree roots and uneven tiles was practically unpassable for a

stroller. And two, with electric lines running over the middle of the walkway in some areas of the street, there was enough room for a person to walk on the right side of the eruv, but not enough to push a stroller there. There I was, walking in an unfamiliar place with a bunch of kids, struggling to navigate the sidewalk, all the while worrying that I was mechalel Shabbat because my stroller was not on the right side of the power lines.

This experience is a classic case of the malfunctions that happen when the people who design a system are not the same people who use it. And I am not talking about the God-given Torah. This is pure sociology.

While the rabbi was caring, sympathetic and knowledgeable, his experience of getting from place to place consisted of walking. He probably hadn't pushed a stroller in a very long time. When he (and the eruv committee) tested the eruv, they probably walked along the sidewalk and found it to be satisfactory. But not being used to pushing strollers (or wheelchairs) they didn't know what they didn't know about some of the people who would be using the eruv. And in advising me, the rabbi did not think to look at a different experience.

And for many women in the Orthodox community, it is precisely these unintentional yet frustrating logistical failures that make them feel unwelcome. Synagogue programs without a babysitting service, scheduling that is not sensitive to mothers' time constraints, visually limited seating and subpar air conditioning are just a few common examples. These issues are not halachic and present no religious challenge. Rather, these are prosaic planning, design and programming failures. Yet they dampen women's feelings about their communities and religion, often serving as the proverbial straw that broke the camel's back.

For a product, a service or a community to meet the needs of the user, they need to be designed with that user in mind. Yet since women rarely participate in Orthodox synagogue and community management, their needs often go unmet simply for lack of awareness. Women's representation and input are all that is required.

Creating this kind of representation and building systems for drawing women's input will be one issue on the agenda for Dr. Adina Shmidman, the OU's newly appointed director of women's initiatives. Thankfully for her, the marketing profession developed the transferable tools for including women in service design over a decade ago. From benchmarking the female-friendliness of a service, to research tools for analyzing the needs of a particular demographic, to communication techniques best suited for getting the message to women, the business know-how used by companies around the world can be put to use by shul administrators everywhere.

The second part of making Orthodoxy more women-friendly is trickier, though. Even with the logistics addressed, women, especially Modern Orthodox women, seek to find both a challenge and meaning in their religion. Over the years, I have been asked by some rabbis what women are lacking. Some were incredulous that the Shabbat shiurim, the tehillim groups and the bikur cholim projects were not enough.

Here, surprisingly, American Orthodoxy can look to Israel for the answer. Although the design and the programming of most Israeli Orthodox shuls are less women-friendly (youth groups and Shabbat morning babysitting are practically unheard of), Israeli Orthodox women have managed to both develop leadership and find meaning indirectly by addressing pressing community issues. And it's not just due to the better advanced-learning options.

The most veteran example is that of toanot rabaniyot. Women's need for a female listening ear, tzniut and more sensitive representation before the batei din in divorce cases led Nurit Fried to launch the first such training program for women almost 30 years ago. Although her initial efforts to introduce women into the otherwise all-male field were met with opposition, female representatives have since quickly won popularity.

Besides improving the quality of legal representation for women, the move also created a cadre of highly educated and articulate female leaders and role models, serving in halachically permissible roles.

Rebbetzin Dana and Rabbi Ohad Tirosh used an entirely different model for infusing women's religious life with inspiration at the Binyan Shalem Center for Family Studies. Instead of training a select few leaders, this organization pioneered Orthodox women's conferences. Over the past 20 years, Binyan Shalem's annual summer convention has become a staple in many frum women's calendars. With a couple of dozens tracks focusing on every conceivable issue pertinent to women's religious and family lives, the conference packs some 10,000 women each year into the country's biggest convention hall in Binyanei Hauma.

Women come to the conference to get fresh perspectives, enjoy Jewish music and theater and bond with friends. Yet many report that the unifying force of joining in with thousands of like-minded women and the normalization of otherwise personal

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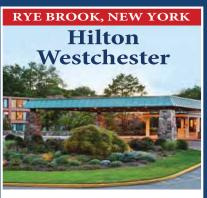
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## **WORLD/ISRAEL NEWS**

## **Israel 'Stands With All Americans'**

CONTINUED FROM P. I

"Just as the U.S. has always stood by our side in our times of need, Israel will always stand with America in the fight against ter-

ror," Danon stated. He conveyed Israel's condolences to the families of those killed and wished a speedy recovery to those injured.

The terrorist, 29-year-old Sayfullo Saipov, originally of Uzbekistan, mowed down pedestrians and cyclists along a busy bike path near the World Trade Center memorial on Tuesday, killing at least eight and seriously injuring 11 in what Mayor Bill De Blasio called "a particularly cowardly act of terror."

The driver was shot in the abdomen by police after jumping out of the truck with what

turned out to be a fake gun in each hand and shouting what witnesses said was "Allahu Akbar," Arabic for "God is great," authorities said. The man underwent surgery and was in critical condition but was expected to survive



The driver in Tuesday's attack barreled along the bike path in a rented Home Depot truck for the equivalent of about 14 blocks, or around eight-tenths of a mile, before slamming into a small yellow school bus. The mayhem and the burst of

police gunfire set off panic in the neighborhood and left the pavement strewn with mangled bicycles and bodies that were soon covered with sheets.

"I saw a lot of blood over there. A lot of people on the ground," said Chen Yi, an Uber driver.

Two law-enforcement officials said a note was recovered inside the truck. The contents were being investigated, but the officials said the document supported the belief the act was terrorism.



The Israeli-American Council said, "In the strongest possible terms, we condemn all acts of terrorism—whether in London, Nice, Jerusalem, or New York—and stand against the evil ideology that fuels them."

Among those killed in the terror attack were five Argentine men, one of whom was Jewish businessman Ariel Erlij. He was in New York as part of a 30th college reunion vacation with his former classmates.

"Profoundly moved by the tragic deaths this afternoon in NY. We place ourselves at the disposition of the families of the Argentinian victims," Argentina's President Mauricio Macri tweeted.

## What Israeli Orthodoxy Has Learned CONTINUED FROM PREVIOUS PAGE

issues provide an energy boost and dissipate some of the isolation felt by so many.

The conference model has been so successful, at least half a dozen other institutions have copied the initiative, each with its unique flavor and more specific female audience.

Binyan Shalem follows up on its central events with a nationwide network of classes and workshops on the different aspects of family relations and spiritual growth, making learning and development tools available closer to home.

Finally moving over to the charedi community, women-led and operated Mishmeret Hashalom has brought together over 80,000 Israeli women in learning the laws of proper speech and promoting effective non-confrontational communications. Launched by Rebbetzin Shira Wartzburg, the organization takes a grassroots approach by searching out representatives in each building, who in turn bring the neighbors together for monthly Keechad events in someone's apartment, distribute educational materials and encourage women to join in chevruta learning of hilchot shmirat halashon.

The program is ingenious in that it relies on existing social ties, while enhancing the comradery among neighbors. The immediate proximity to home, coupled with varied educational content, makes the program accessible to women with different intellectual pursuits and at all life stages. At the same time, natural community leaders emerge, who are further encouraged to expand their work with designated leader-training pamphlets and meet-ups.

As the American Orthodox community searches for new, more satisfying, yet halachically acceptable participation models and leadership roles for its women, it doesn't have to reinvent the wheel. Available business resources coupled with decades of Israeli experience suggest that women-led initiatives that focus on existing pressing issues and taking into account women's needs and lifestyles have the greatest chance of making the desired impact.

Leah Aharoni is the CEO of SHEvuk Business Consulting, which helps companies grow by understanding, reaching and serving women better.



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## **PUBLISHER'S NOTEBOOK**

## **Celebrating Yachad**

CONTINUED FROM P. I

what it has done for decades—and continues to do—for our community's children, teens, siblings and adults with disabilities. For myself and our family, our connection to Yachad is quite deep...and goes back over three decades ago to when my younger brother, Boruch, born with Down syndrome, started attending Yachad shabbatonim throughout the tri-state area. Even then, I saw firsthand the tremendous respite these weekends provided for my parents and our family and other families like ours.

Only later on, in my early 20s as a volunteer Yachad adviser, did I also realize the tremendous impact of Yachad on the many communities and shuls that hosted Yachad shabbatonim and events. As I traveled around the metropolitan New York/ New Jersey area for Yachad weekends and helped communities run and host Yachad events, I began to realize how critical these programs were—and still are—to changing how we, as individuals and communities, perceive and relate to people with disabilities in our midst. I believe that for many, these interactions with Yachad members and staff were life-changing, and community-changing as well.

On these shabbatonim, Yachad members delivered divrei Torah, davened from the amud sometimes, danced together with local students and shared homes and Shabbos meals with community members. Yachad gave our growing Jewish communities a chance to experience firsthand how special and unique these individuals are, and perhaps most importantly, to understand that they are not to be seen as different or people to be afraid of, but rather as regular human beings with similar interests and experiences, albeit with a disability.

As I got older, got married and became a parent, I reconnected with Yachad again. My wife and I sent our son to Yachad's wonderful summer program at Camp Nesher for his first sleepaway summer camp experiences, and he spent three excellent summers there. We enjoyed our time with him away at camp and we felt certain that he was well cared for.

Four summers ago, we also sent our daughter on Yachad's incredible Yad B'Yad Israel summer program, and despite her already having experience with disabilities via her brother, she had probably one of the best summers of her life as she befriended and toured Israel together with her new Yachad friends. Her summer in Is-

rael taught her about inclusion in a way she had never seen before, and I am sure she and her friends will never forget it.

Today, Yachad has so many types of summer programs and in so many locations, ranging from vocational programs to Birthright, that I can't even begin to list them all here and I won't try...but it's clear to all that Yachad's summer programs continue to touch and impact literally thousands each and every summer. Kein yirbu, I say.

Our son has been going on Yachad shabbatonim for years now. We appreciate the respite time and we know that he loves being in so many different shuls and communities and interacting with his advisers and the many friends he has made over the years in so many places.

But perhaps most life-changing for us locally has been the founding last year of the Mendel Balk Yachad Adult Community Center located at Heichal HaTorah/Jewish Center of Teaneck. With this new program, which we have covered and written about in The Jewish Link, our son no longer sits at home most weeknights after school. He now has a place to go for two evenings each week, where he socializes to the best of his ability and participates in activities designed to help him grow and become as independent as he can be.

This program has changed our weeknight family schedule and routine immeasurably and positively, as my wife specifically (I am usually not home until pretty late) can now focus on our other children and also leave the house more easily when our son is at the Mendel Balk Center, as we call it.

As I said, our connections and relationship with Yachad run deep and true and stay strong until this day. Our family owes so much to Yachad and we are proud of all our many and lasting connections to it.

With this in mind, I ask directly and personally for all of our Jewish Link readership and community to consider joining my wife and me on Motzei Shabbos, Nov. 18, at Cong. Keter Torah at 8 p.m. for a gala melava malka and to support New Jersey Yachad and honor our friends Ari and Deena Katz, Scott and Shira Sheps, and the Tsadok family, Shlomo, Debbie and Avi (by the way, Avi, via Yachad, is a former employee of The Jewish Link of New Jersey and we love him and his family).

We hope you will be able to be there that night to celebrate and help raise money for Yachad together with us, and if you can't, please go to the website: www. yachad.org/NJGALA2017 to make a donation



## **COMMUNITY NEWS**

## Tomchei Shabbos of Bergen County Is Awed by Community Support

By Pearl Markovitz

When Tomchei Shabbos of Bergen County was in need of a new, extra-large freezer, co-director Sara Walzman began pricing out the cost with several appliance stores in the region. After calling Yudin's Appliances and explaining what she needed, Walzman was informed that a freezer would be delivered to her warehouse within a few days at no cost for the item or the delivery. The cost of the appliance was \$800.

Susan Yudin of Yudin's Appliances was glad of the opportunity to step up. "We thank Tomchei Shabbos for allowing us to participate in this great mitzvah for such a worthy organization. Fortunately we are in a position to do so for many worthwhile organizations in Bergen County and beyond."

For Walzman and co-director Sara Zilberstein, as well as the many volunteers who dedicate their time and effort weekly to Tomchei Shabbos of Bergen County, this special and unique gesture is much appreciated. Additional unsolicited gifts have been received in multiple ways in recent weeks from community members.

For example, when Walzman mentioned in passing to Lindsay Setton, who organized the Englewood Challah Bake with Deborah Berger, that she was one of the directors of Tomchei Shabbos, they immediately made plans to set up a table at the event to benefit the organization and make sure the community was aware of its important work.



Boris Tullman, Tomchei Shabbos' warehouse manager, poses with the new freezer donated by Yudin's. (CREDIT: TOMCHEI SHABBOS)

Unique and special ways that community members give to Tomchei Shabbos help the organization thrive. "Giving of time and money to Tomchei Shabbos is comparable to helping a next door neighbor in need. Who wouldn't want to be part of this great mitzvah?" asked Walzman.

Walzman and Zilberstein noted that the funds provided to Tomchei Shabbos are stewarded with the utmost care, while they also work to provide nutritious and healthy items to the recipients. "We want our recipients to receive only the highest quality food products, those we would serve to our own families. That is why we engage in a long process of evaluating the food we purchase from our vendors," said Walzman.



Leiah Moskowitz, second from right, was a Tomchei Shabbos' representatives at the Englewood Challah Bake. (CREDIT: TOMCHEI SHABBOS)

Sandy Solomon and Leiah Moskowitz (who, with Deborah Berger and all their children, are frequent packers for Tomchei Shabbos) sat at the table before and after the event, promoting the organization, and Rebbetz-in Chana Reichman mentioned the importance of Tomchei Shabbos in her remarks. After the event concluded, Tomchei Shabbos was presented with a check for \$2,000, and an additional \$1,000 in cash donations were made that evening as well.

Young chesed enthusiasts also have gotten into the spirit of helping out Tomchei Shabbos. In honor of becoming bat mitzvah, sixth-grade girls Miri Hochberg and Shana Markowitz organized and implemented a basketball clinic for third-grade girls on Erev Rosh Hashanah, Erev Yom Kippur and Erev Sukkot. They asked \$5 from each participant and donated the \$200 that they raised to Tomchei Shabbos of Bergen County.

In addition to the organizational work done by Walzman and Zilberstein, 100 volunteers participate each week in the packing and distribution of the food boxes, which are distributed to Teaneck, Bergenfield, New Milford, Englewood, Leonia, Wyckoff, Ridgewood, Maywood, Cliffside Park, Fort Lee, Tenafly, Hackensack and Secaucus. Drivers are often sent out to three or four locations, with organization in place to consistently ensure the anonymity of all recipients.

Tomchei Shabbos recipients are recommended to the organization by local rabbis, social workers and agencies. Tomchei Shabbos has been serving the Bergen County community for over 27 years. Over 185 families, including over 200 children, are served weekly. To learn more about the services of Tomchei Shabbos and to donate to their organization visit tomcheishabbosofbergencounty.org or call 201-530-5096.

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## Jewish Journeys Hosts Inspirational Great Big Challah Bake

### **By Andrea Nissel**

Last Wednesday evening, October 25, women across northern New Jersey gathered for the Jewish Journeys Great Big Challah Bake. Held at Factory 220 in Passaic, the evening was a wonderful way to celebrate a mitzvah that embodies a spiritual value specifically designated for women in Judaism. Mothers, daughters, sisters and friends united for an evening of fun and inspiration, surrounded by words of Torah and ruach.



Jewish Journeys leaders and participants.

The event was organized by Jewish Journeys, a grassroots organization whose mission is to strengthen the Jewish home. Jewish Journeys, in partnership with The Federation of Northern New Jersey, NCSY and JInspire, brings groups of Jewish mothers with children under the age of 18 to Israel on a highly subsidized, inspiring 10-day Jewish Women's Renaissance Project (JWRP/Momentum) trip. To date, Jew-

ish Journeys has brought over 125 women from Bergen County to Israel. Many of the women return from these trips with a newfound appreciation of their Jewish heritage and are inspired to learn more about their Jewish roots. Some even begin to introduce Jewish traditions into their daily lives.

It is after the Israel trip that the "journey" truly begins. This is when Jewish Journeys steps in to provide an array of Torah classes, monthly challah bakes, holiday programs, shabbatons, chesed opportunities and more. Most of the participants are

> wives and mothers, so making even minor lifestyle changes essentially means a household transformation. Andrea Portal, a Jewish Journeys leader who has participated in a Momentum trip, described the experience as life-changing. As a leader, she feels she gets just as much if not more out

of this experience than do participants. "As I watch these

women learn and grow in Torah ways, it inspires me to keep learning and growing," she expressed.

From expert Challah bakers to first timers, everyone was inspired to participate as they arrived at their designated table and were greeted by a table coach who ex-



(I-r) Dena Levie, Esther Friedman, Julie Farkas, Debbie Rosalimsky, Andrea Portal, Jill Friedbauer and Elana Kaplan.

plained how the evening would work. Each guest was given a bowl filled with ingredients, an apron and necessary supplies to make and take their challah home. Tables were adorned with colorful balloon centerpieces donated by Inflated Creations. ComedyCures founder and Jewish Journeys alum Saranne Rothberg emceed the event and quickly managed to quiet the crowd of over

> 800 women with her signature belly laugh. Jordana Baruchov, dean of sixth grade at Yavneh Academy, demonstrated each step of the challah-preparation process, likening each ingredient used to create the dough to a profound spiritual meaning. As the challah took time to rise, participants were entertained by DJ Shimmy and IMOVEWITHNAZ. From grandmothers to small chil-

dren, the ruach was contagious, and within minutes everyone was on the dance floor.

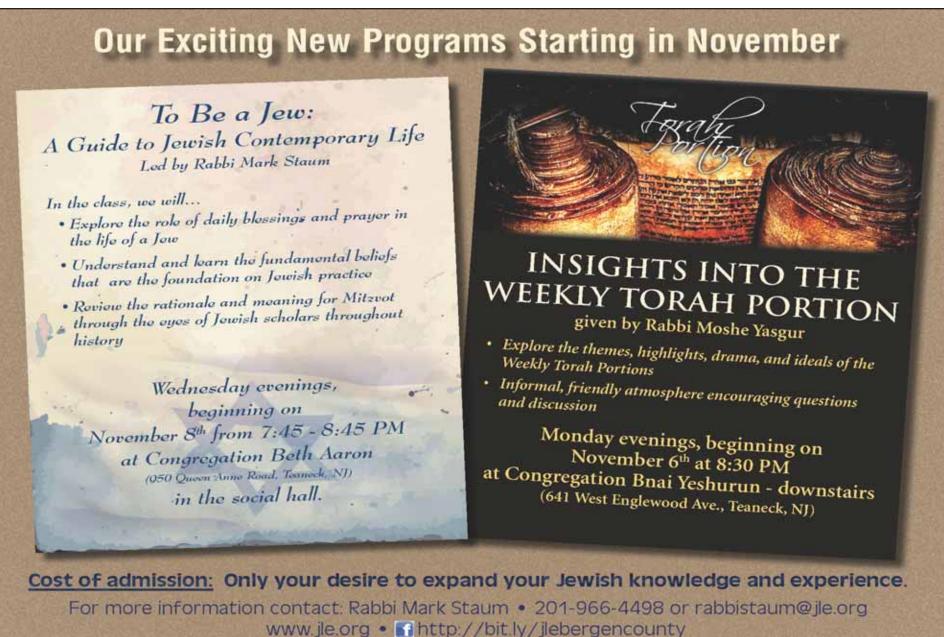
Part of the process of challah making is comprised of taking separate ingredients and forming something whole. It is a unifying experience both physically and spiritually. These women, who come from all types of backgrounds, unite with Jewish Journeys and engage in

activities to strengthen their ties to Torah and Judaism. It was uplifting to see women and children eagerly participating in this mitzvah and feeling energized by the overwhelming number of people engaging in this experience together. Chana Schorr, a coach at the event, received wonderful feedback from participants. "I've been in touch with some of the women from my table. While some challahs turned out better than others, they all enjoyed the experience, plan on returning next year with more friends and are going to attempt challah baking on their own," she said.

Jewish Journeys' city leaders, Julie Farkas (founder), Jill Friedbauer, Esther Friedman, Elana Kaplan, Phyllis Krug, Dena Levie, Andrea Portal and Debbie Rosalimsky invested countless hours into making this challah bake the tremendous success that

CONTINUED ON P. 21





## **COMMUNITY NEWS**

## YIOT Celebrates Hachnasat Sefer Torah







Despite the heavy rain, many attended the YIOT Hachnasat Sefer Torah on Sunday, October 29. The Torah was written and dedicated by Dr. David and Freeda Muller. Spirits were not dampened by the weather, and the dancing was even more enthusiastic than Simchat Torah for this monumental occasion.



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## **COMMUNITY NEWS**

## **Anshei Lubavitch Gets a New Torah**

CONTINUED FROM P. I

prepared especially for them. While the inclement weather forced the cancellation of the planned parade, it did not dampen the spirits of those who attended.



Joyous dancing with all of Anshei Lubavitch's sifrei Torah.

Jordan Rockowitz, who attends the shul along with his wife and three children, said the event was "fun, spirited and a great community event." Rockowitz particularly appreciated the ruach and the dancing. His son, 15-year-old Matan, dressed up as a sefer Torah and danced with children, who loved his costume.

Rephael Hirsch also attended the event. He has been a regular at the shul since he arrived in Fair Lawn 12 years ago. Hirsch is a ba'al korei. He volunteered to read for the congregation shortly after he arrived in town, as he noticed the regular Torah reader was overwhelmed. When the other ba'al korei left a few months later, Hirsch became the shul's regular Torah reader. He said, "Until this year I read approximately 90 percent of the time. This year, another ba'al korei has joined the shul who reads well and has also volunteered to read."

Anshei Lubavitch, which was founded in 1909, has a number of sifrei Torah. However, according to Rabbi Neubort, the shul's rabbi, the other Torahs are all prewar. While the shul's Torahs are kept in good condition by Hirsch (who is a certified sofer STaM), the excitement of getting the new Torah was felt by everyone in the shul, including those children who attend Anshei Lubavitch's preschool. "As we were getting closer to the end of the Torah project, the children were very excited and they made special banners and flags to welcome the Torah to their school. We feel great pride in our students and their excitement is our reward," said Rabbi Neubort.

The new Torah is particularly meaningful to Rabbi Neubort and his family. The Torah is being dedicated in honor of a refuah



shleima for the rabbi's brother and mother. "We thought the best way to honor them [mother and brother] would be to dedicate a sefer Torah because it is the tree of life and, as Mishlei says, it 'provides life for those who find it and heals all flesh."

The writing of the Torah began on Sep-

tember 20, 2015, 7 Tishrei. The actual writing took about a year and was done by Rabbi Alperowitz of Jerusalem. He was commissioned by Rabbi Neubort's father, who researched different scribes. "He saw samples from various scribes and this one caught his eye. There were other people ahead of us, but my father liked it so much he was willing to wait until Rabbi Alperovitch could start," said Rabbi Neubort.

Since he is both a ba'al korei and sofer, Hirsch offered up a unique perspective on the new Torah. "As a sofer, I love the old sifrei Torah and their style and or-



nateness. However, like a championship baseball team, there comes a time when you need to bring in young players to replace the older players, and I'm excited that we have a new Torah coming in." Rabbi Hirsch is of the belief that each sefer Torah has a personality that is impacted by the effort put in by the sofer.

This newest Torah is the first one that has been specifically written for Anshei Lubavitch. According to Rabbi Neubort, this makes it very meaningful to

CONTINUED ON P. 21





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- Established 18 years ago, jointly with the Ministry of Defense, Nahal Haredi proudly boasts 10,000 Veterans, after having received 5 of the highest honors this past year, Nahal Haredi has much to be proud of.
- The number of soldiers enlisting & voluntarily drafting are growing exponentially as
- 'Friends of Nahal Haredi helps Haredi youth achieve a better tomorrow, through army service, education & employment." The Torah leads their path every step of the way. These soldiers are building bridges and greatly contributing to Israeli
- Among other priorities, Nahal Haredi fund raises in an effort to help finance apartments for soldiers who sadly, are no longer welcome to go home for Shabbos or Yom Tov. NH also helps lone soldiers in need of secure housing.



**HOST AN EVENT IN YOUR SHUL OR COMMUNITY!** Interested in getting involved and making a difference? Have your shul or community host a ative program to provide all types of support to honor the Haredi soldiers who enlist in the IDF who are facing many challenges and to provide needed support for lone soldiers.

or further information on hosting a creative program in support of the Nahal Haredi please contact Evelyn Weinberger - weinbergerevelyn@gmail.com • Cell: 917-697-0063

Come visit us at our Center for Haredi Soldiers and Veterans, 26 Bezalel St., Jerusalem www.nahalharedi.org  $\cdot$  info@netzahyehuda.org  $\cdot$  Tel: + 972-2-6512987

## **Shomrei Torah to Host Special Veterans Tribute**

By Robert Isler

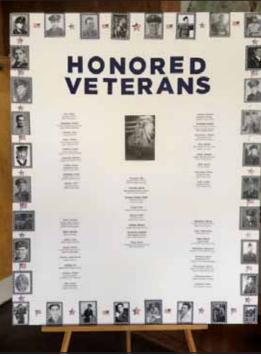
Shomrei Torah of Fair Lawn will be paying tribute to 44 veterans on Saturday night, November 11, at 8:00. Hosted by the Naftali Aron Torah Enrichment Program, it will be the first such event in five years and the largest to date.

The tribute will be unique in that it will honor members who served in the armed forces as well as direct relatives of members, including both parents and children. Event co-organizer Mendy Aron said, "They served our country; now let's say thank you and show our appreciation." Although the tribute spans various conflicts over the years, the emphasis for this night will be on World War II veterans. "There is a special hakarat hatov for that group, since they both liberated the concentration camps and helped enable all Jews in the U.S. to live and worship in free-

Of the 44 honorees, 25 served in World War II and 19 in other conflicts. Several of the former group are still alive and will be on hand. Fair Lawn's Mayor John Cosgrove will also be present for a special proclamation.

dom," explained Aron.

Among those being honored are two shul members who served as chaplains in the army. Rabbi Howard (Sonny) Gershon held the rank of captain. He served for two years in Fort Bliss, Texas, during the Vietnam War, beginning in 1967. Rabbi David Lapp was a career officer and a colonel in the army. He served nearly 25 years, from January, 1958 to November, 1982. He will be the keynote speaker. Rabbi Lapp's planned address, "Italy to Vietnam to the U.S.A., the



training exercise. He also cited his time in early 1960s Germany where there were still many displaced persons from World War II. Because of strict quotas, they weren't allowed to emigrate to the U.S., but were too old to start over in Israel. Germany gave them housing and stipends, but he was most proud that so many American Jewish organizations sent care packages to help them.

Along with the address and special proclamation, the event will include an encore documentary, "A November to Remember," first shown at the shul's 2012 tribute. That film, produced by shul member Maury Heller, focused on the stories of two men, Harry Feinberg, a veteran who was a liberator, and Abe Peck, a concentration camp survivor. Both men attended the show-



Teaneck





experiences of a Jewish Army Chaplain," promises to include many great stories.

Rabbi Lapp was asked to share a bit about his experiences as an army chaplain, and one thing quickly became apparent. Like the Jewish people in the desert after leaving Egypt, he was constantly on the move. He served in 14 locations during his tenure, including Fort Bliss, Texas; Fort Knox, Kentucky; and Fort Sheridan, Illinois stateside; with several stints overseas as well. He was stationed in Germany twice, and spent over a year in Vietnam.

Rabbi Lapp told The Jewish Link he was excited from day one to do his duty for both his faith and his country. When asked what he liked most about his experience, he said it was the religious services, education, discussions and classes. These were both for adults and dependent children. Rabbi Lapp clearly relished the opportunity to bring Jewish servicemen closer to their faith. When asked what he liked least, remarkably he said, "I didn't have any bad experiences, never any problems."

Among his most memorable experiences was when a unit of about 150 from the Israeli Air Force visited Fort Bliss for a group

ing at Shomrei Torah. In a Q&A that followed, Feinberg spoke of a young man he happened upon during the liberation who was barely alive. He called the medics, but wondered whatever came of the guy. In a touching moment, Peck, with tears in his eyes, came forward and thanked Feinberg on behalf of that young man as well as for the survivors for saving their lives.

The 2012 tribute included special honors for longtime shul members Harold Wohl and Norbert Schloss, both of whom served during World War II. Unfortunately, neither man is with us anymore, but it is still important to say thank you to those who served us so admirably.

The cost of the event will be \$18 a person, and will include a dairy dinner. If you would like to make a reservation, please visit http://shomrei-torah.org/event/-veterans-tribute.html, or contact Michael Glass at mglass1015@yahoo.com or Mendy Aron at Tuesdaystorah@ yahoo.com.

Robert Isler is a marketing researcher and a senior content writer who lives in Fair Lawn. He can be reached at at robertisler23@gmail.com.

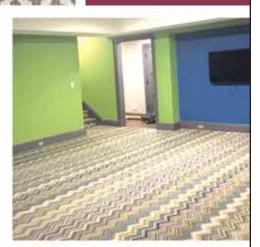
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## **COMMUNITY NEWS**

## **Great Big Challah Bake**

CONTINUED FROM P. 14

"The mission of Jewish Journeys is to strengthen Iewish homes. The power of the evening is that we came together, Jews of all denominations in unity. Building bridges and understanding one another is really important, commented Farkas. "We do The Great Big Challah Bake on a smaller scale every single month at the home of Esther Friedman. We are pros and our women were very excited that we took it on and so many stepped up to help. It was a great team effort led by Debbie Rosalimsky at the helm," she continued. "Looking around the room made me very proud. In 2011 I identified the need to help others with little to no formal Jewish educational background connect and today over 130 women have gone on a JWRP Israel tip and our community of diversity is strong and still growing and thank God we all love each other and get along. We are the

model for the way Jews should live together with one another."

"The Great BIG Challah Bake exceeded our expectations. Our primary goal was to gather Jewish women from different backgrounds and affiliations to make challah (many for the first time). Our intent was also to introduce women to the mitzvah of challah baking (one of the mitzvot given specifically to women) as well as to familiarize them with Jewish Journeys," explained event co-chair Debbie Rosalimsky.

"The Challah Bake was a wonderful coming together of women from various communities and levels of observance. It also helped raise awareness about our organization, Jewish Journeys, which inspires women to bring Judaism into their homes and families through a beautiful journey to Israel. I was honored to be on the planning committee for this event and I am looking forward to it next year," commented Jewish Journeys alum Tanya

Gurovich, who was in charge of setting up the room for the event.

The Challah Bake was a perfect opportunity for family members to partake in a meaningful group activity. "There was one family at our table that spanned four generations," Chabad Rebbetzin Nechamy Simon noted. "The great-grandmother lives in Fort Lee, the grandmother lives in Tenafly and the mother and daughter live in Cresskill." Tables were filled with mother-daughter duos as well as extended family who came from different communities to unite with one another.

Jewish Journeys alum Michelle Mandelman was in charge of ingredient breakdown. She said she felt blessed to be a part of this amazing event. "To be a Jew is to understand that we are given a mission to shine our light onto this nation," said Mandelman. "Being part of the Jewish Journeys Great Big Challah Bake allowed me to help create an evening of unity, inspiration and connection. We engaged in an act

of chesed, working to better ourselves, our community and the world," she added.

Factory 220 kindly donated the space for the event. Other generous sponsors included BML-Blackbird, Inflated Creations, Northeast Private Client Group, North Jersey Oral and Maxillofacial Surgery and Sari's Wigs, The Jewish Link and V&N Realty. This event could not have been possible without the help of so many volunteers, including the overwhelming number of students that various Bergen County Jewish day schools sent to sort ingredients, set up the room and assist throughout the challah bake.

The Jewish Journeys Great Big Challah Bake was organized in the merit for the refuah sheleima of Oriyah Chaim ben Miriam. All the proceeds from this year's challah bake will go to Jewish Journeys to continue their mission. They fundamentally believe when you inspire a Jewish woman you inspire a family and, ultimately, a community. To learn more about Jewish Journeys, please visit www.jewishjourneys.org.

## **Anshei Lubavitch Gets a New Torah**

CONTINUED FROM P. 17

the congregation. For Rockowitz, this Torah is particularly special because it is sponsored by the Neubort family.

"A siyum Sefer Torah," says Rabbi Avrohom Bergstein, associate rabbi at Anshei Lubavitch, "is a momentous occasion, not only for the congregation that will own the Torah but for the entire city that is home to the congregation. The Fair Lawn Jewish community collective-

ly celebrated the welcoming of this new Torah, and that was heartwarming to see."

As the three-plus-hour celebration to welcome the new Torah came to an end, Rabbi Neubort reflected, "Seeing my mother and brother honored with the last letter was an amazing, emotional experience." He notes there was a great energy in the crowd, and people were excited and spiritually up-

lifted as they saw the Torah being completed.

However, a Torah is meant to be read. And that's just what they will do at Anshei Lubavitch with their new Torah. With Shabbat coming, the Torah will be pulled out of the ark, placed on the bima and read from by the ba'al korei. As Hirsch put it, "Perhaps, if you listen, you will hear the other sifrei Torah kvelling at what a great job the youngster is doing."

While all the Torahs are special to Rabbi Neubort, he has no doubt he will have a special affinity for this one.



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## Friday Night, November 3

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## Shabbat, November 4

Avraham and the Call to Commitment

Immediately following services in the Straus Main Sanctuary

## Community Kiddush

PARKER FAMILY BALLROOM

## Seudah Shlishit

Challenges and Opportunities of Living in a Miraculous Age PARKER FAMILY BALLROOM

All events will take place at Congregation Ahavath Torah, 240 Broad Avenue unless otherwise noted.

\* For location and more information, please contact 212.960.5468







## BERGEN NEWSBRIEFS

### **Cub Scouts Lend a Hand** at Yeshivat He'Atid

This past Sunday the cub scouts of the Webelos Den of Pack 613 were hosted by Yeshivat He'atid, at the school's monthly VeShinantam davening/learning program held at the school. The program, spon-



sored by parents of children at the school, is held one Sunday morning a month, and it includes a davening session, followed by breakfast and learning with the children and their parents. The Webelos, accompanied by a couple of scouts from another den, completed their Duty to God requirement by preparing the siddurim, setting up breakfast, joining the davening, attending the learning and then cleaning up when the program was over. Fulfilling this requirement helped the scouts earn their first pins as Webelos.

## **Baked by Warwick Is Back** and Better Than Ever

Last spring three RYNJ students, Tali Pfeiffer, Yakira Smilow and Batsheva Rubenstein, started a kids baking class for second and third graders to raise tzedakah as part of their bat mitzvah projects. They held eight classes, working with their stu-

dents on new baking techniques and decorating skills. The goal of the project was to raise money for Bet Elezraki Children's Home. Some of the classes included Purim cake pops, emoji cupcakes, carnival food, krias yam suf cakes and imposter hamburger and fries desserts.

Baked by Warwick is excited to announce a new group of sessions called Cooked by Warwick! Sessions will begin next month and will include themes from all around the world, including Asian, Moroccan, Mexican and Israeli cuisine. Classes will be open to third and fourth graders. In addition to the classes, Baked by Warwick will now be offering children's birthday parties with cupcake- and cookie-decorating options.

To sign up for classes or learn more about birthday party options please email bakedbywarkick@gmail.com.

## **Congregation Shomrei Torah to Host Ninth** Annual Susan Nelson **Glasser Memorial** Kristallnacht **Commemoration**

Join Congregation Shomrei Torah as it hosts the ninth an-

nual Susan Nelson Glasser Memorial Kristallnacht Commemoration, sponsored by the Kovacs Family, which will take place on Motzai Shabbat, November 4.

The evening's featured speaker will be Natalia Indrimi, executive director, Centro Primo Levi, New York. "Oro Macht Frei," the winner of Best International Documentary at the 2015 Garden State Film Festival, will be screened, followed by a Q&A session with Indrimi. The film showcases the occupation of Rome and Northern Italy during WWII and documents not only the tragedies of deportation but also the sacrifice and courage of Italians who risked their lives to save their Jewish coun-

Doors will open at 7:45; the program will begin promptly at 8:00. The event is free and open to the public.

Congregation Shomrei Torah is located at 19-10 Morlot Avenue in Fair Lawn.



Tali, Yakira and Batsheva.



Baked by Warwick. (CREDIT: SMILOW)



Imposter dessert. (CREDIT: SMILOW)



Purim cake pops. (CREDIT: SMILOW)

## **BERGEN NEWSBRIEFS**

### Teaneck Teen Idol '18 Contest Plans November Auditions

Teaneck Teen Idol '18 Contest will hold auditions on Tuesday and Wednesday, November 14 and 15, 4-7:30 p.m. in the chorus room, #244, at Teaneck High School, located at 100 Elizabeth Avenue.

This contest is for all 13-18 year olds living or going to school in Teaneck. The auditioner must bring proof of age, residency or school attendance, plus a \$5 registration fee to the audition. The auditioner will sing up to a two-minute a cappella selection. Songs must be appropriate with no offensive language. No spoken-word



Touro's Dean Huberman Facilitates National Program on Combating Anti-Semitism on College Campus



Dean Steven Huberman, left, of Touro College Graduate School of Social Work, facilitated a major national program on "Combating the Isms of Modern Life-Undoing Anti-Semitism and Racism on the College Campus" at a meeting of the National Association of Deans and Directors of Schools of Social Work (NADDSSW). Over 200 deans were in attendance. Pictured right is Dr. Martell Teasley, dean of the College of Social Work at the University of Utah and president of the NADDSSW. The initiative took place at the annual program meeting of the Council on Social Work Education in Dallas, Texas, attended by over 3,000 educators and international leaders.

performances. Finalists will be announced in late November for the January contest.

Performers selected for the contest *must* be available for all rehearsals and will receive free vocal and performance coaching.

The 11th annual contest will be held on Saturday, January 20, at 8 p.m. at Teaneck High School. Judges will critique the singers during the performance and select five semi-finalists for the audience to vote for. Three finalists will receive cash prizes. The winner will get free recording time from Hobo Audio and will be featured in other performance opportunities during their titled year.

The performance schedule of the finalists can be adjusted to meet Shabbat needs.

The contest is sponsored by the Teaneck Community Chorus. For more information contact Jack Aaker at 201-390-8683 or go to teaneckcommunitychorus.org or facebook.com/teaneckcommunitychorus.

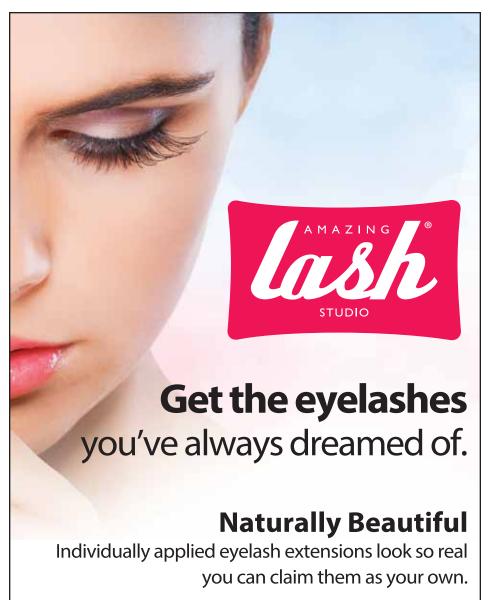
## **Upcoming Events at Bris Avrohom**

Friday night, November 10, is family night at Bris Avrohom. Join with your family for a spiritual, family-friendly beginners service, complete with song and inspiration, followed by a delicious Shabbat dinner. Candle lighting that night will be at 4:24 p.m. The beginner's service with separate children's service will be at 7 p.m., followed by a 7:30 p.m. Kiddush and Shabbat dinner. By reservation only!

Wednesday, November 29, at 8 p.m. will be a special night of Jewish-themed painting, a selection of wines and relaxing with friends. The early price is \$25 per person; after November 23 the cost will be \$30 per person. The evening is complimentary for Partners in Pride.

Bris Avrohom is located at 30-02 Fair Lawn Avenue, Fair Lawn, NJ 07410.





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## Kidney Donors



Rabbi Shelley Kniaz, Kidney Donor

I have lived in Teaneck for about 18 years with my spouse Rabbi/Dr. Eliezer Diamond and our son Matan Baruch.

We are members of Congregation Beth Sholom. We live on Magnolia Road, the "best block in Teaneck" (with our own WhatsApp account, "Moshav Magnolia"!) The first week of my recovery all of our delicious meals were provided by our wonderful neighbors!

I approached Renewal to do a swap for a dear friend, Hazzan Leon Lissek, but as soon as I heard I had recipient, I felt a jolt of connection to her, even though we had not met. Renewal held our hands throughout the process. I am forever grateful to them and to HaShem Yitbarach for making this possible. Like the birth of our son, donating was a highlight of my life.

After 13 years of living out of town as the Rav in Des Moines, Iowa and Charleston, South Carolina, Rabbi Ari Sytner and his wife

Chana moved to Bergenfield with their 4 children. Their family davens at Beth Abraham and Ohr Hatorah and their children attend Heichal Hatorah and RYNJ. Ari is a social worker and PhD candidate and works at Yeshiva University as the Director of Leadership and Community Development, where he consults and trains Shul leaders and rabbis around the country. Ari is also the author of The Kidney Donor's Journey.

On Chanukah of 2011, with the incredible support of Chana and his children, Ari donated a kidney to Ronit, a single mother of 3 children living in Israel. A few months ago, Ronit invited Ari to Israel to stand under the Chupah as part of her family, as she married off her

oldest daughter. Ari is thrilled to be a part of such a special family and is delighted that his kidney made Aliya!

Rabbi Ari Sytner, Kidney Donor



Join us November 11th at 8:30pm for the Gala Event at Congregation Keter Torah in support of local living kidney donors

The Renewal For more information on kidney donation contact P (718)431-9831 ext.206 E jsturm@renewal.org

## Museum of Jewish Heritage Hosts Inaugural Yahrzeit Lecture in Memory of Professor Yaffa Eliach, z"l

By Pearl Markovitz

On Sunday, October 29, over 250 people braved the elements to honor the memory of Professor Yaffa Eliach upon her first yahrzeit. The venue for the lecture was appropriate, as the Museum of Jewish Heritage is one of three repositories of Professor Eliach's archival trove, with the other two being The United States Holocaust Memorial Museum in Washington, DC and Yad Vashem in Jerusalem.

A moving tribute was presented in poetic Hebrew by Rabbi David Eliach, husband of Professor Eliach and one of the most celebrated Jewish educators in the US, having served as principal and dean of the Yeshiva of Flatbush. Rabbi Eliach described how Professor Eliach left behind a legacy

of pictures and testimonies. Professor Eliach was one of the first to portray Holocaust survivors as they were, vibrant and productive, before their dehumanization by the Nazis and their cohorts. She was also one of the first to explore the Chasidic per-

sonalities who lived through these tragic times, and she brought hope and inspiration to even the darkest days.

Rabbi Yotav Eliach, the son of Rabbi David and Professor Eliach and principal of Rambam Mesivta in Lawrence, Long Island, remarked on the appropriate timing of his mother's yahrzeit on the eighth of Cheshvan, which falls between the parshas of Noach and Lech Lecha. Noach's generation suffered the first Holocaust and survived. Lech Lecha takes us on Avram's journey to Eretz Yisrael, which Professor Eliach embarked upon as well after surviving the Holocaust.

Professor Smadar Rosensweig, the daughter of Rabbi David and Professor Eliach and professor of Judaic Studies at Stern College for Women, described her mother as having been a "superhuman eshet chayil. She was glamorous yet down to earth, she had an infectious dynamism, she was a force of nature with boundless energy. She was a devoted mother, grandmother and great-grandmother who com-

missioned an artistic chuppah for the weddings of her grandchildren."

Professionally, Professor Eliach was a trailblazer and a pioneer, a world-class scholar with an international reputation. She earned a PhD through her study of the Baal Shem Tov, was a fellow at Princeton University and was bestowed with numerous awards and citations throughout her career. Her curricula for teaching the Holocaust which has been utilized worldwide, helped keep the cadences of Jewish life alive. "She is a flaming torch to future generations," Professor Rosnsweig remarked.

The keynote speaker for the event was Professor Elisheva Carlebach, Salo Baron professor of Jewish Studies and History, Culture and Society. In a presentation entitled "Archives and Ashes: On Record-Keep-



⁄affa Eliach

ing in Jewish History," Professor Carlebach credited Professor Eliach with "harnessing the power of the archive as testimony to the Holocaust" through the thousands of testimonies she gathered. These testimonies came not only from the survivors themselves, but through the hundreds of students whom she sent out to interview the survivors and who then became eyewitnesses as well. Through her extensive interviews of the liberators, she created another body of eyewitnesses. Her model of interviewing and gathering testimony has become widespread in museums and academic institutions throughout the world. As early as 1974, Eliach's Center at the Yeshiva of Flatbush became the first repository outside of Israel to collect Holocaust testimonies.

Through her archives and her Tower of Life at the United States Holocaust Memorial in Washington, DC, viewed by over 20 million people annually, Professor Eliach helped return humanity to the victims of the Holocaust.

## Join JCC on the Palisades for a Trip to the Brooklyn Museum

Thursday, November 9, 10 a.m.-4:30 p.m.

Come with us to where it all seems to be happening: Brooklyn! The Brooklyn Museum is home to a plethora of masterpieces; explore this vast collection of treasures. We will all go on a docent-led tour of museum highlights with ample time left for you to meander through the galleries yourself. Highlights will include Ancient Egyptian art, American and European collections, and of course The Dinner Party by Judy Chicago. Lunch on your own. Bus from the JCC. Cost: \$65 JCC members; \$80 public. For more information, or to register, please call 201-408-1496.

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## Sunday - November 12th 9-10:30AM Young Israel of Teaneck

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Peter Globus is an MBA graduate business intelligence professional working with people, business questions, and data. He is passionate about Excel, BI, analytics, and data visualization. His writing explores the depths of analytics topics, professional use of Microsoft Excel, Power Pivot, Power BI, and analytics software. His first book is on the VLOOKUP function. He has worked for over fifteen years using data analysis in the fields of retail, supply chain, and real estate.



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## Yoni & Jenny Muschel:

We chose to move to Fort Lee because we were looking for a spacious and affordable apartment that was in close proximity to NYC. The outpouring of warmth and support we have received since day one from this friendly and diverse community makes us proud to call Fort Lee home.



## Join us on Sunday, November 5 at 10am

for an informational brunch to learn more about our community! Email: yiftlee@gmail.com to R.S.V.P. Young Israel of Fort Lee 1610 Parker Avenue Fort Lee, NJ 07024 Tel: 201-592-1518 www.yiftlee.org



## **COMMUNITY NEWS**

## Nitzanei Noam Is a Marvelous Mix

By Joyce Buckman

What do you get when you mix warm, nurturing, well-trained early childhood morot with young children who are exuberant, curious and eager to learn? You get Nitzanei Noam, a warm, dynamic, child-centered nursery school. A nursery school whose staff understands the importance of teaching the very youngest children of our community.

The chagim, Shabbat, Israel and seasonal secular holidays, such as Thanksgiving, form the bedrock of our curriculum, which is based on a continuum that caters to the needs of all our children: the twos, who are just emerging from toddlerhood, as well as the threes and young fours, whose language and knowledge about the world is more developed. We use a differentiated curriculum to assure that each child will receive what he or she needs to grow.

To help young children navigate their social arena, the morot model how to be a kind friend and how to resolve conflicts. Much of our play and learning takes place in small groups. In the 3-year-old class, the children have "kvutzot" in which learning, both concepts and skills, takes place in groups of five. Of course we all daven together—just like we all do in shul!

Ongoing teacher training is an essential component of our program and we have been fortunate to be part of the Mesorah Community of Practice (MCOP), an offshoot of the Paradigm Project. This affords us the ability to receive professional development on current early childhood best practices that have been implemented in yeshivot all around the country.

From the outset, one of the primary goals of Nitzanei Noam has been to set our hours to accommodate the needs of parents who work outside the home. To that end, we have expanded our hours by offering





pre and post care. In addition, we are open most erev Yom Tovim, as well as Chol Hamoed Sukkot, and we have a shortened yeshiva break. In this way, we strive to make life easier for both parents and children.

We would love for you to visit and explore Nitzanei Noam! If you are interested in seeing Nitzanei Noam in action, please email jbuckman@yeshivatnoam.org or call the school office at 201-836-6871.





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## Cosmo Insurance Holds First-Ever Health Insurance Seminar

### **By JLNJ Staff**

For the first time ever, Cosmo Insurance Agency hosted a health insurance seminar at Lazy Bean Café in Teaneck. The topics discussed at the seminar related to open enrollment for individuals and businesses. With open enrollment beginning on November 1 and ending on December 15, the seminar came at the perfect time to inform people about all the changes and new laws happening in 2018 so they can fully understand their options. Residents from the northern New Jersey area came with questions and were met with detailed answers provided by Cosmo Insurance's knowledgeable brokers.

Some of the topics that were discussed included

- Trump's effects on Obamacare
- The carriers AmeriHealth New Jersey, Horizon BCBS, and OSCAR
- The health insurance marketplace
- Open enrollment 2018
- Business insurance
- Husband/wife insurance

With open enrollment coming up, Cosmo Insurance's extensive knowledge of the health insurance industry helped people learn about the options offered by each of the reputable carriers with which they partner. The options include AmeriHealth New Jersey's Advantage plans, Horizon's OMNIA Plans and OSCAR, a new carrier coming to New Jersey this year. There were several questions specific to each of the carriers; guests were interested in comparing all of the options that were offered for 2018 to find which one best suits their needs.

Cosmo Insurance was very happy to answer questions related to the carrier OSCAR as they are welcoming OSCAR back into the New Jersey market as a reputable carrier with lots of added perks. Namely, telemedicine, through which you can book an appointment, speak to a doctor and even receive a prescription through their specialized concierge service. With OSCAR, you can be anywhere in the country and have your prescription filled.

Another option that was discussed is the Horizon OMNIA plans where you have the option of Tier 1 and Tier 2. In both Tier 1 and Tier 2 you have access to a wide network where you can set appointments with your prefered doctors, hospitals and other health care professionals, and the benefits include having lower deductibles, lower copayments and lower out-of-pocket costs.

AmeriHealth New Jersey was also discussed during the presentation. They have a wide network of doctors and other medical professionals, and their silver advantage plan and gold HMO regional plan are the best for anyone taking brand name drugs as their prescriptions with a \$125 max.

After Cosmo Insurance's presentation, there was an hour-long Q & A where guests were able to get individual and personalized help from each of Cosmo's brokers related to both individual and business health insurance.

Whether or not you were able to attend the seminar, Cosmo Insurance's customer service will gladly answer any questions you have from Monday-Friday and will provide you with assistance navigating the health insurance marketplace for 2018 from start to finish. You can contact them at 201-817-1388.

Mark Herschlag is the owner of Cosmo







## **Teaneck Mikvah Association Honors** Staff at Eighth Annual Women's Event

By Jenny Gans

Each November, approximately 600 women from across the Teaneck, Bergenfield and New Milford communities attend the Teaneck Mikvah's most important fundraiser, its annual women's event. The event is a chance to support the mikvah and express hakarat hatov to those who dedicate themselves to its operation and success. This year, on Monday, November 20, at 7:15pm, guests will have the opportunity to express their gratitude not just to one honoree, but to the entire staff, women who dedicate themselves to the mikvah and to the mitzvah of taharat hamishpacha.

The mikvah staff wholeheartedly embraces their critical and sensitive roles with professionalism and respect. They work together to provide the most positive experience possible, whether it is fielding ques-

tions that come up, shuffling schedules to help out a fellow mikvah staff member or even learning the technical aspects of how the mikvah functions. "I have only been part of this 'mikvah team' for a few months...and I feel like it is more of a family than a team," said one of the most recent additions to the staff, Chani Gildin.

The shomrot and receptionists meet with Rav and Rebbetzin Neuburger of Congregation Beth Abraham, both as a group and individually, when they begin working at the mikvah. "Our attendants are selected for their ability to communicate the importance of the mitzvah and the excitement that can be a part of it," Rav Neuburger said. "They are selected, trained and coached by our chief shomeret Mrs. Miriam Feman, who through years of experience and great love for every Jew and every mikvah is one of the jewels in our crown."

"The mikvah staff ensures that the mikvah is up and running for the patrons to use in the beautiful and serene environment women have come to appreciate, and they are proud to play a role in helping women perform the mitzvah in a positive and dignified manner," said Nomi Rotblat, president of the Teaneck Mikvah Association.

As in many jobs, the mikvah staff undergoes periodic continuing education in the form of halacha refreshers and sensitivity training. "It is a top priority to us that our patrons feel respected and that they have a positive experience," said Rotblat. "We meet once or twice a year to see how we can make it better for our patrons. We understand that each person is different and we try our best to accommodate to their individual needs," explained long-time shomeret Shana Schmidt.



Chava Willig Levy

Chana Sytner joined the staff of the mikvah, eager to be a part of this timeless mitzvah. She explained, "The role of the shomeret is defined by her unwavering commitment to helping women fulfill the mitzvah of taharat hamishpacha with dignity and compassion. The Teaneck Mikvah is staffed by professionals with a singular focus on supporting each woman during her personal time at the mikvah." This sentiment perfectly captures what Rav Neuburger described as the dual nature of the role of the shomeret. "The mikvah attendant is forever balancing the sacredness of the mikvah with the practical requirements of the mikvah preparations—assisting in those preparations and respecting the privacy and personal ownership of the mitzvah."

"I am so proud of my team and honored to work with such a professional and dedicated group," said Feman about the shomrot and receptionists. "I continue to learn from them, and when I am not there I know that my mikvah is in good hands."

In an evening dedicated to accomplished women, the Teaneck Mikvah is honored to be hosting Chava Willig Levy as the keynote speaker. Levy is an award-winning lecturer, editor, advocate and author with a particular interest in childhood, parenthood, Judaism, disability and family life, and authored her memoir, "A Life Not With Standing."

In addition to being an entertaining evening with an opportunity to reconnect with friends and make new ones, the annual women's event is an essential fundraiser, complete with fabulous raffle prizes. Funds raised enable the mikvah to close the budget gap that the nightly usage fees and other fundraising campaigns do not cover. Although the mikvah board is grateful to the shul memberships, presidents and rabbis for adopting the mikvah assessment on the shul bills, these funds do not completely cover insurance premiums, salaries, utilities, mortgage payments, repairs, maintenance and other monthly expenses. "The generous sponsorships from the annual event are critical in helping us cover our expenses," said Ruchi Tiger, the mikvah's treasurer.

As in past years, this year's event will be held at Congregation Keter Torah, located at 600 Roemer Ave in Teaneck. To register and sponsor, visit www.teaneckmikvah. com/event.

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## YU Undergrads Liven Holiday Celebrations in 39 North American Jewish Communities

By JLNJ Staff

Over the holiday season, more than 160 Yeshiva University students traveled to 39 communities across North America to share their love of Torah and enliven holiday celebrations as part of the Aaron and Blanche Schreiber "Torah Tours" mission.

For more than 40 years, Torah Tours has sent students to synagogues as close as Fair Lawn, New Jersey, and Scarsdale, New York, and as far as Memphis, Tennessee, and Charleston, South Carolina, where they deliver shiurim, lead prayer services and engaging programming for community members of all ages and add their spirit to the dancing on Simchat Torah, all while gaining valuable insight into how Jewish communal life functions in different areas.

"Torah Tours is both an opportunity to share the richness of the YU education and spirit with communities as well as a chance for our students' holiday experiences to be enriched by the breadth and depth of Jewish life in those communities," said Talia Molotsky, Yeshiva University's student life coordinator. "For many students, this is a highlight of their YU experience. The widespread interest and capability of our student body to participate in a program like this is truly a testimony to their dedication to Torah life and the Jewish community."



The Torah Tours team for Pawtucket, Rhode Island, tour local sites before Yom Tov.

Rivka Salhanick, a senior studying biology at Stern College for Women, decided to participate in Torah Tours because of the impact the program had made on her own holiday celebrations growing up in New Haven, Connecticut. "When I was younger, I loved dancing with the YU students who came for Simchat Torah. They brought so much ruach and spirit to our community and made a difference in my experience as a child. I wanted to do the same for other communities," she said.

"My group had a wonderful experience in Livingston, New Jersey. The community there is diverse and still maintains such a wonderful sense of achdut. After three days there, dancing and organizing programming for kids and young adults, we truly felt part of the community."

Bella Adler, a sophomore from St. Louis, Missouri, studying Jewish education, traveled with her group to Ohawe Shalom Synagogue in Pawtucket, Rhode Island, for the holiday. "I am interested in Jewish leadership and how successful Jewish communities are built, and I also love to travel and meet new people, so Torah Tours was the perfect opportunity to travel to a Jewish community and use the opportunity to mold myself into an influential Jewish leader," explained Adler.

"The people that volunteer their lives to keep the synagogue in Pawtucket together



Torah Tours participants with their hosts in Fairfield, Connecticut.

taught me about staying faithful to religion no matter the circumstances. In turn, our group helped the members of the shul gain a deeper appreciation for prayer and showed them how to get excited about religion and embrace each and every opportunity to engage in avodat Hashem with a smile."

Benjamin Freund, a sophomore from Minneapolis, Minnesota, was moved by his interactions with community members at Congregation Shaar Hashamayim in Montreal, Quebec. "We were in a different country, but it felt like home. The shul was beautiful, the people were beautiful, the cantor and the choir were beautiful and the whole experience was

just beautiful," he said. "This trip helped me realize that everyone has the potential to inspire others. In this case, it was my



Torah Tours participants in Montreal, Quebec.

dancing with the Torah that inspired someone in the community to begin exploring his own place in Judaism further. My Torah Tours experience taught me that you don't have to be an amazing public speaker to become an inspirational figure for others—every single action can have a lasting positive effect on someone else."





OPENING REMARKS BY

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## 2<sup>nd</sup> Annual Family Wellbeing Seminar

A Morning of Workshops Focused on FamilyLife, Marriage, Parenting, and the Self led by Mental Health Professionals in memory of **Chana Poupko ob"m** 

## **Workshop Session Selections**

## Sunday Morning, November 12th

Free and Open to the Public Register at

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8:30am Registration and Light Bagel Breakfast 9:15am Keynote Address

> Rabbi Yehiel E. Poupko author of 'Chana:

10:00am: Workshop Session #1 10:45am: Workshop Session #2

11:30am: Workshop Session #3

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The Family Wellbeing Seminar is sponsored by the Chana Poupko Memorial Campaign funded by members of Congregation Ahavath Torah and Family and Friends of the Poupko Family.



## **COMMUNITY NEWS**

## Friends of IDF 'Night of Heroes' Raises \$35 Million for Israeli Soldiers

By Tzvi Allen Fishman and Nancy Miller

With a most impressive and touching array of presentations, the Friends of the Israel Defense Forces, "FIDF," hosted its annual Gala Dinner at the New York Hilton Hotel on Monday night, October 23, with over 1200 guests. The evening, titled "A Night of Heroes," resulted in an unprecedented group of pledges in support of crucial FIDF activities, totaling more that \$35 million dollars, donated by leading Jewish leaders, business people and philanthropists from across the country.

The work of the FIDF in Israel is a most critical adjunct to the heroic activities of the Israel Defense Forces. Established in 1981 by a group of Holocaust survivors, it has blossomed into the most vibrant soldier-support organization in Israel, whose mission is to provide cultural, educational, recreational, social and financial support to the members of the IDF and their families.

A vast number of projects are included in the work of the FIDF. The organization provides for the needs of lone soldiers, who have no family in Israel; for families of soldiers whose because of their IDF service do not have the financial means to support their food and housing needs; for families of wounded soldiers; and for wid-



FIDF Gala Dinner. (From left) Outgoing Israeli Air Force (IAF) chief Maj. Gen. Amir Eshel; legendary IAF pilot Danny Shapira; and FIDF National Director and CEO Maj. Gen. (Res.) Meir Klifi-Amir. (CREDIT: SHAHAR AZRAN)



FIDF Gala Dinner, IDF Soldiers with Dr. Miriam and Sheldon Adelson. (CREDIT: SHAHAR AZRAN)

ows or widowers and orphans of families who have lost a spouse and/or parent due to their service in the IDF.

The FIDF Gala was chaired by FIDF National President Rabbi Peter Weintraub, a 16-year veteran supporter of the work of FIDF and a sponsor of over 85 Combat Veterans Scholarships through its IMPACT Educational Scholarship program. It included words of greeting by FIDF National Chairman Arthur Stark and FIDF National Director and CEO Maj. General (Res.) Meir Klifi-Amir. The master of ceremonies was Fox Business Network Anchor Liz Claman, who also interviewed various special guests.

The "Night of Heroes" saluted the brave IDF soldiers and veterans from all over Is-

rael and from various services in the IDF. Included was a special commemoration of the 50th Anniversary of the Six-Day war, led by 92-year-old IAF fighter pilot Danny Shapira. Mr. Shapira, interviewed by Liz Claman, told of the very beginnings of his service in a fledgling Israeli Air Force at the creation of the state of Israel in 1948 and how he had continued his illustrious career in the IAF as a pilot, commander and test pilot. The tradition continued with his children who also served in the IAF.

Major General Amir Eshel, Israel's outgoing IAF Air Force commander, spoke about the new and recently acquired F-35 Adir fighter jets and how they are a game changer in the region. The F-35 is produced

CONTINUED ON P. 51

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FIDF Gala Dinner. New Jersey Region Activists: (from left) FIDF National Director and CEO Maj. Gen. (Res.) Meir Klifi-Amir; Maj. Gen. Amir Eshel; Ellen Sokoloff and her husband, Lloyd, who is an FIDF national board member; FIDF National Board Member and New Jersey Chapter Co-Founder Sammy Bar-Or; Annette Tauber Stern, who will co-chair the upcoming FIDF New Jersey gala; FIDF New Jersey Director Howard Gases; FIDF National President Rabbi Peter Weintraub; and Sylvia and Arthur Stark. (CREDIT: SHAHAR AZRAN)



Hours: Sun.-Thurs. 10:45 - 7:00

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Dena Block **Director of Admissions** 

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The Mordecai and Monique Katz Academic Building 120 West Century Road Paramus, NJ 07652 **Judith Goldsmith** 

**Admissions Coordinator** 

201-267-9100 admissions@frisch.org Register at: www.frisch.org/openhouse



## **Bruriah High School**

**Sunday** November 5 9:30 am - 12:45 pm Registration

at 9:00 am 35 North Avenue, Elizabeth, NJ 07208 Aliza Blumenthal Director of Student Life 908-355-4850

ablumenthal@thejec.org Register at: bruriah.thejec.org



## Naaleh **High School** for Girls

**Saturday Night November 11** 7:00 pm - 8:30 pm

Congregation Rinat Yisrael 389 W. Englewood Ave, Teaneck, NJ 07666 www.naalehhighschool.org To pre-register, email Mrs. Deena Kobre

at info@naalehhighschool.org

**Head of School** 



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## Shara Lipson, Director of **Upper School Admissions**

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The Marsha Stern **Talmudical Academy Yeshiva University High School for Boys** (MTA)

**Sunday, November 12** Registration: 9:00 am **Program Begins 9:30 am** 

2540 Amsterdam Avenue New York, NY 10033

## Jono Fuchs **Director of Admissions**

212-960-5400 ext 6676 admissions@yuhsb.org Pre-register at



## Rae Kushner Yeshiva **High School**

**Sunday November 12** Registration: 9:00 am Program: 9:30 am

110 South Orange Avenue Livingston, New Jersey 07039 **Allison Lyons** 

862-437-8050 alyons@jkha.org Pre-register at: www.jkha.org/RKYHSOPENHOUSE

**Director of Admissions** 



The Idea School

**Sunday November 12** 2:00-4:30 pm

70 Sterling Place Teaneck, NJ 07666 To register, please visit www.theideaschool.org

Tikvah Wiener **Head of School** 

Tikvah.Wiener@theideaschool.org 917-209-2665



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**Tuesday November 14** Welcome and Registration begins at 6:30 pm

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Rabbi Sariel Malitzky **Director of** Recruitment

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and Student Affairs

## **ESSEX & UNION NEWSBRIEFS**

## 'Farm to Table' Food Enjoyed at DOI



(I-r) Roberta Frank and Georgette Koval participating in the harvest.

At Daughters of Israel, residents participated in the "farm to table" experience. With the help of Director of Housekeeping Norval Kelly, residents planted butternut squash in the beginning of the summer. Residents and staff recently harvested the bountiful squash, which Executive Chef Glen Garew incorporated into a gourmet meal for the residents.

## **Cong. AABJ&D Hosts Author Miriam Dobin on Sunday**

The community is invited to Congregation AABJ&D in West Orange on Sunday, November 5, at 10 a.m. to hear Miriam Dobin, director of Early Childhood at AAB-J&D, speak about her new book, "I Am Because of You," a triumphant and surprising story of how her family survived the Holocaust and re-built their lives. It's a story for all who have experienced loss, illness, hope and triumph. The event will take place in AABJ&D's Sefardi wing.

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

### **Elmora Hills Minyan to Host** Rabbi Tzvi Hersh Weinreb

Join the Elmora Hills Minyan on Motzei Shabbat, November 4, as it hosts Rabbi Tzvi Hersh Weinreb as part of its guest scholar series. Rabbi Weinreb will speak about "The Three Greatest Problems Facing American Orthodoxy And What You Can Do About It." The talk will begin at 8 p.m.

Rabbi Weinreb is the executive vice president emeritus of the Orthodox Union and editor-in-chief of the Koren Talmud Bavli. He received semicha from Rabbi Jacob Joseph Yeshiva and a PhD from the University of Maryland.

The Elmora Hills Minyan is located at 961 Magie Avenue in Union.

### 'Starting Over Again' to **Be Shown in Cranford**

The Israel Support Committee of Central New Jersey invites the community to attend the New Jersey premiere of the documentary "Starting Over Again."

Egypt had a thriving Jewish community for centuries, that ultimately grew to 75,000. The community was destroyed by anti-Semitism and Arab nationalism in little more than 10 years, forcing the Jews to leave their homes. This epic film tells the story of Egyptian Jews, many prosperous professionals and merchants, who became expelled refugees, forced to start over again in new countries. Viviane Acker Levy, herself an Egyptian Jewish refugee, will share her experiences after the

CONTINUED ON NEXT PAGE

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Register at jecls.org/open-house

## **ESSEX & UNION NEWSBRIEFS**

### CONTINUED FROM PREVIOUS PAGE

This documentary will be screened at Temple Beth El/Mekor Chayim, 338 Walnut Avenue, Cranford, on Sunday, November 5, at 2 p.m. It is open to the public. Light refreshments will be served. Cost is \$8 in advance, \$10 at the door. Send checks to Israel Support, 18 Shalom Way, Scotch Plains, NJ 07076.

For questions contact Conrad Nadell at conradwho@gmail.com or at 908-531-8228.

## **MetroWest Community to** Jointly Sponsor Screening of 'Destination Unknown'

Congregation AABJ&D, Congregation Etz Chaim, Congregation Ohr Torah and The Synagogue of the Suburban Torah Center present a free screening of "Destination Unknown" in commemoration of Kristallnacht. The film will be followed by a presentation and Q&A with Holocaust survivor Ed Mosberg. The event will be held on Tuesday, November 7, at 7 p.m. at the MetroWest JCC, located at 760 Northfield Avenue, West Orange. For questions, or to RSVP, please contact Cheryl Munk at cherylmunk2@gmail.com.

## **JFS MetroWest Offers Suicide Prevention Continuing Education Course**

JFS MetroWest is offering a continuing education class entitled, "Preventing Suicide in Adolescents and Young Adults" on November 3 from 8:30 a.m. to 12:30 p.m. at the JCC MetroWest, 760 Northfield Avenue in West Orange. The program features speaker Suzanne A. Levy, Ph.D., who is the co-developer and director of the Attachment-Based Family Therapy Training Program at Drexel University. The workshop will teach participants how to engage families when working with depressed or suicidal adolescents, recognize barriers to engaging families in treatment, identify and assess risk for suicide, distinguish between risk factors and warning signs and review current models for conducting safety planning with sui-

The program is intended for, but not limited to, social workers, mental health professionals, educators, school counselors, community leaders and professionals. School professionals will earn three personal development hours and social workers will earn three NJ NASW approved CEUs. The cost to attend is \$35 per person for those who register by October 27 and \$45 per person for those registering after October 27. The program includes a breakfast that adheres to dietary laws. Please visit www.jfsmetrowest. org to learn more and to register.

The workshop is generously funded by the Eric Eliezer Levenson Foundation for Hope, which is in memory of Eric, son of Eta and Mark Levenson, and supports programming related to mental health awareness. It is also funded by a matching grant by the Jewish Funders Network and Genesis Prize Foundation as part of the "Breaking Barriers" initiative aimed at promoting inclusion for those with disabilities in Jewish life. With these funds, JFS MetroWest is training its staff on additional treatment modalities, offering programming in the MetroWest Jewish community related to the stigma of mental health, including understanding the potential impact of anxiety and depression, and providing educational programming on suicide pre-



## **Cub Scout Pack 365 Visits WO Firehouse**

The Cub Pack 365 visited West Orange Fire Station 4. The troop got a tour of the firehouse and was shown all of the equipment, and the scouts even got to shoot the fire hose.

### **Support Sharsheret's Ninth Annual Pies for Prevention**

Buy delicious pies and support Sharsheret at the same time! All ingredients are certified kosher and pareve. All baked goods are homemade and prepared in a kosher kitchen. Order by November 14 and pick up the day before Thanksgiving.

For more information, please visit https:// interland3.donorperfect.net/weblink/weblink.aspx?name=sharsheret&id=24.

## **MetroWest Community Looks** to Start Bereavement Group for **Parents Who Have Lost Children**

The Greater MetroWest community has had inquiries regarding starting a peer support group in the Essex county area for par-

ents who have lost children. In response, a few local parents, in conjunction with co-sponsor The Joint Chaplaincy of Greater MetroWest, are looking to start a bereavement group. For more information, please contact Eta Levenson at jeserichad@gmail.com or Avrill Nussbaum at thechazz23@aol.com.

## **Millburn Library to Host WWII Presentation**

On Wednesday, November 8, at 7 p.m, Springfield resident Peter Kessel, a self-described "hobby historian," will present his unique connection to the all-black membership of the 761st Tank Battalion that fought in four major Allied campaigns during WWII, including the Battle of the Bulge. He will share how the battalion helped liberate a concentration camp in Austria and will share a little-known fact about famed baseball player Jackie Robinson's connection to the group. The presentation will take place at the Millburn Free Public Library, located at 200 Glen Avenue in Millburn, New Jersey.

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## **MIDDLESEX NEWSBRIEFS**

## Ahavas Achim University to Host Rabbi Menachem Penner as Scholar-in-Residence

Ahavas Achim University will host Rabbi Menachem Penner as scholar-in-residence on Shabbat, November 10-11. Rabbi Penner, dean of Yeshiva University's Rabbi Isaac Elchanan Theological Seminary, is an inspirational and dynamic speaker charged with producing the future rabbinic leaders of the American Jewish community.



Rabbi Penner will speak on Friday night at 8:30 p.m., followed by an oneg Shabbat, on "What the Avot (and the Yankees) Can Teach Us About Tefillah."

On Shabbat morning, in the main sanctuary, Rabbi Penner will give a drasha before Mussaf entitled "Finding Meaning in Shabbat Mussaf."

On Shabbat afternoon at 4:45, at Seudah Shlishit, he will speak on "Disabilities in the Jewish Community: One family's Journey."

Rabbi Menachem Penner is the Max and Marion Grill Dean of Rabbi Isaac Elchanan Theological Seminary at Yeshiva University and the Men's Undergraduate Torah Studies Programs at Yeshiva University. Rabbi Penner received his semicha from RIETS in 1994 and his BA from Yeshiva College in 1991. The parent of a child with special needs, he speaks across the country on issues of children with disabilities.

Ahavas Achim University is located at 216 South First Avenue in Highland Park. For information, please call 732-247-0532 or email info@ahavasachim.org.

## Cong. Ahavas Achim to Feature Musical Shabbat With the Maccabeats

Join Congregation Ahavas Achim on Shabbat, December 15-16, for a musical Shabbat Chanukah featuring the Maccabeats. There will be a menorah lighting, followed by kabbalat Shabbat and a musical dinner, dessert and oneg. The next day, following the 8:45 a.m. Shacharit and Mussaf, there will be a celebratory kiddush and, later, a musical seudat shlishit.

The cost for the Friday night dinner is \$25 per person and a maximum of \$100 for families who are full or associate members of Ahavas Achim. Priority reservations will be taken for all full and associate members until November 17.

For more information, please contact Harriet Adelson at hsadelson@yahoo.com or Susan Frank at susanhfrank@gmail. com. For information about sponsorships, please contact Elliot Frank at elliot.frank@hackensackmeridian.org.

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

## Genealogy Club of Central Jersey Plans November Meeting

The next meeting of the Genealogy Club of Central Jersey (GCCJ) will be on Thursday, November 9, at 7 p.m. at Ahavas Achim Synagogue, 216 South 1st Ave., in Highland Park.

The featured speaker will be Lew Meixler, who will discuss "Building a Family Tree on Ancestry.com—Plus Adding Media, Fixing Errors, and Other Things That You Can Do." All are welcome.

## Start-Up Nation Tech Fair Hosts Israeli Tech, Innovation and Internship Fair at Rutgers University

The Israeli tech and innovation fair is better known as Start-Up Nation Technol-

ogy Fair, a traveling exhibition that will be hosting an event locally at Rutgers University on November 3. In an effort to combat the recent upswing in BDS resolutions passed on campuses around the US, Start-Up Nation Technology fair is a proactive and positive initiative showcasing Israeli companies and their groundbreaking technologies.

The fair comprises two parts. The first is a trade-show floor, on which 10-15 early-stage

Israeli companies will exhibit their technologies, products and services. This is also an opportunity for Israeli tech companies to recruit paid and unpaid interns while meeting students face to face and collecting resumes. The second part of the fair, which varies by campus, consists of panel discussions, film screenings, or Shark Tank-style pitch competitions.

These events are apolitical. They do not touch on issues that stir controversy. Rather, they focus on (a) innovation, (b) ed-

ucation and (c) job opportunities for students. Each Start-Up Nation Technology Fair is sponsored by at least five student organizations and/or university departments that are *not* Israel or Jewish related. These organizations are typically business and engineering focused, bringing a broader base of students to the fairs. They can connect students with student organizers at each university.

Last year, these events averaged over 170 attendees with saw upwards of 500 at some campuses. They connected nearly 40 early-stage startups with students around the nation. Furthermore, 225 students applied for 50 internships with Israeli companies based in the US and Israel. Their mission is to enable students to see Israel "beyond the conflict," through the lens of innovation and technology. They are building a pluralistic network of students under the umbrella of technology. Start-Up Nation Technology Fairs is an initiative of Hasbara Fellowships, Israel Ideas and the Israeli Ministry of Strategic Affairs.

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## **DAF YOMI HIGHLIGHTS**

## Sanhedrin 105



By Rabbi Zev Reichman

May these words of Torah serve as a merit le'iluy nishmat Menachem Mendel ben Harav Yoel David Balk,

This week we learned Sanhedrin 105. These are some insights.

### Sanhedrin 105: Does Judaism believe in reincarnation?

The Karaites were a cult of Jews who only accepted the literal meaning of the Torah's words and rejected the oral tradition. They also believed in reincarnation. They believed that souls would come back and live multiple times. They even claimed that the soul of a person might come back and get reincarnated into the body of a dog or a cat. Rav Sa'adia Gaon fiercely fought the Karaites and their heresy. In Emunot VeDeiot (Ma'amar 6 Os 7), Rav Sa'adia Gaon rejects the belief in reincarnation. He calls such a belief a confused hallucination. The masters of Jewish mysticism, however, teach that Judaism does believe in reincarnation of souls. Ya'avetz points out that Rav Sa'adia was never exposed to the Kabbalah. The Kabbalists talk often about reincarnation. Ben Yehoyada feels that our Gemara is proof to the doctrine that souls return.

Our Gemara states that Lavan the Aramean, Be'or (father of Bilam) and Kushan Rishatayim (a Syrian king who enslaved the Jews in the days of the Jewish judge Otniel ben Kenaz) were all the same person. Ben Yehovada argues that this Gemara cannot be taken literally. Ya'avetz points out that more than 500 years elapsed from the days of Lavan to the days of the Jewish judges. Bilam himself only lived for 33 years (Sanhedrin 106b). It is hard to accept that his father Be'or lived for more than 500 years. Our Gemara is based on the doctrine of gilgulim. The soul of Lavan was reincarnated into Be'or and later it entered the world again as Kushan Rishatayim. Rav Yosef Chaim in his responsa Torah Lishmah (Siman 458) quotes an interesting proof to the concept of gilgulim. Shlomo Hamelech declares in Kohelet, (1:4) "Dor holeich v'dor ba—a generation goes and then a generation comes." This seems out of order. It should state: a generation comes and then

a generation goes. The order of the verse is to teach us that many souls are reincarnated. The souls of a generation leave and then they come back in new bodies. A generation goes in order to then come back.

Ramban in his commentary to the book of Iyov (Chapter 33) teaches that the doctrine of reincarnation helps resolve the challenge of why the righteous suffer. Many righteous people are reincarnated souls. Sins performed in earlier incarnations impact the fate of their lives while living at this time.

The concept of reincarnation is invoked by poskim. Shu"t Maharam Mintz (Siman 14) rules that a father may not recite the blessing of "who performs for the guilty acts of kindness" (hagomel lachayavim tovot) when his young child recovers from an illness. A father can cause a child to get ill. Children are punished for the sins of their father. For this reason, when a child reaches adulthood, a blessing is recited in which the father expresses thanks that he will no longer cause any misfortune to his child, "Baruch shep'tarani mei'onsho shelazeh." But, not every misfortune of the child is from the father. Sometimes, the child suffers because of actions that he performed in an earlier iteration of

life. The father has no share in that guilt. Perhaps, the illness this child suffered from was due to actions in an earlier incarnation. The father therefore cannot honestly say that he is the guilty one who received a favor when his son recovers. He cannot say "hagomel lechayavim tovot sheg'malani kol tov."

Shu"t She'eilat Ya'avetz (Chelek Alef Siman 110) thinks that the prohibition against causing an animal pain, tza'ar ba'alei chayim, only applies to animals that perform labor, such as oxen or horses. There is no prohibition against afflicting or killing small creatures, such as worms or flies, that do not serve man. Ya'avetz rules that a person may kill flies that annoy him. The fly is angering the person and there is no law of caring for the life and welfare of little critters. But, Ya'avetz records that the holy Ari would instruct his students not to harm any creature, even the mosquitos. The Ari felt that you never know where a soul might be reincarnated. The fly buzzing near you might contain a gilgul. The very pious therefore treat it with care and respect (Mesivta, Me'orot Daf Hoyomi).

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

## THE MAGGID OF BERGENFIELD

## Vayera: Turnpike Torah



By Larry Stiefel Bereishit 21:9-21

This was not destined to be a fast trip.

If they had gone nonstop, the journey from their home in

New Milford to Aunt Toby's house in Baltimore would have taken a little under three hours. And Bob was hoping for a quick run. The longer the trip, the more likely the baby would get fussy in the car. This usually happened somewhere near the Delaware-Maryland border, which led to around 45 minutes of abject misery as Jonah wailed inconsolably until they were finally at Toby's. But if they could just squeeze out a quick ride, the crying could be kept to a minimum.

But it was not in the cards this cold October afternoon.

The minivan was well stocked when they set out. Snacks. Books. Even a movie for the DVD player (one of the Shrek series).

There was no stop at the Vince Lombardi Service Area. It's so close to home it would have been embarrassing.

And Alexander Hamilton is only five miles farther south. The kids were still quite

But 18 miles later, the natives became restless. Netanel needed the bathroom. So they stopped at Thomas Edison.

Twenty-one miles farther it was Malki's turn for a potty stop. So they paid a visit to Molly Pitcher.

Now they had heard from everybody but baby Jonah. Ellen decided to take a nap as they turned the movie on. Bob had high hopes that there would be no visit 13 miles hence, to Richard Stockton. At the very least they should make it 29 miles to Walt Whitman, or maybe even over the Delaware Memorial Bridge across the Delaware River to foreign soil. Bob was feeling lucky.

"I'm thirsty."

"We'll stop to get something to drink later, Malki. For now, why don't you watch the movie?"

"But I'm really, really thirsty."

Maybe they should have chosen a film the kids hadn't seen 20 times before.

"Hang in there, babe. We'll get you something after we leave New Jersey."

"I can't do it. I need something to drink

At this point, Richard Stockton was only 5 miles away, offering succor to his parched child, but Bob wouldn't hear of it. How thirsty could she be?

"Come on, Malki. You can do this."

"No. I can't. If I don't have something to drink I shall surely perish."

This girl definitely had her father's gene for drama.

It was quiet in the car for a while. But Malki. She's always thirsty."

that should not be confused with acquies-

About a mile after they passed the rest stop, Malki started to emit a noise. It was somewhere between a moan and a shriek, with a little whiff of whine. It was not pleasant. It was not fun. It was pretty much un-

Bob tried to ignore her. He turned his rearview mirror so that he could not see her. He tried to hum a song. But the noise Malki emitted only became louder. It was excruci-

Bob eyed J. Fenimore Cooper, but that rest stop was only for northbound passengers, and Walt Whitman was still 9 miles away. Things were looking grim. And there was no hope that they could hold out until Clara Barton, 25 miles down the pike. Malki was about to explode. All hope was lost.

It was then that Ellen awoke. Calm, soothing Ellen, Bob's rational, clear-thinking, ever-prepared wife, the totally chill ying to Bob's extremely intense yang.

"What gives?"

"Your daughter Malki is having an extreme meltdown. She is so thirsty she could die, and we're still quite a distance from the next turnpike oasis. I tried to ignore her, but that did not work out well. I fear disaster."

"Malki dear, there's a bottle of water in the seat pocket in front of you."

"Oh right, Mom. Thanks. Never mind, Dad. I'm fine now."

"I always put water in the seat in front of

Bob was too irritated to speak.

It was quiet all the way to Clara Barton.

"Wow, this is just like this week's parsha," Ellen observed.

"How so?" Bob asked.

"Yishmael and Hagar are in the desert without water, even though Avraham stocked them up with provisions. And when Yishmael starts to suffer, Hagar tries to ignore him, just like you ignored Malki."

"Maybe ignore is a strong word," Bob suggested.

"Works for me," Malki chimed in.

"Then God—in this story played by me—hears Yishmael's suffering, and reveals to Hagar water that had actually been there all along."

"Hey, that's pretty good," Bob agreed. "Good close analysis of the parsha."

"Thank you. And what do we learn from

"That we never abandon our children?" Bob offered. "That the love and caring was there all along. You just have to look for it carefully, just as God provided for Yishmael and Hagar."

"Nice," Malki said. "I like it."

"Me too," Ellen agreed.

And without further ado, they crossed into Delaware and did not stop again until the Maryland House Service Area, where rest, nourishment and ice cream were provided for all.

Larry Stiefel is a pediatrician at Tenafly Pediatrics.

## **DVAR TORAH**

## **Peers With God**

By Steven Genack

There's a concept brought down in Eruvin 31 that mitzvot lav lehanot nitnu, mitzvot were not given for pleasure. Yet Rashi explains that when God told Avraham to go from his land, it was "for [his] benefit

and for [his] good." Is God perhaps negating the rule of mitzvot lav lehanot nitnu for Avraham is gaining pleasure from obeying God's command?

Perhaps Lech Lecha isn't a true mitzvah, only a command, for it's not counted as one of the 613 mitzvot; but still, the

question seems to resound, as a command from God likely falls under the rubric of a

It has been suggested that, of course, one gets pleasure from a mitzvah—only it's the eternal reward that is the true pleasure. Yet, here, God seems to contradict this notion by guaranteeing great wealth and fame to Avraham "in this world" for leaving his birthplace.

Perhaps it may be argued that God was giving "counsel" to Avraham. But, why did Avraham merit to receive "warm" counsel from the Almighty that wasn't under the rubric of a command?

There's a midrash that says that at a very young age Avraham discovered God, like one who saw a light burning in a castle



CONTINUED ON P. 40

#### SEPHARDIC CORNER

# Disentangling a Sephardic-Ashkenazic Sukkah **Misunderstanding**



By Rabbi Haim Jachter

Very recently, an Ashkenazic woman approached me, recounting what she perceived to be a bizarre incident. She was a guest

at a Sephardic family on Sukkot, and before the husband began his recitation of Kiddush he announced that women should not respond "amen" to the bracha "Leishev BaSukkah."

The Ashkenazic woman was shocked. She had never heard anything remotely similar to this halacha. Other Ashkenazic women who overheard this conversation also expressed surprise and bewilderment.

The underlying issue is a dispute between Rabbeinu Tam and the Rambam. All agree that women are exempt from performing mitzvot asei she'hazman grama. The dispute is whether a woman may recite a bracha if she chooses to perform positive time-bound mitzvot such as sukkah, lulav and shofar. The Rambam rules that they may not, whereas Rabbeinu Tam argues that women may recite a bracha if they choose to perform these mitzvot. Ashkenazic Jews follow Rabbeinu Tam, and Chacham Ovadia Yosef and his sons have convinced much of the Sephardic community with their convincing arguments that Sephardic Jews should follow the Rambam. Thus, while Ashkenazic women recite Leisheiv BaSukkah when they choose to eat a meal in the sukkah, many Sephardic women do not, although a considerable group of Sephardim maintain their tradition to recite brachot on Mitzvot Asseih SheHaZeman Gerama.

In his elder years, Chacham Ovadia wrote a responsum (Teshuvot Yabia Omer 9: Orach Chaim 60) that presents a great chiddush (novel idea). He argues that not only should Sephardic women refrain from reciting Leishev BaSukkah, they should not recite amen to this bracha after Kiddush on Yom Tov evenings. Answering amen, argues Rav Yosef, constitutes a hefsek (unwarranted interruption) between Borei Pri HaGefen (the Sephardic pronunciation) and women drinking the wine, after the bracha Leishev BaSukkah is recited by the man making Kid-

This is quite a chiddush. After all, it is an obligation to respond amen to a bracha that is recited (Rambam Hilchot Brachot 1:13 and Shulchan Aruch 215:2). Thus, it is no small matter to instruct a Jew to refrain from answering amen to a bracha that was recited in legitimate circumstances. Moreover, one would expect for Chacham Ovadia to cite a rich list of classic Sephardic halachic authorities to support his assertion, as he does in countless teshuvot. Yet surprisingly, there is a glaring omission of such sources.

Rav Yosef compares a woman responding amen to Leishev BaSukkah after Kiddush to a man who answers amen to Kaddish between placing on his tefillin shel yad and tefillin shel rosh. Just as the latter constitutes a hefsek (Mishnah Berurah 25:36), so too does a woman responding amen to Leishev BaSukkah constitute an improper disruption between her hearing Borei Pri HaGefen and her drinking from the Kiddush wine.

Chacham Ovadia cites as a precedent a variety of mid- to late-20th-century Ashkenazic poskim such as Rav Zvi Pesach Frank (Mikra'ei Kodesh, Pesach, 2:138) who instruct Ashkenazic women whose practice is to recite Shehechiyanu upon lighting Yom Tov candles (Aruch HaShulchan Orach Chaim 263:12) not to respond amen after their husband's recital of Kiddush. They argue that the amen after Shehechiyanu during Kiddush is a hefsek since she has already recited Shehechiyanu after lighting candles. Thus, the amen is a hefsek between Borei Pri HaGafen (the Ashkenazic pronunciation) and the woman drinking from the wine.

However, this precedent is not beyond dispute. Rav Zvi Pesach elsewhere (Teshuvot Har Zvi Orach Chaim 1:144) raises the problem that if responding amen constitutes a problem, then the bracha itself creates an unwarranted interruption for a woman who recited Shehechiyanu beforehand.

Moreover, Rav Moshe Feinstein (Teshuvot Igrot Moshe Orach Chaim 4:21:9 and 4:101) argues that Ashkenazic women may respond amen after Shehechiyanu even if she already recited Shehechiyanu. Besides the fact that no halachic authority raised this as an issue before the mid-20th century, Rav Moshe argues that the amen is not a hefsek. He argues cogently that since the husband is reciting Shehechiyanu at its proper time and place and thus hardly is regarded as a hefsek, so too the wife's amen to this proper bracha is not classified as a hefsek. Although Rav Ovadia cites Rav Moshe's objection, he does not respond to this substantial argument other than to express his disapproval of women reciting Shehechiyanu on candle lighting on Yom Tov (as he states in Teshuvot Yechave Da'at 3:34).

Accordingly, Chacham Ovadia's ruling that women should refrain from answering amen to Leishev BaSkkah during Kiddush is far from indisputable. Even Chacham Ovadia (followed by his son Chacham Yitzchak in Yalkut Yosef) urges a woman to think about amen (hirhur) in case it is indeed proper for her to respond amen to Leishev BaSukkah.

Almost all of Chacham Ovadia's rulings are rock solid with cogent argumentation and plentiful precedent cited. Usually after learning a teshuva of Rav Yosef one thinks, "This is enormously persuasive!" An example is his responsa insisting that Sephardic women should not recite a bracha on mitzvot asei she'hazman grama. However, his teshuva instructing women to merely think amen and not verbalize amen upon Leishev BaSukkah after Kiddush, with all the great respect owed Chacham Ovadia, leaves the reader with doubts as to its cogency. Perhaps this is why no classic Sephardic posek articulated a similar approach.

Finally, as indicated by the story recounted by the Ashkenazic women, even people who follow this ruling fail to grasp its nuances. The husband in the case we recounted at the beginning of our discussion announced before he began Kiddush that women should not answer amen, instead of saying they should merely think amen. Moreover, he did not take note of the Ashkenazic woman who could recite amen

CONTINUED ON P. 40



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# The Most Important Dead Sea Text: A Lost Paragraph From the Book of Samuel



By Mitchell First

Among the ancient texts found in the Dead Sea region are both biblical and non-biblical texts. In this column, I am going to focus on the biblical texts.

Texts of a large percentage of Tanach have been discovered. (But nothing at all has been discovered from the book of Esther.) If you are interested in whether a text of a particular biblical verse has been discovered, there are resources you can consult. For example, I typically use the list in "The Dead Sea Scrolls After Fifty Years," eds. Flint and Vanderkam (1999). (But there has been some material that came to light after that, including the first material from the book of Nechemia. Material continues to come to light periodically.)

The Dead Sea texts date from the third century BCE to the first century CE. This makes them older by many centuries than the earliest manuscripts of biblical texts that we had previously possessed. For example, the Aleppo Codex dates from the 10th century (and is missing most of the Pentateuch). The Leningrad Codex, which has a complete text of the Bible, dates to the early 11th century.

What happens when we examine these Dead Sea texts? There are differences from our Masoretic text but they are generally very minor. Most of the differences involve different spellings of the same word. Sometimes there is a different word altogether. For example, at Deut. 32:8, our Masoret-

ic text has "yatzev gevulot amim le-mispar bnei Yisrael," while the Dead Sea text has "sons of God." Very rarely there are a few additional words. (One such example is at Deut. 32:43.) Sometimes the letters are the same, but the division of the letters into words differs.

Another interesting variant is in the first chapter of Eicha. Our Masoretic text of Eicha has an unusual inconsistency. The pe verse precedes the ayin verse in the acrostics of Chapters 2, 3 and 4, while the acros-

tic in Chapter 1 is in the traditional ayin-preceding-pe order. But in the Dead Sea text of Eicha Chapter 1, the pe verse precedes the ayin verse here too as well. In other words, verses 1:16-17 are in the reverse order from our Masoretic text, giving a consistent pe-preceding-ayin order throughout Chapters 1 through 4. (I have written much about this elsewhere.)

There is one glaring exception to our principle of minor differences between the Dead Sea and Masoret-

ic texts. That is what I will discuss now. At the beginning of Chapter 11 of 1 Samuel, the Dead Sea text has a few extra sentences and it is very likely that they were there originally and got lost!

Here is our present text of 1 Sam 11:1-3:

"Nachash the Ammonite went up, and encamped against Yavesh Gilead. The men of Yavesh Gilead said to Nachash: 'Make a covenant with us and we will serve you.' Nachash the Ammonite said to them: On this condition will I make a covenant with you, that all your right eyes be put out; and I will make this a reproach upon all Israel.

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The elders of Yavesh said to him: Give us seven days respite that we may send messengers throughout the borders of Israel. Then if there will be none to deliver us, we will come out to you."

Now let us read it with the added material from the Dead Sea text:

"Nachash, king of the people of Ammon, sorely oppressed the people of Gad and the people of Reuven, and he gouged out all their right eyes and struck terror and dread in Israel. There was not one left among the

(first century C.E.) had this material. See Josephus, Antiquities VI, paras. 68-69.

There are many other minor differences between the Masoretic text of Samuel and the Dead Sea text. One example is the height of Goliath. In our text (1 Sam. 17:4), Goliath is described as having a height of 6 amot. In contrast, in the Dead Sea text, his height is given as 4 amot. Also, at 1 Sam. 15:27, a tear is made in the garment of Samuel. (It is a very important tear, symbolizing the tearing away of Saul's kingship.)

Our text is ambiguous as to whether Samuel or Saul made the tear. In the Dead Sea text, the tear is explicitly attributed to Saul.

Finally, I will mention three other interesting but erroneous Dead Sea scroll variants: 1) The Dead Sea Isaiah scroll has "kadosh, kadosh" at verse 6:3, instead of our "kadosh, kadosh, kadosh." (This scroll can be viewed online. Just Google: "The Great Isaiah Scroll.") I was very surprised when I first came across this.

Then I investigated further and found that many times, when our Masoretic text has a doubling of words, the Dead Sea texts have the word only one time. There must have been some ancient symbol on their words that indicated when a word, written once, was meant to count twice. Probably such a symbol was once found on one of the two "kadosh" words (either in the Dead Sea Isaiah scroll that survived or in earlier Dead Sea Isaiah texts no longer extant). 2) At the beginning of Psalm 145, the Dead Sea text has "tefilla le-David," instead of our "tehilla le-David." 3) The Dead Sea text of Psalm 145 includes a verse that begins with nun ("ne'eman Elokim be-devarav, ve-chasid bechol ma'asav"). As is well-known, our Masoretic text of Psalm 145 has no nun verse. Most likely, the verse in the Dead Sea text was a later addition. The name used for God, Elokim, is not the name used in the rest of the Psalm, and "chasid be-chol ma'asav" is suspicious because it is already found elsewhere in the Psalm. See further the Daat Mikra (Mossad Harav Kook) edition of Tehillim, p. 579, note 23.

e Daat Mikra (Mossad Harav Kook) edi n of Tehillim, p. 579, note 23.

Mitchell First is a personal injury attorney and Jewish history scholar. His most recent book is "Esther Unmasked: Solving Eleven Mysteries of the Jewish Holidays and Liturgy." He can be reached at MFirstAtty@aol. com. When copying material from another source, he is always careful to make sure there are no omissions.



people of Israel beyond the Jordan whose right eye was not put out by Nachash king of the people of Ammon; except that seven thousand men fled from the people of Ammon and entered Yavesh Gilead. About a month later, Nachash the Ammonite went up....[continue with the paragraph above]."

In our Masoretic text, Nachash besieges the Israelites of Yavesh Gilead for no reason. Yavesh Gilead was on the west side of the Jordan and was not part of the territory that Nachash would have claimed as his own. With the added material from the Dead Sea text, we now understand why Nachash besieged Yavesh Gilead: seven thousand Israelites from Gad and Reuven had fled there!

It seems that an ancient scribe, while copying the text, erroneously jumped to a later word "Nachash" instead of to the initial word "Nachash." This caused the omission of the material. This is a common type of scribal error.

Note also that in our Masoretic text, Nachash is introduced merely as "Nachash the Ammonite." In contrast, in the Dead Sea text, he is introduced with a full title: "Nachash, king of the people of Ammon." In Tanach, kings are typically introduced with a full title. This also supports the idea that the Dead Sea text is preserving the original material.

Critically, the additional material is also found in the ancient Greek text of the book of Samuel. It is also evident that Josephus



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#### FOR MORE INFORMATION OR TO REGISTER:

Ruth Roth 201.845.5007 ext. 16 ruthr@benporatyosef.org

#### www.benporatyosef.org



Wednesday, October 25, 2017 7:30 pm

Yavneh Academy 155 North Farview Avenue Paramus, NJ 07652

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Vivi Septimus 201.262.8494 ext. 335 vivi.septimus@yavnehacademy.org

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Monday, October 30, 2017 7:30 pm

Yeshivat Noam 70 West Century Road Paramus, NJ 07652

#### FOR MORE INFORMATION OR TO REGISTER:

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www.yeshivatnoam.org

# The Moriah School

Wednesday, November 1, 2017 7:30 pm

The Moriah School 53 S. Woodland Street Englewood, NJ 07631

#### FOR MORE INFORMATION OR TO REGISTER:

Livia Marcovici 201.567.0208 ext. 322 admissions@moriahschool.org

www.moriahschool.org/openhouse



Sunday, November 5, 2017 7:00 pm

Rosenbaum Yeshiva of North Jersey 666 Kinderkamack Road River Edge, NJ 07661

#### FOR MORE INFORMATION OR TO REGISTER:

Tamar Kahn, Director of Admissions 201.986.1414 ext. 338 welcome@rynj.org

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Monday, November 6, 2017 7:00 pm - 9:00 pm

Solomon Schechter Day School of Bergen County 275 McKinley Avenue New Milford, NJ 07646

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Charlotte Carter, Director of Admissions 201.262.9898 ext. 203 admissions@ssdsbergen.org

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Yeshivat He'Atid 1500 Queen Anne Road Teaneck, NJ 07666

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Gitty Eisner 201.374.2272 ext. 6 admissions@yeshivatheatid.org

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#### **RABBI'S MUSINGS AND AMUSINGS**

## **God-Conscious**



#### By Rabbi Dani Staum

This week, Mesivta Ohr Naftali of New Windsor, New York, where I am privileged to serve as general studies principal each after-

noon, celebrated a special milestone. They have just completed the construction of a magnificent new beis midrash, and it was crowned with a hachnasas sefer Torah.

After the dancing and singing ended with the new Torah being placed in the beautiful, newly constructed aron kodesh, everyone sat down in the new beis midrash for the speeches. As a member of the hanhala of the yeshiva, I was honored to be seated on the lower dais. I found a seat off to the side, but within a few minutes I was asked to move to the middle to accommodate a ray who was wheelchair bound.

I soon found myself seated directly in the center, beneath the speaker. On one side of me there were three empty seats, since no one wanted to sit dead-center below the speaker.

I think there should be a quick lesson consisting of tips and survival ideas, as well as the dos and don'ts, for sitting on a dais. Despite the fact that I'm sure no one was interested in what I was doing, I felt quite self-conscious knowing that I was in the peripheral view of virtually the entire crowd. Although the speeches were passionate and inspiring, I spent much of that hour trying to figure out what to do with my fingers and how to remain somewhat inconspicuous.

Recently, I heard the following story:

Rav Shlomo Zalman Auerbach, zt"l, was a mechutan with the Kapishnitzer Rebbe, zt"l. At the end of the chasuna of their children, they were both waiting

outside the wedding hall for the rides that would bring them home. Immediately, one of the rebbe's chasidim ran inside and came back with a chair for the elderly rebbe to sit on. The rebbe, however, refused to sit down. He explained to the chasid that a person needs to live his life in such a manner that at any time if a photograph was taken of him, he would be happy with how it would appear to others.

"Imagine," continued the rebbe, "if a picture was taken of me while I was sitting and, next to me, the great rosh yeshiva, Rav Shlomo Zalman, was standing. How shameful it would be!"

In his famous lecture "Ten Steps to Greatness," Rav Avigdor Miller, zt"l, suggests that once a day a person should stop and pose, as if for a picture, to remind himself that he is constantly being viewed by the celestial courts. It is the same mes-

sage that the Kapishnitzer Rebbe related to his chasid—one must always feel that his every action matters and helps define who he is

This is in fact what yiras Shamayim is about—living one's life with a real sense that he is always standing in the presence of Hashem.

Thankfully, we may not have to spend our lives on a dais in full view of large crowds, but the God-fearing person lives life knowing that nothing he does goes unseen or is unimportant.

Rabbi Dani Staum, LMSW, is the rabbi of Kehillat New Hempstead as well as a rebbe and the guidance counselor at Heichal HaTorah in Teaneck, New Jersey, and principal at Mesivta Ohr Naftoli of New Windsor. He also presents parenting classes based on the acclaimed Love and Logic methods. His email address is: stamtorah@gmail.com. His website is: www.stamtorah.info.

#### **Sukkah Misunderstanding**

CONTINUED FROM P. 37

to the Leishev BaSukkah but refrain from answering amein to Shehechiyanu according to Chacham Ovadia (Teshuvot Chazon Ovadia 2 page 133).

Teshuvot Rivevot Ephraim (1:182) recommends refraining from issuing instructions to Ashkenazic women regarding answering amen to Shehechiyanu in order to avoid confusion, especially in light of the fact that it is highly questionable if

it is truly necessary to refrain from answering amen. Similarly, it seems best to refrain from announcing prior to Kiddush on Yom Tov that Sephardic women should only think amen in response to Leishev BaSukkah.

Rabbi Haim Jachter is the spiritual leader of Congregation Shaarei Orah, the Sephardic Congregation of Teaneck. He also serves as a rebbe at Torah Academy of Bergen County and a dayan on the Beth Din of Elizabeth.

#### **Peers With God**

CONTINUED FROM P. 36

and was drawn to it. Avraham had the imagination to see God where no one else could.

Furthermore, he defied his own father in the name of God. This is an act that surpasses nature, and in return he's saved miraculously from a burning fire, a phenomenon above nature as well.

He also defied the world order at the time by abstaining from idol worship. But

he also welcomed the world to convert under his auspices.

Perhaps the lesson from Avraham is that if you recognize God clearly, show unbridled love to the Creator and bring the masses to convert, you gain a great "Advisor."

God counseled Avraham to begin a journey that would bring him wealth and fame due to his friendship with Him.

May we all strive to mimic the actions of Avraham, thereby becoming "peers" with the "Wondrous One" Who can then put us on the path of securing wealth and fame.

# תן לייבנה וחלמיה

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## Can You Be Good Without God?



By Rabbi Mark Wildes Shabbat Parshat Lech Lecha 5778

After Yom Kippur, a young man approached me to thank me for what he said was tru-

ly "an inspirational service." "Rabbi," he said, "this was my best High Holiday ever—you can count on me being here next year again." "Next year?" I asked, "what about next week on Shabbat? If the service was so good, why do I have to wait a whole year to see you again? The young man gave me an honest answer. "Rabbi, I don't come every week because I'm not religious, and I'm not religious because I don't think you need to believe in God to be a good person."

Is this true? Does one have to be religious to be considered "good"? Can't one still be a decent person without believing in God, without following some kind of religious path?

This is a great question to ponder as we read the Torah portions of Lech Lecha and Vayera that introduce us to Abraham. Abraham, the founder of Judaism, is known for both promoting the belief in God and performing acts of kindness. Abraham is *both* the man of God and the man of goodness. Do you have to believe in one in order to be the other?

Rabbi Dr. Norman Lamm, former president of Yeshiva University, delivered a sermon in 1965 at The Jewish Center in Manhattan in which he said: "We cannot deny that there are good people who do not believe in God. However, Judaism maintains that such goodness cannot last forever. The moral instincts that prevail today are but the residue of a religious reservoir that is rapidly drying up. We are living off the ethical interest from the quickly dwindling religious capital of two generations ago." (https://www.yu.edu/about/lamm-heritage/archives).

This he said in 1965. "For ethical living," continues Rabbi Lamm," is the branch of a tree of life, of which the roots are religion. When you cut off the root, the branch does not wither immediately, but eventually it must die."

The point being: a person without God or religion can be good but it's temporary. He or she is good now but there's nothing to sustain it for the long run and nothing to inspire one to maintain that goodness when sacrifice is required in order to preserve it. A "Godless goodness," says Rabbi Lamm, is simply not compelling enough when one is asked to risk something real for it. When honesty isn't the best policy in a given situation, when it's going to cost the person to be honest and no one else will know, there's only one thing that will compel that person to do the right thing: because one believes there is Someone above us who notices, watches and cares about the decisions we make.

Another reason, says Rabbi Lamm, is that "only a Godly goodness can produce saintliness, which is the "very culmination of goodness." A Godless goodness can at best produce a very decent person but it will never give birth to a saint. It will never produce a holy man or woman, and holiness is one of the goals of being religious. Rabbi Lamm uses the example of the Greek philosopher Plato whose teacher was the great Socrates. In Plato's Sym-

posium he praises his teacher, but the best thing he can say about Socrates' character was that he wasn't a sexual degenerate as so many other Greeks of that time were. Can you imagine someone saying that of a rabbinic figure? His greatest praise is that he wasn't sexually perverted? That would be the biggest insult, because a religious person's goodness "is expressed in the pinnacle of human development where goodness and Godliness merge [to produce]: saintliness."

Finally, a Godless goodness is not reliable. It's constantly changing as we see in Lech Lecha, Abraham and Sarah are forced to leave Israel because of a famine and they go down to Egypt to find some food. They know that Egypt is a place bereft of morality, and so Abraham is afraid that when they see how beautiful his beloved Sarah is, they will kill him and take her into Pharaoh's harem. To avoid this, Abraham tells the Egyptians he is Sarah's brother. The identical episode is repeated in next week's Torah reading, in Vayera, this time involving another ruler named Avimelech, king of Grar. In that story, Abraham again tells the people Sarah is his sister. Upon discovering this deception, King Avimelech asks Abraham why he felt the need to lie: "What did you see that caused you to do this thing?" (Bereishit 20:10), to which Abraham famously answers, "Because I said there is no fear of God in this place" (Ibid 20:11).

The Malbim and Netziv explain that what King Avimelech was saying to Abraham, was, "I understand you felt the need to trick the Egyptians; they are, after all, an immoral people, but why did you feel it necessary to deceive us, the people of Grar? After all, we are an ethical and just people?" Abraham then answers, "It is true you are a good and moral people, but if there's no piety, if there's no fear of God, then how can I trust that your morality will remain, that you will always be decent? You may be decent now, but if there's no religion, if there's no faith in something above you, then what's to stop you from making up your own laws to justify whatever behavior fits the situation?"

When there's no fear of God, then what was considered morally wrong yesterday can be justified and become commonplace tomorrow.

We're all aware of how dramatically our society has changed—how certain things that were considered morally questionable 30 or 40 years ago are now totally accepted. Rabbi Lamm gives the example of modesty, both in terms of dress and speech. Certain ways of dressing and speaking that we all take for granted today because they're in style would have been considered completely inappropriate in our parents' generation. If our goodness does not stem from a higher place, then essentially it becomes a matter of taste. But shouldn't the way we dress and speak be based on something higher? Shouldn't the way we present ourselves to others, the way we interact and speak to or about other people, emanate from a place of something greater than our-

The great Rav Velvele Brisker noted the incredible hypocrisy with which Abraham was forced to deal. Abraham is afraid that the Egyptians and Gerarians would murder him, but he's completely unafraid that they would commit adultery by abducting Sarah as a married woman. He knew they

wouldn't leave him alive and take Sarah because they had a sense of morality when it came to adultery, but they had no problem with murder. That's what Avraham meant when he said "there's no fear of God in this place." Because when goodness is divorced from God, the resulting morality, says Rabbi Lamm, is "spotty and inconsistent" and can produce a society that one may kill a man in order to take his wife but will never take his wife as long as the husband is alive. There's respect for marriage but not for human life. That was in ancient times. Today the situation is just the opposite. In our society today, murder is thankfully viewed as reprehensible but adultery is now more acceptable. Morality without God can mean one thing in one time and something else in another. The only way both murder and adultery are always wrong is if a higher authority like God says so.

This is probably the most pressing philosophical issue of our day and age. Is there an *objective* morality or is everything subjective and simply a matter of opinion? Are there some activities we can all agree are absolutely wrong in every time and in every place?

Judaism, of course, believes in objective morality, but only because it's premised on the belief in God. Otherwise, as Lawrence Keleman in his book "Permission to Believe" argues, even something as fundamental as murder may or may not be seen as wrong. Because without a belief in God, one could certainly argue that murder is prohibited by society because it's the most reasonable way to ensure everyone's survival. But we know that for some, survival is not the highest value. We've seen this in our own generation, where some would prefer to blow themselves up rather than survive. And even those who would consider their survival the highest value, one could still conclude that murdering others, if you can get away with it, is, from a purely rational perspective, advisable and even profitable at times. There is no inherent relationship between logic and morality—something can be very logical but absolutely immoral—so pure reason can't be the reason why murder is always wrong. And if, as Rabbi Keleman suggests, murder is wrong because the majority of mankind says so, was it OK to murder before that person or society deemed it immoral, and what happens after that person or society dies out? Every time someone is born or dies humanity changes. And so, which civilization, which group of people in which generation, has the right to establish the ethical standards for all people in all time? The bottom line is the only way to affirm an eternal universal ethic like murder is wrong is if one subscribes to a supernatural being Who has the ultimate and exclusive right to be the moral arbiter for all humanity, at all times. If there is no such Being, then saying murder is wrong is just someone's point of view. That's also what Abraham meant when he told Avimelech "There's no fear of God in this place." Your society may consider adultery immoral, and that is, of course, admirable, but because it doesn't flow from a belief in a higher Being that has true authority, it's just your opinion. Someone else may have a different point of view and one day come along, make an argument why adultery should be more acceptable, and tomorrow it will be commonplace.

Do we consider certain things right or wrong? And if we do, where is that value system coming from? Is it rooted in God's will as expressed in our Torah, or does it flow from the culture and society in which we now happen to live? Just remember that we, the Jewish people, have lived in so many different cultures and societies, Greek, Persian, Roman, each with their own culture and value system. Societies change, God doesn't. We have remained as a people as long as we have because we have adhered to a code of ethics that goes beyond any culture in which we have lived. Western or American culture is no different. We can participate in and learn from the culture of the wonderful country in which we are privileged to live, but we cannot allow our moral code, which is thousands of years older and that comes from a higher place, to be replaced by the values of whatever country we happen to reside.

One example of this is the tremendous investment so many of our Jewish brothers and sisters in America have made for their children's secular education while allowing their child's Jewish education to be relegated to a few afternoons a week, and from which their child is graduated by the time they reach the age of 12 or 13. The result has been an incredibly successful Jewish community in terms of career advancement and affluence, but a pitiful one in terms of Jewish knowledge and commitment. This lack of seriousness in our children's Jewish education is certainly not a Jewish value. The Torah tells us "and you will teach your children" (Devarim 6:7), but that value has been effectively replaced with the American dream to go beyond one's parents and be more successful than they were. That American value has replaced the Jewish value of a serious Jewish education, which is just as important for true success in this world. But we follow a different value system. It's not a bad one, but it's not ours and we're losing ourselves.

How do we evaluate the way we speak to other people or about other people? How do we enjoy the food we eat? Spend our free time? Engage in our most personal and intimate relationships? Is the way we approach these activities guided by *Judaism's* moral system, or have we adopted a different value system—a morality that may be good at times, but since it's Godless is not reliable and is not consistent? It may be good but it's not good enough.

The next time we make an important decision, let's take a moment to ponder the moral and value system that is directing us. Let's ask ourselves: is it a morality emerging from our culture or is it one rooted in our Torah? Is it a morality from man or a morality from God?

A Godless goodness will never last. It won't compel us to do the right thing when it's *hard* to do the right thing, and it will never enable us to become a holy people. Rabbi Lamm says if you subtract the three letters G-O-D from the word "good," you're left with the letter "O," or what looks like a zero. "Take the Godliness out of goodness and nothing is left."

Let's take pride in the moral path of our Torah, and in doing so merit to do what is *truly good* in the eyes of God.

Rabbi Mark Wildes is the rabbi at the MJE Beginners' Minyan.

#### TIMELY TORAH INSIGHTS

# Vayera: Choosing Your Academy



By Rabbi Baruch Bodenheim

Everyone would love to be trained by the best experts, be it in school, college, work or yeshiva.

People pay top dollar and even intern for free to be trained by

the best in their profession. Often that can mean the difference between success and failure in what we do.

After learning about Avraham Avinu, wouldn't we want him to be our spiritual guide and anchor as we attempt to grow in our closeness to Hashem? The truth is...we can. Looking at a mishnah in Pirkei Avos, we discover how. "Whoever has the following three traits is among the disciples of our forefather Avraham ... a good eye, a humble spirit and a meek soul." (5:22)

There's a flipside to the mishnah: "Those who have an evil eye, an arrogant spirit and a greedy soul are among the disciples of the wicked Bilaam." Apparently, the time gap is not an issue and we can join the "academy" of either Avraham Avinu or Bilaam, learning from the qualities of either individual. The parshiyos of Lech Lecha, Vayera and Chayei Sarah are replete with lessons we learn from Avraham. Conversely, Parshas Balak is replete with negative lessons that can be learned from Bilaam!

Why are Avraham and Bilaam singled out? What's the common denominator of

the three positive qualities of Avraham and the three negative qualities of Bilaam?

The Maharal explains that both Avraham and Bilaam were founding fathers. Avraham is an acronym for "av hamon goyim," a father of a multitude of nations (Rashi, Lech Lecha 17:5). Bilaam was also a leader and father of nations. He was the first gentile prophet. However, their ideologies and lifestyles were polar opposites. They represented a distinct fork in the road for a person choosing his direction in life.

The Maharal opens our eyes to the root of the ideologies of these "founding fathers" by examining a seemingly inconsequential detail about both Avraham and Bilaam. The Torah mentions that Avraham and Bilaam rode on a donkey. However, different Hebrew words for donkey are used in each case. Avraham saddled his *chamor*—male donkey, while Bilaam saddled his *ason*—she-donkey. This small difference highlights the basic difference in their ideologies. The root of the word chamor is the same as the root of *chomer*—physical matter/physicality. The donkey in effect represents physicality.

The Torah is depicting a very fundamental difference in how Avraham and Bilaam related to the physicality of the world. Avraham rochev al hachomer; he rode on top of the physical. He showed an ability to harness the physical world as a tool for spiritual growth. Conversely, Bilaam related totally to the physicality of this world, in a very intimate, very attached and deeply connected manner. He even harnessed the spiritual to feed his desire for the physical.

Keeping in mind the Maharal's analysis, having a "good eye" means using one's efforts to help others and to be humble and content, instead of seeking to please oneself. To Avraham, that meant setting up a free "bed and breakfast," housing and feeding all passersby and using that opportunity to nourish their *neshamos* (souls) as he introduced them to the realization that Hashem is really the One who blessed them with food and housing.

Bilaam was the paradigm of selfishness. His three motivating qualities—evil eye, arrogant spirit and greedy soul, are manifestations of the three base negative urges: jealousy, lust and the pursuit of honor. Bilaam always felt he was missing something and always sought to feed his desires. This exemplifies someone who is interwoven with the physical. He always feels he is lacking and wants more.

We see the end result of their divergent paths when the Torah describes Avraham and Bilaam toward the end of their lives. Avraham died at a good old age, mature and content, and left this world with a multitude of positive accomplishments. Conversely, "Bilaam rose and returned to his place," lame, blind in one eye and disgraced as a result of his total failure to accomplish anything positive.

The lesson for us is clear. Many people would love their children to attend their alma mater, be it yeshiva or university. The Mishnah, however, lists only two academies, Avraham or Bilaam. Our perspective toward the physical world will determine of whom

we are disciples and which academy we are attending and learning from. Let us adopt the warm and giving personality of Avraham and utilize our efforts for true tikun olam—using the physical world for the spiritual development of ourselves and our fellow man. May we merit to be not just children of Avraham, but his disciples as well.

Rabbi Baruch Bodenheim is the associate rosh yeshiva of Passaic Torah Institute (PTI)/Yeshiva Ner Boruch. PTI has attracted people from all over northern New Jersey, including Teaneck, Paramus, Rockaway and Fair Lawn. He initiated and continues to lead a multi-level Gemara-learning program. Recently he has spread out beyond PTI to begin a weekly beis midrash program with indepth chavrusa learning in Livingston, Springfield and Fort Lee. This year he joined Yeshiva Heichal Hatorah as a Gemara iyun rebbe. His email is rb@ptiweb.org.

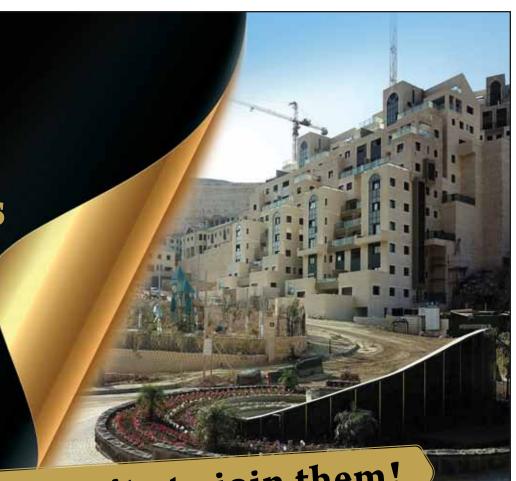
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ממנוווווייי

# Happiness in the Age of Insta: Facing the Challenges of Social Media



By Rabbi Dov Emerson

The articles started appearing in 2011 or so. Published in a variety of publications, it was easy to detect a theme: "Facebook Is Making

Us Miserable" (Harvard Business Review), "Is Facebook Making Us Lonely?" (The Atlantic), "How Facebook Makes Us Unhappy" (New Yorker). Clearly, Facebook had become a massive force to be reckoned with. With 2 billion regular monthly users, Facebook has a population larger than any single country in the world, and that is without even counting the additional 700 million and 1.2 billion users of Facebook-owned Instagram and WhatsApp, respectively. It connects so many of us to friends, family and communities spread throughout the globe. And yet, these articles quoted study after study of research that implicates social media in general, and Facebook in particular, in declines in happiness. As the years went on, and Instagram surged in popularity, it too started to draw the ire of researchers: "Why Instagram Is the Worst Social Media for Mental Health" (Time Health), "L.A. Kids and Instagram Anxiety: 'Social Media Is Destroying Our Lives" (Hollywood Reporter). A recently published New York Times Magazine article chronicles the rise of anxiety as the number-one mental health issue afflicting adolescents, and places the ubiquity of smartphones, social media and Instagram as one of the root causes.

What is going on here? Anyone who has ventured down the rabbit hole of food pics or top sports plays or [name your particular interest] can probably acknowledge the power of social media as a time waster. But is it really a source of extreme anxiety and unhappiness? And if so, what are we doing as parents and educators to help ensure our children are engaging with technology in a healthy way?

#### Livado: Having Confidence in Our Own Voice

The fundamental reason why technology generally, and social media in particular, has the potential to make us anxious and unhappy is because it undermines our ability to be comfortable when alone. Indeed, the Torah long ago captured the fundamental importance of such lonelinessthe strength and self-reliance generated by a confident comfort with being disconnected.

Describing Yaakov Avinu in advance of his battle with Esav's angel, the Torah notes that Yaakov was "livado"—alone. The word itself stands out in the pasuk, leading the Midrash to draw an extraordinary, but curious, parallel: just as Yaakov Avinu was livado-alone-prior to his battle with Esav's angel, so too Hashem will livado-alonebe exalted on that day. The great mashgiach of the Mir Yeshiva, Rav Yerucham Levovitz (1873-1936), unpacking the underlying principle behind this semantic parallel, explained that Yaakov Avinu's loneliness was patterned after Hashem's; just as Hashem is alone, and needs no other being to exist, so too Yaakov Avinu had successfully cultivated his own inner confidence to a point where he no longer needed others for validation. It was precisely this characteristic of "livado" that gave Yaakov Avinu the power to defeat the angel of Esav that fateful

This idea is as powerful as it is simple: We must all strive to reach a point where we do not need to rely on other people for our own sense of self-worth. Each of us has a unique goal to accomplish on this earth, and by striving to imitate Hashem in achieving this ideal of "livado," we develop a confidence in our voice and in our ability to impact the world regardless of others' opinions, perceptions and pressures. As Rav Yerucham explains, when Ben Zoma asks the famous questions in Avot (4:1) of who is wise, mighty, rich and honored, he is really teaching us about the importance of having confidence in our own voice. Who is rich? Traditionally, one checks the Forbes list, or looks to see how their car stacks up with others in the office parking lot. No, says Ben Zoma. Being rich is a state of mind, and one works on themselves to reach a point of satisfaction with their lot, independent of anyone else. Who is honored? I might assume I am only honored if my shul or school dedicates their dinner journal to me. Ben Zoma says no—it's within you. If you honor others, you are hon-

#### **Back to Social Media**

What all the studies indicate is that social media promotes what the United Kingdom Royal Society for Public Health #StatusOfMind survey calls a "compare and despair attitude"—meaning, what we share with our social networks is often a highly curated, best version of ourselves. While there is nothing inherently wrong with putting our best foot forward online, problems abound when we scroll through our feed, comparing our real life, with all of its trials and tribulations, high points and failures, with the perfect life projected by our peers and public figures. Becoming a "livado" Jew is hard enough on its own. Facing a constant stream of idealized versions of people's lives in comparison to the good, bad and ugly of our real existence makes it almost impossible. This type of comparison is cited by researchers as playing a significant role in the spike in adolescent anxiety and depression, which began in 2012, "the moment when the proportion of Americans who owned a smartphone surpassed 50 percent" ("Have Smartphones Destroyed A Generation?" The Atlantic, September 2017).

CONTINUED ON P. 46



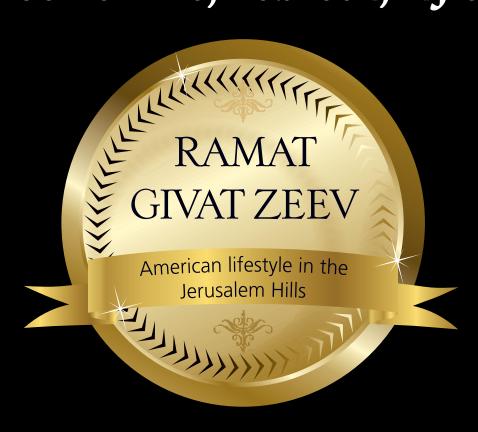
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#### **BRINGING THE PROPHETS TO LIFE**

## **Torat Chesed Al Lishona**



By Rabbi Neil N. Winkler

#### **Parshat Vayera**

The events we read of in this week's haftarah, a selection from the fourth perek in Melachim Bet, bear a close resemblance to the

events we read of in the Torah itself. The story of Elisha and the Shunamite woman tells of the astonishing birth of a son to a once-barren woman and her elderly husband, a birth foretold by the navi Elisha and doubted by the woman. It then goes on to relate how, years later, the parents almost lose that cherished son, who is miraculously saved only through the intervention of Elisha. The story echoes that of Avraham and Sarah, a story that also tells of the astonishing birth of a son to a once-barren woman and her elderly husband, a birth foretold by God Himself and doubted by Sarah. Years later, they too almost lose that son, who is saved only through the intervention of Hashem's angel.

But there is an introductory story in the haftarah that also echoes the events found in the parsha. Here we read of a woman, widowed of her righteous, God-fearing husband, who stands to lose her only two sons, just as the parsha tells of a righteous, God-fearing husband who stands to lose both of his sons: Yishmael, whom he was told to send away, and Yitzchak, whom he was told to sacrifice.

It is interesting to note that the miracles found in our parsha were performed direct-

ly by God or His angels, while those we read of in the haftarah are brought through the navi. This change reflects the conscious desire of Hashem to have man move from a purely God-based existence to one where he, too, shares in the responsibility of building an ethical and caring society.

But perhaps most interestingly, we find the righteous woman at the center of each story—both in the Torah and the haftarah. It was our virtuous matriarch whose saintliness was rewarded by God with the birth of Yitzchak, and her foresight and concern for the upbringing of her only child that was commended by Hashem when he tells Avraham to do everything Sarah tells him to do.

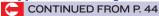
The two stories of the haftarah also highlight the deeds of righteous women—the poor widow whose prayers were answered by Elisha and the wealthy Shunamite whose barrenness was removed as a reward for her generosity and acts of kindness. In both navi stories, men play almost no part, one having died and one merely tangential to the story. It is the deeds of women that capture our attention in the obvious acts of the haftarah and the more subtle actions in the Torah.

Our Torah is a Torat Chesed, a moral code grounded in kindness and compassion.

And, more often than not, it is the women who lay that groundwork in each and every generation.

Rabbi Neil Winkler is the rabbi emeritus of the Young Israel of Fort Lee and now lives in Israel.

#### Happiness in the Age of Insta



#### What's Our Role?

Recently, I've had the opportunity to engage students in a conversation about this topic in several schools. Contrary to what some might assume, kids understand how unhealthy this type of impossible comparing can be, and they desperately want the adults in their lives-parents, educators and others—to understand the challenges posed by social media. Sometimes adults will look at the social challenges of likes and posts and dismiss it as "kid stuff" and, therefore, unimportant. Doing so risks sacrificing a major opportunity for us as adult role models to be there for our kids, so that when they do face these challenges, they know we understand, accept them and can empathize with them.

We must also be fiercely and relentlessly devoted to elevating our children's sense of

"livado." This includes talking about Hashem, how He loves each one of us and has given us the tremendous blessing to have the ability to play a unique role in this world, that unlike anyone else. Watching a student find that skill or activity or program that stokes their passion—be it in the beit midrash, STEM lab, basketball court or a shelter helping hurricane survivors in Houston—is the most incredible feeling. That young man is confidently and passionately alone. In that moment, he knows he can change the world. All of us-parents, educators, community members-working as partners, have a responsibility to continue to stoke that flame in our children so that they can follow in Yaakov's footsteps as "livado" Jews.

Rabbi Dov Emerson (@dovemerson) is the director of teaching and learning at Yeshiva University High School for Boys/MTA. He and his wife Rina, along with their five children, live in Bergenfield, New Jersey.

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# The Role of the Jewish Educator Outside of the Classroom



By Wallace Greene

Rabbi Moshe Schochet, a rebbe at Weinbaum Yeshiva High School, in Boca Raton, Florida, recently raised an interesting question: "What exactly is the role of a Jewish educator

outside of the classroom and outside of school?" Everyone understands the importance of teachers as role models. It is also understood that within the confines of the school, teachers exercise great influence over their students.

How far does this influence extend? Are there parameters, formal or otherwise, beyond which a teacher should or should not venture? Does a teacher's influence extend beyond the year in which a student is in his/her classroom? Is there a difference in these roles for large metropolitan cities vs. smaller communities?

The question is also related to how a teacher is viewed by his/her community. Must a teacher always be "on"? Does a rebbe always have to wear a suit and tie, even in the supermarket? Can a morah appear in public in sneakers? Where do we draw the line?

In school for example, a teacher can reprimand a student for not wearing tzitzit. Is it appropriate to do so after school at a playground? It is proper to encourage students to daven properly in school. What should a teacher do when he sees a student coming late to shul or talking during davening on Shabbat? When teachers live in the same town as their students they will inevitably run into each other. What should a teacher's response be when observing a student inappropriately dressed, using coarse language or behaving in a way that is unbecoming?

On the other hand, if a teacher lets it slide will the student take that as tacit approval? These are all challenging questions. We know that many teachers develop longterm relationships with their students long after their time in the classroom. We also know that in smaller communities this bond is often reinforced by after-school engagements, Shabbat and holiday meals, melave malkas etc.

Every teacher goes into the profession to make a difference. Teachers of limudei kodesh feel an extra sense of responsibility to help their students develop religiously. Therefore, Judaism is not limited to school hours. As Rabbi Shochet observed, "I think that conversations between teachers and students about "life outside of school" must be addressed. These interactions obviously must be well thought out before being verbalized, but are integral to Jewish education. However, we can't speak "to" our students; instead we must speak "with" our students. Students can and will be receptive to our thoughts and perspectives (and sometimes even constructive criticism); they just need to sense that those who are sharing it with them care deeply about them and are not simply trying to give them mussar."

It is clear that teachers can have an important role outside of school. Often teachers work at summer camps attended by their students. In this informal setting much can be accomplished. But even in school, as in all human interactions, you get more with honey than with vinegar.

I want to share an email I received from a former student last year:

"I don't expect you to remember every student. I was a bit of a trouble-maker in high school and spent my fair share of time in your office. Not so much as a punishment, but by choice. You spoke to me—a long haired, self important teenager, as one would speak to an adult. I always enjoyed our conversations—some serious, some less so.

One day, in the middle of my senior year, at the end of one of our conversations, you threw out, "I think you should take a look at Sha'alvim, I think you'd like it." Miraculously, I took it to heart. I imagine it was because of "street-cred" you built up with me. It turned out to be the watershed moment in my life.

I spent two years in Sha'alvim, then volunteered for the army with four friends, came back to Sha'alvim for the summer after. Then to YU, then NYU for dental school and a two-year dental and surgical residency in Brookdale Hospital.



My wife and I live in Neve Daniel with our eight children BH. The oldest is married, the second in the army-third year hesder, etc. We have fostered 10 abandoned babies. I have written five sets of tfillin for my boys.... so far—two more to go BH.

I have done hundreds of britot for boys here and in eastern Europe at no charge.

I have a steady chavruta after vatikin daily, and am in the middle of my fourth time through shas.

I tell you this, because I often credit you with much of my life story. It was the perfect word at the perfect time, and it worked. I often wonder where I would have wound up without the right adult giving me a gentle push onto the right path.

I have often thought of seeking you out to let you know all this, but dropped the

Yesterday, I received a beautiful email from a boy I taught in the gush last year, where I gave a chaburah on medical ethics.

It was just the push I needed to find you and let you know what you did for me... and my family.

May you always have the chochma and the koach and health to continue to help people find their way.

Thank you!"

Sometimes the right word, at the right time, in the right way, can change lives.

Rabbi Dr. Wallace Greene was a successful day school principal, administrator and day school consultant.

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# Winning the War of Altruism vs. Egotism



By Renee Nussbaum. PhD. PsvA

In a previous article, we discussed the notion that man is wired to seek the fulfillment of his needs and wants. Freud,

in his seminal work "Civilization and Discontent," claimed that because of the lengthy gestation and child-rearing periods of humans, these memories are embedded in our psyche. As a result, we experience a life-long battle of "egotism" vs. "altruism." He also believed that many of the neuroses he identified are the product of this struggle. I applaud the genius of Freud and his contributions to the field of psychology; however, I wonder how knowledgeable he was of the Jewish heritage he rejected. Indeed, if he was truly familiar with the content of the Torah, how then could he have failed to recognize that so many of his findings about the human psyche and character development already existed in the Bereishit stories? And given the content of these stories, would he still have been such a strong advocate of emphasizing the need to coddle the "ego" and satisfy the "id" (the seat of our baser needs)?

We know that Adam and Chava resided in Paradise, where the satiation of every desire was at their beck and call. Yet, when they were challenged with one prohibition, one privation, among all the other pleasures they enjoyed, they couldn't

it was all about "what I need" rather than "what Hashem, the other in the relationship, is asking of me." Still, when given the opportunity to own up to their transgression, they "projected" the blame onto others. Chava accused the serpent and Adam added salt to the wound with his indictment against God: "It was the wife You gave me that caused me to sin."

In this first story, our Torah emphasizes the import of transcending our egotistic tendencies by nurturing the tzelem Elokim, the Godly spark, within us. And as we explore the introductory parshiot of Bereishit, from the time of Creation to the moment when Avraham and Sarah proclaimed Hashem as the beneficent Creator and Master of the universe, we see the forward progression of mankind's spiritual journey. Indeed,

unlike the first couple, Avraham and Sarah enthusiastically spent all of their days expressing their acknowledgement and appreciation of God as their creator. In addition, they spontaneously spread the word within their circumscribed universe.

Moreover, because of their love and trust of God and mankind, when called upon to do so they were ready to sacrifice their time, the home of their birth and even Yitzchak, their long-awaited son.

I believe that the life lessons we glean from these beginning stories are intended to teach us how to address the very struggle Freud identified; yet, our Jewish ideology weighs in far heavier on the side of altruism and the willingness to transcend one's own needs and wants in favor of others. I also believe that while this may initially appear to be a daunting task, committing oneself to this shift in perspective will not only ease the way in our spiritual journey, but also will positively transform the quality of our lives.



When I think of the challenges life sends our way and the level of support extended by our rabbinic leaders, family and friends, I often reflect back to the time in my life when Jack and I were expecting our first child, Tammy. We lived in Brooklyn, near my parents, my twin sister Adele, and first cousin Renee. I can recall the joy with which we prepared for this special phase in our lives. Jack understood my need for perfection and patiently accompanied me on the happy excursions when we selected the lovely English coach carriage, the beautiful baby furniture and the matching curtains and bed covers for the baby's room. Everything had to be perfect. Yet, looking

back, what strikes me at the core is the expectation that everything would turn out exactly the way I planned. After all, I was intelligent, organized, hard-working and health conscious—a perfectionist ready and willing to put in the effort to make things work. And so, when I came home from the hospital and found that the carriage came in the wrong color and the bedcover and curtains were too short, I was brought to tears; interestingly, I was also horrified at my own reaction. How could such foolishness bring on tears, disturbing the joy of the beautiful, healthy baby we iust welcomed into our family?

I now understand that the birth of a baby often wreaks havoc on one's hormones; but I also know that there was more to it than that. As a child of Holocaust survivors whose goal was to protect their children at all costs, I possessed a naïve belief that if we work hard enough and are good enough, we will be rewarded in kind. Yet, I also understand how lucky I was that I could cry over such trivial mishaps. And I know it was only because Jack was raised in such a compassionate and empathic home that I was the lucky recipient of understanding rather than criticism for my response. And to this day, when hearing relatively trivial complaints in my personal and professional lives, I can still hear the practical advice I received from my mom. Despite the personal trauma she experienced, she taught us that feelings and emo-



CONTINUED ON NEXT PAGE



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#### **PSYCHOLOGICAL INSIGHTS**

#### **Winning the War**

CONTINUED FROM PREVIOUS PAGE

tional responses are subjective. As a result, they deserve respect and sensitivity, even if we don't understand where they are coming from. Little did I know that in just a few years, I would experience my first personal and very real tragedy.

After the birth of our second child, David, Jack and I moved to Fair Lawn, and we soon realized that we made the right choice. All that we heard about the young Rabbi and his Rebbetzin Yudin was true: in fact, the reality was beyond our expectations. Rabbi and Shevi Yudin were a couple who seemed to have no difficulty moving out of themselves and fulfilling the needs of others before their own, and Hakadosh Baruch Hu gifted them with the boundless energy they needed to fulfill the missions He set before them. Yet, I was unprepared for the reality that soon set in, when I would be the recipient of their abundant chesed.

For a few weeks after my move, I worried over the fact that my cousin Renee failed to call. She too was moving to New Jersey, and our moving dates were close in time. We planned to meet at a mall halfway between our homes. Renee was to contact me when she was settled, but she failed to do so. After questioning my mom, she admitted that Renee was very sick, hospitalized and beginning treatment for a deadly form of leukemia. I was horrified by the news, but also overwhelmed by the test of faith I experienced. Renee was the eldest child of the emotionally frail sister my mom carried through the death camps. She, along with my twin, were my best friends. We shared so many things, including the name of our grandmother, who perished in the Shoah. We had our first babies a few months apart, and when we walked with our carriages, we shared the dreams of a "beautiful house with a picket fence and backyard, in the suburbs"; this was the American dream for immigrants in the '60s. Now Renee's dream of moving to the suburbs was dashed; and far worse, the prospect of her survival was minimal. I couldn't help but wonder how our God of goodness could allow this to happen. After all, Renee's parents already suffered the loss of their siblings and parents, and my uncle lost his first wife and child. Now they faced the possibility of losing the eldest of their two daughters.

I knew that with regard to my test of emunah, I needed to contact Rabbi Yudin. Yet, I never imagined he would come through in the way he did. Our meeting did not end with the words of empathy and compassion he was famous for. After listening to my story, he asked for Renee's number, and from that day on a relationship was forged. He knew just what to say and visited with her on a weekly basis. She was impressed with the care, sensitivity and enthusiasm he showed for a fellow Jew and was inspired to belong to the world he represented. As a result, during her year of remission, the family became shomrei Shabbat, moved to a frum neighborhood, and Renee went to the mikvah for the first time. Her newfound faith and commitment never wavered; even when her remission ended after only a year, she never experienced a lapse in faith. During the last few weeks of her life, she showed no signs of questioning God and she expressed hope that her husband, Marty, would not allow her petirah to put a damper on the spiritual

gains they made. The levayah and shiva reflected that of a committed family, and when Marty was ready, he was receptive to dating the frum single my sister Adele and I had in mind for him, and the rest is history. Rachel, Renee and Marty's daughter, went on to marry a frum young man, and their four children attend yeshivot. Recently, the family made aliyah, extending their commitment beyond all of our expectations. Imagine, all of this because of a rabbi who did not hesitate to carry my burden and the burden of my cousin and her family.

The Torah and our Jewish history are filled with inspirational stories of Jews and gentiles who are winners in the war of "altruism over egotism," and, as Rabbi Goldberg likes to say, "ordinary" people who do "extraordinary" things for others, yet nothing and no one can compete with the treasures in our own backyard. Forty years ago, Rabbi Yudin understood that which experts only recently discovered.

This year, during our stay in Boca for the second days of Yom Tov, as I listened to Rabbi Goldberg's yearly Simchat Torah shiur for women, I once again saw the yad Hashem. While I began this article on the plane and knew that I wanted to tell this story, I had not yet decided on the overarching theme that would pull it all together. Yet, the moment I read the cover sheet on his handout of sources, I appreciated the relevance his topic, "Nosei B'ol Im Chaveiro-The Dos and Don'ts of Being a Good Friend in a Time of Crisis," would have for my story. I also knew I would find the glue that would pull together all the pieces of my story, and he did not disappoint. Midway into his shiur he referenced a recent work of fiction, titled "Option B," written by Sheryl Sandberg, who suffered the sudden loss of her husband. In one chapter, she speaks to the issue of the good intentions and unsolicited advice offered by those who want to help: "...the problem lies in the offer to do 'anything'... While well meaning, this gesture unintentionally shifts the obligation to the aggrieved ... Instead, just offer to do something."

This really works! I know because I learned this lesson from Rabbi Yudin 40 years ago. Had he asked me the rhetorical question, "What can I do?" I know I would have responded, "Nothing, thank you for listening." While I would have been grateful for his compassion, as well as feeling heard, little else would have been accomplished. Yet, he and Shevi learned from the masters, the Torah and their own role models. They are true examples of "Nosei b'ol im chaveiro," and they always know just what to do. As a result of their efforts. countless lives within and outside of our community have been transformed. And even though I will never be lucky enough to cry over trivial mishaps, I am lucky in so many ways: our growing family baruch Hashem continues to follow the example of our parents, and we now live in two communities, led by two rabbinic families, as well as two sets of friends, who all share in the value of "Nosei b'ol im chaveiro," and as a result are winning the war of "altruism" over "egotism." I look forward to sharing more on this life-changing topic in future articles.

Renee Nussbaum is a practicing psychoanalyst with training in Imago and EFT. She also facilitates a chavruta in cyberspace on the weekly parsha, edited by Debbie Friedman. She can be reached at: doctorbubby@optonline.net.



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#### **PERSONAL HISTORY**

# **My Stories**



By Norbert Strauss Introduction, Part I

When I was first asked last year to submit material to The Jewish Link under the heading of "Personal History," I

started with an address I had made at a hotel on Pesach with the subject "Should/Could the Allies have bombed Auschwitz?" That led into a follow-up titled "Churchill was Anti-Semitic! Really?" and then also "FDR and the Jews." That was all impersonal and not specifically involving my family. Therefore, being of general interest to the public at-large, it was without risk of being boring to you, the reader. Over the months I have not received a single critical comment, and therefore can safely assume that it either was of interest or the reader just fell asleep Friday night and had forgotten all about it 24 hours later.

Next came my translation of "My Father's Letters Written to My Mother From

on Board the M/S St. Louis," and I started receiving comments from readers that they found the subject interesting. With that encouragement, I submitted "My Mother's Story," written by Dorothy's mother, compiled and edited by Dorothy, and finally now during the Yomim Tovim, "The Life of Herzl Melcer aka Lt. Iwan Siemienowicz Pidlowskij." Herzl was Dorothy's uncle. I hope you found it interesting as well.

I now come to a new category, namely I will be writing about myself and my life, happenings that I, in all humility, have found interesting. The fact that my family found it to be worthwhile to listen to proves nothing. Maybe they just showed good manners. Be it as it may, I will let you be the judge. If you find it worthwhile and want me to continue, please find a way to let me know.

Please remember when reading "My Stories" that it was written and printed in 2004, with a revised edition issued in 2014. Therefore, in some instances there might have been some changes over the years.

Thank you for your patience.

Foreword (written 2004):

I seem to be having more difficulty getting started on the foreword than I had tell-



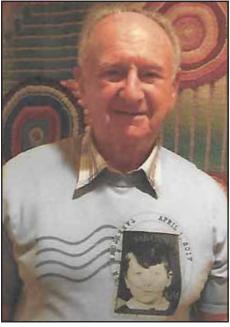
About four years old...

ing my stories. Maybe that is because I have told some of the main parts so many times that I do not have to think at all when hitting the keys. But now I realize that writing something down is riskier than just telling it. You tell the story and then walk away from it. Little of the detail is ever remembered by the listener, and the questions asked of me when I am finished are usually of a general nature. For example, after having finished telling my Holocaust story to a group of about 60 eighth graders, mostly of Asian origin, one fellow raised his hand and wanted to know what that little cap on the back of my head meant.

Therefore, I never had to worry about contradicting myself or making a factual error. Nobody would know any differently. But now, if committed to paper, no doubt—sooner or later—someone will say to me that something does not make sense or contradicts what I have stated somewhere else. To try to avoid this as much as possible, I am giving out first drafts to my daughter Esther and my grandson Gil to be my editors. Hopefully, most of the mistakes, as well as grammatical or structural errors, will be caught by those who know English much better than I ever will.

My special thanks go to some of my grandchildren who, some months ago, urged me to commit to writing all the little (or in some cases not so little) stories I have been telling at one time or another, with no one ever hearing them all. Also, my daughter Esther complained that many times when I told a story at her dining room table she was in the kitchen between courses, and consequently she probably had heard less than anyone else.

Finally, I gave in, although I hate to write. Purchasing my first laptop a few months ago helped in the decision, since the spellcheck makes me so smart. Most of the details come from memory, but when specific facts are mentioned, the information was taken from my files. Other specific sources are indicated in the appropriate places.



...and a few years later.

My special thanks go to my eldest grandson, Ari (Rabbi Ari Perl) for pushing me into the initiative and spending quite some time with me taking notes, which he was then later going to have transcribed into the story. Subsequently, I decided that not only would this method be too much of a burden on him and his secretary, but it also would delay the completion considerably. I felt that if I was going to undertake the project, now was the time to commence and to complete it expeditiously. We have only too recently seen how the hand of Hashem (the Almighty) can strike quickly and without warning.

Therefore, I decided to sit down, and with the help of my laptop, to search the recesses of my mind while I still have the ability to do so and commit everything to paper (keyboard?). With the critical help of my family, I hope the product will not be too embarrassing.

The reader will, no doubt, in some instances feel that I am blowing my own horn too loudly. Well, yes, I do, and I apologize for it. Unfortunately, few readers will have known me, or about me, when I was a child and a teenager. Therefore, the reader will not have the facility to judge the tremendous change that occurred in me, or to me, between the ages of 18 and 21. Boy "Norbie" went into the Army, and a young man Norbert emerged from the Army. I am not ashamed of what I was, but I am proud of what I accomplished then and thereafter.

Just look at my family. With the help of Hashem, the family has grown around us, and everyone can be justifiably proud of it.

(To be continued next week.)

Norbert Strauss is a Teaneck resident and has volunteered at Englewood Hospital for over 30,000 hours. 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.

#### THIS MOMENT IN HISTORY

# Remembering November 2's Importance in Israel's History

By Phil Jacobs - JLNJ Associate Editor

"His Majesty's Government view with favour the establishment in Palestine of a national home for the Jewish people, and will use their best endeavours to facilitate the achievement of this object, it being clearly understood that nothing shall be done which may prejudice the civil and religious rights of existing non-Jewish communities in Palestine, or the rights and political status enjoyed by Jews in any other country." – British Foreign Secretary Arthur James Balfour, November 2, 1917

If a mere 67 words could change the prospects of a people and offer hope for a Jewish homeland, it's difficult to argue that the Balfour Declaration achieved everything that Theodor Herzl and Chaim Weizmann, the founding fathers of political Zionism, could have ever hoped for.

On our Jewish Link publishing date this week, November 2, we mark with pride and gratitude to Hashem that Sir Arthur James Balfour's letter to Baron Walter Rothschild, a leader of the Jewish community, set the gears in motion for a national home for the Jewish people 100 years ago.

Indeed, November is a turning point month for the State of Israel. It was on November 29, 1947 when UN Resolution 181 called for the partition of Palestine into a Jewish State and an Arab State. It was in November, 1948 when a little airline called El Al was incorporated into business. And it was in November, 1977 when Anwar Sadat became the first Egyptian leader to visit Jerusalem and address the Knesset.

Still with all of these positives, November, 1975 can never be forgotten as the time the UN Resolution 3379, a bill equating Zionism with racism, easily passed.

Through its short history, Medinat Yisrael has ostensibly defended its right to exist, be it through damning language in the UN, the outright existential threats from Iran to every Hamas rocket hitting the Southern Negev from Gaza.

Yet that Israel connected to 1917 has grown as a world leader in technology, agriculture, military, education and so many other areas.

With every Nefesh B'Nefesh aliyah flight. With every life changing Birthright trip. With every trip to the airport we take to watch our children leave to learn in yeshiva or seminary. All of these milestones are contained in that century since Balfour.

It shouldn't go by as just any other day. Because in Israel's history as well as the history of the Jewish people, November 2, 1917 was one of those dates that would change the world.



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# Does It Really Make a Difference?



By Rabbi Mordechai and Nina Glick

On Tuesday, the world, and especially those of us who live

in the New Jersey/New York environs, was devastated by the horrific terror attack that took place in New York City. We all saw photos and videos of the dead and wounded lying on the streets after having been mowed down by a terrorist who proudly shouted "Allahu Akbar" as he emerged from his truck.

Innocent bike riders, children on buses, pedestrians and bystanders will never forget this vile act of violence. As the news emerged and the act sunk into our brains, people were heard saying, "It should only not be *unzere* (ours) that were killed."

We feel this reaction sets the wrong tone. There has to be a point in life when

we realize that when such an abhorrent act takes place, it makes no difference who the victims are. A fire in an apartment, a car accident on the highway, a person mowed down by a drunk driver, all seem to always bring one question to mind: Were there Jewish people injured or killed? It is natural to be concerned about our families first, but breathing a sigh of relief when the victims are not Jews just makes no sense to us.

We think it is time for our generation to rise above the feelings and thoughts of our parents. We need to transmit to our children and grandchildren that we are all, every one of us, created *b'tzelem Elokim*, in the image of God. We, as Jews, may be fortunate to have the knowledge that we have a family everywhere in the world that can be relied upon during difficult times. This knowledge, however, should not preclude the fact that mankind as a whole is deserving of our compassion and concern.

many years ago in both Toronto and Moscow, random strangers were interviewed on the street and asked what it meant to be a Jew. In Toronto, the answers were primarily: "Oh, Jews, they are the doctors," or "They are the bankers." One individual even said that "Jews are the people who pick up pennies from the ground." Shortly thereafter, the videographer was seen in Moscow asking the same question to people on the street. We will never forget the response of one woman who said, "Look at me; if I were to leave Russia, I would have nowhere in the world to go and no one to care for me. If I was Jewish, I would know that wherever I went in the world there would always be someone to look out for and show concern toward me." While this is beautiful that people in Moscow believe we care about one another, perhaps it is time for us to teach our chil-

In an NCSY video that was filmed

dren that our concern for human beings should extend beyond the Jewish people.

A terrorist attack in lower Manhattan is a scourge upon all of us. Those killed, no matter who, are people for whom we should be grieving. Families affected should be shown the same amount of concern as if they were our Jewish neighbors living up the street in our communities.

Please, let us learn to broaden our concern and sympathy for all men and not direct it selectively to the Jewish community.

Rabbi Mordechai and Nina Glick are living in Bergenfield after many years of service to the Montreal Jewish community. Rabbi Glick was the rav of Congregation Ahavat Yisroel as well as a practicing clinical psychologist in private practice. He also taught at Champlain Regional College. The Glicks were frequent speakers at the OU marriage retreats. Nina coordinated all Yachad activities in Montreal and was a co/founder of Maison Shalom, a group home for young adults with special needs. They can be reached at nina@jewishlinknj.com.

# Friends of IDF 'Night of Heroes' Raises \$35 Million for Israeli Soldiers

CONTINUED FROM P. 31

in the United States but sports additional Israeli innovation including an advanced high-tech Helmet Mounted Display system that is manufactured in Israel and utilized by all F-35 pilots worldwide.

In addition to Maj. Gen. Eshel, the Israeli Air Force was represented by Major "G," who pilots a new F-35; Capt "N," one of the IAF's few women combat flight navigators; Shira, an IDF paramedic who has treated wounded Syrian refugees; and Is-

raeli Navy Sgt. Matan, a lone soldier from Westchester. An additional 21 soldiers were in attendance including the IDF Singers. The Israeli group also included Amir Ofer, a hero of the famed 1976 Entebee Airport rescue who related little-known details of the operation.

Teaneck resident Cantor Netanel Hershtik, cantor of the Hampton Synagogue, sang the Star-Spangled Banner, and the IDF Singers rendered Hatikva. Rabbi Yechiel Eckstein, president and founder of the International Fellowship of Christian and Jews, offered the Hamotzi benediction.

New Jersey FIDF activists at the Gala Dinner included Shelly and Josef "Chick" Paradis, a past national board member and IDF soldier who served in the Yom Kippur War; Sammy Bar-Or, a co-founder of the NJ Chapter of FIDF and former lone soldier; Harry Gross, National IMPACT Scholarship Program chairman; Moshe, Naomi and Rami Evar; and Annette Tauber Stern, longtime member of the NJ Dinner planning committee and this year's co-chair of the NJ Dinner along with Ellen Sokoloff and her husband, Lloyd. Mr. Howard Gases serves as director of the New Jersey region of FIDF.

The contributions toward the record

\$35 million included a generous pledge of \$7 million from Las Vegas philanthropists Dr. Miriam and Sheldon Adelson; a \$2 million pledge from Or Lachayal; a \$1.5 million pledge from FIDF Young Leadership; a \$1 million pledge each from Genesis Philanthropy Group, Masa Yisraeli, Nefesh B'Nefesh and FIDF National Vice-President Marc Perlman; and a \$600,000 pledge from the Iranian Jewish Federation.

Israel UN Ambassador Danny Danon and Consul General of Israel to New York Dani Dayan as well as numerous diplomats were included in the roster of the FIDF Gala Dinner participants.



Sarah Imenu: A Tent of Her Own A Modern Orthodox Woman's Search for Meaning

Tuesday, November 7
Shiur: 7:45 to 8:45 p.m.

The shiur is for both men and women

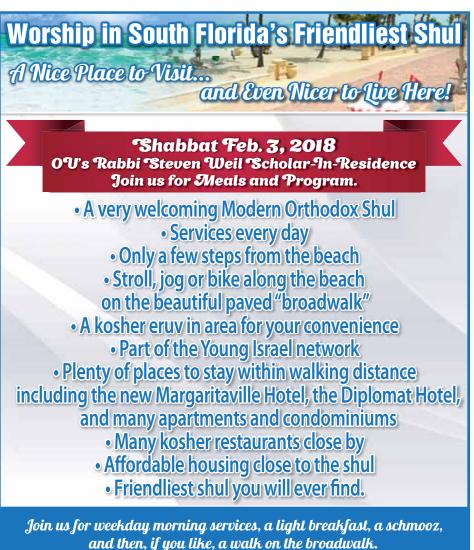
Shani Taragin received her B.A. and M.A. in Tanakh and Talmud from Bar-llan University and is a graduate of Nishmat's Keren Ariel Program for certification as a halachic advisor (Yoetzet Halacha) in issues of family purity law.

She is the educational director of MaTaN Eshkolot – Tanakh teachers' education program and of the Morot l'Halacha program in MaTaN Renana. Shani serves on the advisory committee for the Mizrachi Olami Shalhevet program for shlichim and lectures throughout Israel and North America on topics of Tanakh, Jewish education, and Jewish law. She is a senior lecturer in MaTaN and is the curriculum coordinator for the MaTaN – Bnei Akiva program (MTVA).



Shani is a Ra'mit Tanakh in Midreshet Lindenbaum and teaches at Migdal Oz, the Women's Beit Medrash of Efrat and Gush Etzion and in MaTaN Ramat Shiloh. Together with her husband, Reuven, she serves as Rosh Beit Medrash for the Beit Medrash Program in Machaneh Moshava, Pennsylvania, during the summer. Shani lives with her family in Alon Shvut, Gush Etzion, Israel.





Young Israel of Hollywood Beach, Ahavat Shalom 315 Madison Street, Hollywood, FL 33019

For more information call Thomas Langer 201-282-8428 Check out our video at www.beachshul.org

# WayFind Hosts Tech Career Event for Frum Community

By JLNJ Staff

WayFind hosted a first-of-its-kind event this past Sunday night. Despite the rain, the room was filled to capacity, with very limited standing room. The topic of the evening was: Future Tech Careers for the Frum Community. The program began with opening remarks from Natasha Srulowitz,



co-founder of WayFind, a career and education services company. WayFind's mission is to help young people in the frum community choose a profession that best suits their strengths, interests and needs and educate them about careers across all sectors so they are positioned well for future financial and personal success. Sunday night's focus was on the technology sector.

> The audience got the opportunity to hear from a highly successful tech entrepreneur, Carl Valberg, co-founder and CEO of InVision. Many of the smartest companies in the world, including Twitter, Netflix, Hubspot and Amazon use InVision to power their product-design process from start to finish. He talked about what he looks for in employees, what he expects from them and how the opportunities are endless.



Mordy Golding, director of content at LinkedIn, and Avi Singer, CEO and founder of showd.me, both members of the Five Towns community, moderated a panel discussion with seasoned frum professionals. The panel included Chaim Fried, founder and CEO of OWAL, Sruli Derdik, princi-

pal engineer of platform services at Adobe Systems, Rachel Geisler, software engineer at Google, and Elisheva Cohen, technology analyst at a large financial services company. The audience observed a productive and stimulating discussion about the future in technology. They learned about in-demand and high-paying jobs, what they are about and how conducive many of these jobs are to the frum lifestyle when it comes to work-life balance, benefits and flexibility.

All the panelists and moderators lingered after the program, talking to people individually. We are very fortunate to have members of our community care so much about the next generation.

WayFind also discussed a new venture they have forged with General Assembly, an industry leader in preparing people for technology careers. They talked about three types of technology bootcamps in programming, design and data analytics—12-week courses with separate classes for men and women. The first bootcamp in full stack web development is scheduled to start at the end of January.

Rabbi Harry Rozenberg was present to discuss the ability to use these bootcamp credits toward an expedited college degree. Rabbi Harry is the WayFind college adviser and co-founder and president of Theological Research Institute (TRIO), a program that helps students leverage yeshiva and other credits to complete a SUNY college degree.



The large turnout on a rainy Sunday night demonstrated the interest in exploring tech careers, and that is very encouraging. "We are excited that people are taking the initiative, that they are motivated to learn and position themselves well for the future. We hope to continue to support our community and provide the resources needed to chart their paths to success. In addition to working one-on-one with individuals on their own personal career course, WayFind plans to offer more panel discussions and informational sessions and are excited to launch the technology bootcamps in early 2018," commented Adele Dubin, co-Founder of WayFind.

For more information, please visit www. wayfindcareers.com or call 516-253-1147.

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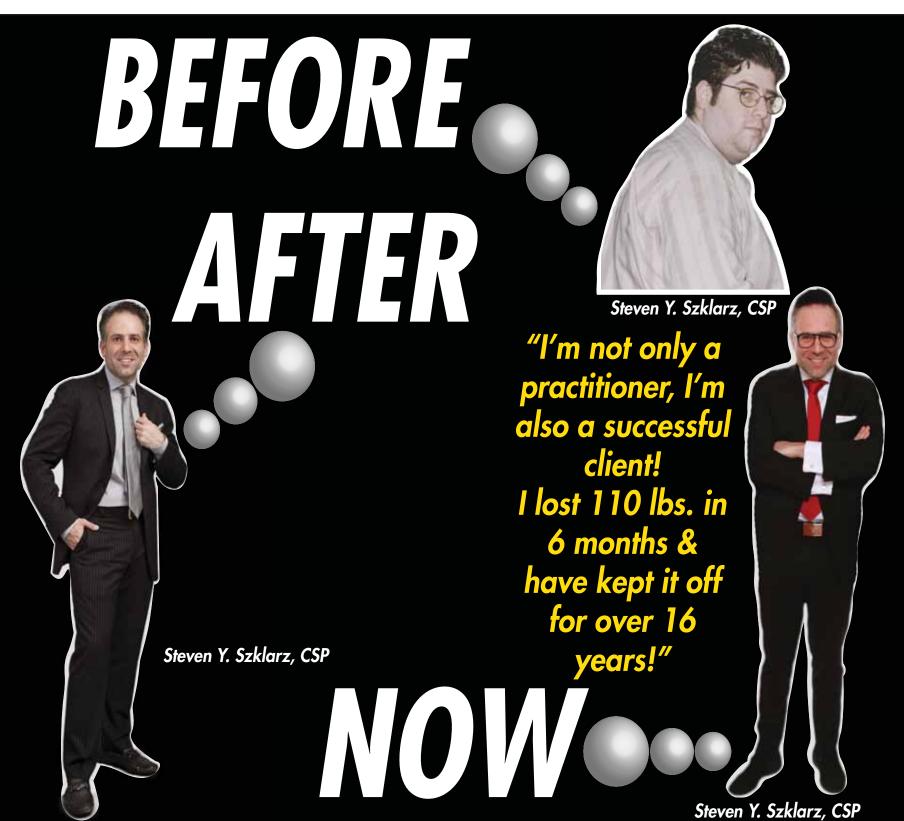












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# Preparing Our Children to Respond to the Anti-Israel Propaganda on College Campuses



**By Alex Grobman, PhD**Part III

"Perception truly is now reality, and our enemies know it," asserts Steve Fondacaro, an American military expert. Israel and

the West are engaged in what is "fundamentally an information fight," in which Palestinian Arabs have mastered the technique of controlling the propaganda narrative. Their success has been so pervasive in crafting the language we use in discussing the conflict, we often are not even aware of how inadvertently we advance their agenda.

Soviet ideology is responsible for helping shape Palestinian Arab strategy, notes historian Joel Fishman. Words are designed to elicit hatred, disgust and contempt. Terms like racist, fascist, oppressor, apartheid nation, occupier, usurpers of Arab lands, and Israel as the obstacle to peace are accepted by large segments in the West, particularly in Europe, as an accurate description of the Jewish state.

Israel's legitimacy is further undermined by the process of "reversal of culpability," which uses false indictments and historical analogies. Goliath becomes David, and David becomes Goliath. Israelis are accused of committing "genocide," thus "Israel is doing to the Palestinians what the Nazis did to the Jews."

This pernicious labeling is also used by "self-hating Jews," and Jews highly critical of Israel. In this toxic environment, even staunch supporters of Israel err in the terms they use. Here are just a few examples:

West Bank: For thousands of years, the area was recognized as Judea and Samaria, part of the Jewish people's ancestral heartland. On April 24, 1950, Jordan annexed its 2,270 square miles, and the West Bank became the name used to describe the territory. Only Great Britain and Pakistan recognized this changed status. During the Six Day War in 1967, Jordan lost control of Iudea and Samaria.

Using the term West Bank instead of Judea and Samaria, obscures the ancient historical and religious connection of the Jews to this area, and implies that Jordan has the legitimate right to rule the region. Judea's boundaries, which are defined in The Jewish War by Flavius Josephus, was part of the ancient Kingdom of Judah, the Southern Kingdom. Samaria was part of the ancient Kingdom of Israel, the Northern Kingdom.

A review of Jewish religious and secular sources will provide a profound appreciation for the importance and centrality of Judea and Samaria to the Jewish people.

Legally, the territory remains disputed. When a peace agreement is reached notes Eugene Rostow, a legal scholar and former Dean of Yale Law School, Israel must withdraw her "armed forces 'from territories' she occupied during the Six-Day War—'not from 'the' territories nor from 'all' the territories, but from some of the territories, which included the Sinai Desert, the West Bank, the Golan Heights, East Jerusalem, and the Gaza Strip."

This has not stopped resolutions calling for withdrawals from "all" the territories, which are defeated in the Security Council and the General Assembly.

Settlers and Settlements:

David Friedman, the American Ambassador to Israel, recently said, "They (Israelis) are only occupying 2 percent of the West Bank."

If the Jews have returned to Judea and Samaria, how can they be called settlers and portrayed as occupiers? And why are their communities called settlements?

Identifying them as settlements instead of Jewish communities, reinforces the Arab position that they are temporary residences that are illegal and must be vacated before any peace agreement can be reached.

Author Hillel Halkin asks what if every Israel government since 1967 had prohibited Jews from living in Judea and Samaria until a peace agreement had been signed. In the interim, the land would have been held in escrow until the Palestinian Arabs ceased fighting, and then the Israelis would give them the land, which would which then be free of Jews.

Would this have accelerated peace negotiations or tempered the PLO's determination to obliterate the Jewish state? This would simply have enabled the Palestinian Arabs to pursue their objective of destroying Israel. If they succeeded, they would say "all to the better." If not, they would respond "what did we lose?" Furthermore, it is quite offensive to tell Jews they can live in London, Paris, Berlin, Madrid, New York, Moscow, Mexico City or Buenos Aires, yet are prohibited from living in Judea and Samaria — the areas in the land of Israel most linked to the Bible, Jewish memory and history.

The entire concept itself destroys the canard that the Jews are the new Nazis. It was the Nazis who birthed the modern notion of ethnic cleansing, first by driving populations from their homes and then, ultimately murdering as many millions as they could. Barring Jews from their ancestral homelands, driving them from their current homes in concert with the avowed Palestinian Arab objective of killing them wherever they are, is the actual resurrection of the Nazi program, albeit in a new set of hands. Those hands are most assuredly not Jewish.

Douglas Feith, an attorney who served as a Middle East Specialist on the National Security Council Staff during the Reagan Administration, asserts that the Jewish claims to exert sovereignty in any part

CONTINUED ON P. 64



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# The Essex, Middlesex, Passaic & Union Counties Minyan Directory

Info provided by GoDaven.com and Dr. Yosi Fishkin

					Thro provided by					
assaic County	Address	Phone	Website	Rabbi	Shacharit PASSAI	Mincha	Maariv	Maariv Text	Nusach	Miscellaneous
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	Ashkenaz	Nusach Ashkenaz except extra minyan Shabbos morning
GUDAS 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	
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	1:30 PM and every 20 min approximately	08:00 PM	Shkiah, 9:00 PM, 9:15 PM, 9:30 PM, 9:45 PM, 10:00		To hear lastest davening times, call 973-777-5929 ext.3
ALUMNI	000 M-i- A	F 810 718 1717		Rabbi Y Celnick	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	from 4:00 PM to sunset	08:30 PM	PM, 10:30 PM, 11:00 PM and 11:45 PM		-
IS MEDRASH ZICHRON ELIEZER	280 Main Ave. 170 Main Ave.	Fax: 413-714-1717 973-685-4908	www.ourshul.net	Rabbi Menachem Spira	Sun: 8:00 AM, Mon/Thurs: 6:50 AM. Tues/Wed/Fri: 7:00 AM Sun: 8:30 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM	15 min before shkiah	09:15 PM 010:00 PM	Mon-Thurs	Ashkenaz	
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 Sun: 7:15 AM, 8:00 AM, Mon/Thurs: 6:25 AM, 7:00 AM,	on Sunday only 01:30 PM	010:00 PM 08:00 PM		Ashkenaz	
BAIS TORAH U'TEFILAH BAIS DOVID	218 Aycrigg Ave. 72 Ascension	973-470-8888		Rabbi Menachem Zupnik Rabbi Shloima Isaacson	Tues/Wed/Fri: 6:30 AM, 7:00 AM.	Bizman	08:30 PM	9:45 PM, 10:15 PM	Ashkenaz Sefard	
BAIS YOSEF	580 Broadway		www.groups.yahoo.com/group/ BaisYosef/	Rabbi Dovid 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	
RLEBACH MINYAN OF PASSAIC/ CLIFTON	226 Van Houten Ave.	973-773-8266	Dais tosetr	Rabbi Reuven Sarett	111. U.IJ AM, 1.20 AM	DETUTE STINIAL	resacti dii moli-fildis @ 0.30 FM		Ashkenaz	The minyan is hosted by the Kupferman family and on Shabbos Meval hosted by the Schwadrons in their home at 300 Pennington/corner of Va
	482 Brook Ave. (Rear building) 371 Brook Ave.	973-246-5251 973-779-1994		Rabbi Sebbag Rabbi Yonah Lazar					Ari Ashkenaz	inusieu by the Schwadiums in their nume at 500 Fernington Content of W
GOLDEN OPPORTUNITY INC K'HAL TIFERES BORUCH	90 Dayton Ave. Unit 12 232 Terhune Ave.	973-778-6722 973-472-4247	www.tiferesboruch.org	Rabbi Schachne Weinberger	Sun: 7:45 AM, Mon/Thurs: 6:35 AM, Tues/Wed/Fri: 6:45 AM	Mon-Thurs: 2:00 PM Sun: Bizman	Sun: Bizman, Mon-Thurs: 9:00 PM		Multiple Sefard	Sefard or Ashkenaz
KHAL SHOMREI TORAH KOL YESHURUN	1 Main Ave. 540 Broadway			Rabbi Aharon Cohen	Sun: 7:40 AM, Mon/Thurs: 6:55 AM, Tues/Wed/Fri: 7:00 AM				Ashkenaz	
KOSHER KONNECTION CHA AT THE MARK ROKOWSKY	200 Main Ave. 145 Main Ave - 4th Floor	973-574-1144				04:00 PM Mon-Thurs: 1:40 PM			Ashkenaz	Parking along Main and Howard Avenues and in rear. Use dia
CAPITAL GROUP SHAAREI TEFILLA	24 Crescent St.				Sun: 8:30 AM followed by hot breakfast	Moli-Huis, 1.40 FW			Sefard	front door (Main Ave).
THE PATERSON SHUL @ FEDERATION APARTMENTS	Federation Apartments 510 E. 27th Street (basement	908.581.2972	www.patersonshul.com	Lay leadership	9a.m. / Call/Email JerrySchranz@gmail.com for Shabbos and Yom Toy Schedule				Ashkenaz	Contact JerrySchranz@gmail.com for minyan info
TIFERETH ISRAEL	level) 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.	Bzman	08:45 PM	Also Following Mincha	Sefard	
SHIVA GEDOLAH OF PASSAIC	55 Ascension St.	973-472-6100	www.uicieur-passaic.uig		Tues/Wed/Thurs: 6:25 AM, 7:30 AM Sun-Fri: 7:30 AM	03:15 PM	010:15 PM 09:55 PM	ASSUT UNIOWING MINUTE	ocialu	
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	
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DAUGHTERS OF MIRIAM KEHILLAS BEIS SHOLOM	155 Hazel St. 733 Passaic Ave.	973-772-3700 973-850-9619	daughtersofmiriamcenter.org	Rabbi Moshe Mirsky Rabbi Avraham Shulman	8:45 AM 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 Ashkenaz	Rabbi Mirsky for info for biweekly minyanim year-roun
LLEL AVREICHIM OF PASSAIC		[		Rabbi Eliezer Breslauer	WAYNE	02:45 PM	010:00 PM	[	Ashkenaz	
ALM CORP.	55 Haul Road	973-694-12232			WAINE	3:00 PM. Winter Only. No Sundays.				
HABAD OF PASSAIC COUNTY	194 Ratzer Road	973-694-6274 -W 201-454-8857-C	www.jewishwayne.com	Rabbi Michel Gurkov	Sun: 8:00 AM. Mon/Thurs: 7:15 AM. Shabbos: 10:00 AM	Friday: Winter: 6:00 PM. Summer: 7:30 PM				
sex County		U-1086-PGP-1U2	1		CEDAR GROV		I.			I.
IOBLE PACKAGING OFFICES	20 Sand Park Rd, Cedar Grove					Mon-Thurs, 2:00 PM				
					NEWARK	Mon-Thurs: 1:40 PM,				
IDT	520 Broad St	973-438-3447			Mon-Fri: 8:15 AM	4:00 PM, Fri: 12:40 PM (winter), 1:40 PM	5:00 and 6:05 PM (winter only)		Ashkenaz	Contact Yoni Greenstein, minyan@idt.net
					WEST ORANG	(Summer)				
HAWAS ACHIM BNAI JACOB &	700 Pleasant Valley Way	973-736-1407	www.aabjd.org	Rabbi Eliezer Zwickler	Sun: 7:00 AM, 7:30 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:35	10 minutes before	Mon- Thurs: 9:45 PM		Multiple	Sephardic minyanim: Sunday 8am, Weekdays 6:15am, Shabbo
DAVID BETH ISRAEL	567 Pleasant Valley Way	973-731-3383	www.dabju.org	Rabbi Eliczci Zwionici	AM, 7:25 AM. Tues/Wed/Fri: 6:50 AM, 7:30 AM Sun: 8:00 AM, Mon/Thurs: 6:05 AM. Tues/Wed/Fri: 6:10 AM	shkiah	10 minutes after mincha		Ashkenaz	ocpharac minyamin. ounday oam, weekaays o.roam, onabbe
					duit. 0.00 Am, month thats. 0.00 Am. lacos wear th. 0.10 Am					A heimishe minyan across from the Wilshire Grand hotel. Enti building up metal staircase. Daf at 11:20 AM after Kiddush. I
BNEI TORAH	395 Pleasant Valley Way	973-943-2150		Rabbi Avrohom Stone					Ashkenaz	seder and minchas chinuch shiur 2 hours before Shabbos Min quests welcome!
CHABAD OF WEST ORANGE DAUGHTERS OF ISRAEL	401 Pleasant Valley Way 1155 Pleasant Valley Way	973-486-2362 973-731-5100	www.chabadwestorange.com www.daughtersofisrael.org	Rabbi Mendy Kasowitz Rabbi Tzvi Karpel	Sun: 8:30 AM, Mon-Fri: 8 AM Sun: 9:30 AM, Mon-Fri: 9:45 AM				Ari Ashkenaz	guests welcome!  This is a minyan meant for residents of the Daughters of Israel Geriab
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	mis is a minyan meanicior residents or die daughters or israer deriad
E ENGLISHTOWN SYNAGOGUE	37 Buckingham Rd.	973-243-0876	www.englishtownsynagogue.org	Rabbi Binyomin Hammer	LIVINGSTON			Standard Time	Ashkenaz	
ETZ CHAIM	1 Lafayette Dr.	973-597-1655		Rabbi E. Samuel Klibanoff	Sun: 8:30 AM. Mon-Fri: 6:45 AM		08:00 PM		Ashkenaz	
NAGOGUE OF THE SUBURBAN	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:	Bizman	8:15 PM (Wed)		Ashkenaz	
TORAH ion County					6:45 AM ELIZABETH					
ADATH JESHURUN	200 Murray St.		www. adathjeshurunofelizabeth.org	Rabbi E. M. Teitz and Rabbi Yitzchol Burnstein	Shabbos: 9:00 AM, Sunday: 8:30 AM				Ashkenaz	Weekday Shacharis held at Elmora Hills minyan- see http://s thejec.org/wklyschedpdf.pdf
BAIS YITZCHOK ELMORA HILLS MINYAN	153 Bellevue St. 961 Magie Ave.	(908) 820-8822	www.baisyitzchok.org www.ElmoraHillsMinyan.org	Rabbi Michael Bleicher	Sun: 8:00 AM, Mon/Thurs: 6:25 AM, Tues/Wed/Fri: 6:30 AM Sun: 8:00AM, 9:00AM, Mon/Thurs: 5:45/8:00AM, Tues/	Approximately 10/15	After sunset following mincha; also at		Ashkenaz Ashkenaz	
					Wed/Fri: 5:50, 8:00am, Shabbos: 8:30AM Sun: 6:45 AM, 8:00 AM. Mon/Thurs: 6:20 AM, 7:10 AM, 8:00	minutes before sunset 2:20 PM and at	7:30 during winter months 7:50 PM when no 'mincha time'			Ashkenaz and Edot Hamizrach. For all other times, see http://
JEC ADATH ISRAEL	1391 North Ave.	908-354-7318	www.adathisraelshul.org	Rabbi Jonathan Schwartz	AM. Tues/Wed/Fri: 6:25 AM, 7:15 AM, 8:00 AM	'mincha time' when after 6:00	minyan 010:00 PM		Multiple	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,	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: org/weekly-schedule
KOLLEL OF ELIZABETH /	1391 North Ave.	908-354-6057	www.elizabethkollel.org	Rabbi Avrohom Schulman	8:00 AM (Bais Medrash) 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 p
YESHIVA BEER YIZCHOK					HILLSIDE					come daven with us. There are no Yeshiva minyanim during Bein ha
BRIS AVROHOM LALLYPAK	910 Salem Ave. 1209 Central Ave.	908-289-0770 908-351-4141 Ext. 27	www.brisavrohom.org	Rabbi Kanelsky	Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:40 AM	Zmann Mon-Thurs: 2:00 PM	Zmann		Ari	We are at the border of Elizabeth
HIVA 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 hazn is no minyan during those times. Yeshiva is a 7 minute drive from Nev
			1	v	LINDEN	1:30 PM				
ANSHE CHESED	1000 Orchard Terr.	908-486-8616		Rabbi Joshua Hess	Sun: 8:00 AM, Mon/Thurs: 6:30 AM, Tues/Wed/Fri: 6:45 AM		8:00 PM in winter months	Follows Mincha during summer months	Ashkenaz	
QUALMAXX	2500 Brunswick	718-305-6766			SPRINGFIELI	2:00 PM				
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	
ddlesex County					EAST BRUNSWI	·				I .
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	9:00 PM (winter)	Following Mincha at Zman	Ashkenaz	
					HIGHLAND PAI	12:45 PM EST, 1:45				
GUDATH 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	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 5:15am, 6:45am, and 8:20pm.
AHAVAS ACHIM	216 South First Ave.	732-247-0532	www.ahavasachim.org	Rabbi Steven Miodownik	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 KHAL CHASIDIM OF	230 Denison St.	732-247-3839	www.etzahaim.org	Rabbi David Bassous	Sun: 8:30 AM, Mon-Fri: 6:30 AM	O7:30 PM	07:50 PM		Edot haMizrach	Sefardic Congregation
HIGHLAND PARK	46 North 8th Ave.	917-886-2098		Rabbi Mechel Horowitz	Sun: 8:15 AM Sun: 6:30 AM, 8:00 AM. Mon/Thurs: 5:50 AM, 6:30 AM, 7:20 AM.		09:30 PM		Sefard	
OHAV EMETH	415 Raritan Ave.	732-247-3038	www.ohavemeth.org	Rabbi Eliyahu Kaufman	Tues/Wed/Fri: 5:55 AM, 6:40 AM, 7:20 AM.	Bizman		Follows Mincha	Ashkenaz	
AHAVAS YISRAEL	1587 Route 27	732-287-1230	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	08:30 PM	Follows Mincha	Ashkenaz	
AHAVAS YISRAEL  APCO EXTRUDERS	1587 Route 27 180 National Rd.	732-287-1230	www.ayeoison.org	NADDI DEDAHAN JAME	oun. out o Am, work more more out of Am, rues/Wed/Pri: b:15 AM	winter, every day in summer Mon-Thurs: 3:45 PM	uo:aU PM	FUNUWS MINCOA	ASHKERAZ	
APCO EXTRUDERS BEACH CAMERA HABAD HOUSE OF EDISON/	80 Carter Dr.	732-424-1100 x 243 SIMCHA				Mon-Thurs: 3:45 PM 02:00 PM				Always call first for times for Mincha/Arvit(winter)
METUCHEN	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
CROSSWAYS MINYAN DEPENDABLE FOODS	29 Executive Ave.	732-257-4500				Mon-Thurs: 2:00 PM 4:30 PM summer/DST			Sefard	Shabbos Daf 50 minutes before Mincha  Only open on standard business days. Mon-Thurs. Use main
DGL GROUP	195 Raritan Center Pkwy	732-692-5116	www.dglusa.com	Rabbi Haber	Sun: 7:15 AM. 8:00 AM. 9:00 AM. Mon/Thurs: 6:20 AM. 7:05 AM.	and 4:00 PM winter 10-15 minutes before		Follows Mincha during the winter	Edot haMizrach	Unly open on standard business days, Mon-Inurs. Use main located at side of building.
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.	sunset	010:10 PM 09:40 PM	and follows Mincha	Ashkenaz	
BBI 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
BI PESACH RAYMON YESHIVA SAKAR INTERNATIONAL	2 Harrison St.	732-572-5052			Mon-Fri: 7:40 AM	2:15 PM (except Sunday)				0.85
	195 Carter Dr. 9 Kilmer Ct.	732-248-1306 718-567-7754 x102 (David)	www.tpro.com			05:00 PM Mon-Thurs: 1:45 PM			Edot haMizrach	Call first
		1	1	L			L	I		1
CHNICAL PRO INC./ VICMARR AUDIO INC.		,	,		NEW BRUNSWI		r			In a contract of
CHNICAL PRO INC./ VICMARR AUDIO INC. RUTGERS CHABAD	170 College Avenue	732-296-1800	www.chabadnj.org	Rabbi Shaya Shagalow	8:30am - school year only	1:30pm - school year only B'zman- school	9:00 pm - school year only			Services only held during the university's academic calendar S - May. Please call for more information. Services only held during the university's academic calendar,

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

Sponsored by BSYD Corp.
Please daven for a refuah for Yehoshua Dan ben Naomi

	Address	Phone	Website	Rabbi	Shacharit BERGENFIELD	Mincha	Maariv	Maariv Text	Nusach	Miscellaneous
BAIS MEDRASH OF	371 South Prospect Ave.		http://www.bmob.org	Rabbi Moshe Stavsky	Sun: 8:30 AM	Bzman		Follows Mincha on Sunday	Ashkenaz	
BERGENFIELD 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	Bzman	9:05PM		Ashkenaz	
OHR HATORAH	36 Rector Ct.	201-244-5905	www.ohrhatorah.com	Rabbi Sobolofsky	AM, 7:10 AM Fri: 8:30 AM, Sun: 8 AM	Bzman on Sundays	10PM	Follows Mincha on Sundays	Ashkenaz	
			7	4	E. RUTHERFORD					
ANTS 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 food stand for Mincha
			ſ	ſ	ENGLEWOOD  Sun: 7:00 AM, 8:00 AM, 9:00 AM and 33 min before sunrise, Mon/Thurs: 6:15 AM, 7:15	ſ	f	[ F.H. : M: J. 1000 THM	T	
AHAVATH TORAH	240 Broad Avenue	201-568-1315	http://ahavathtorah.org/		AM, 8:00 AM, and 33 min before sunrise. Tues/Wed/Thurs: 6:30 AM, 7:30 AM, 8:00 AM	10 minutes before shkiah		Following Mincha and 9:00 pm on T/W/ Th (On Mondays, 9 pm at Cong. Shomrei		
ARTUS CORPORATION	201 South Dean Street	201-568-1000			and 33 minutes before sunrise	2:15 PM		Emunah, 89 Huguenot Ave.)		To subscribe to Minyan updates, send an email to artu
AST 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	Z.13 FW Bzman	8PM	Monday through Thursday	Ashkenaz	mincha+subscribe@googlegroups.com
ESHER: COMMUNITY	509 Engle Street	201-227-1117	http://www.kesherni.com/	Rabbi Akiva Block	Sun: 8:30 AM. Mon-Fri: 6:30 AM					The closest shul to Englewood Hospital.
ENGLEWOOD				Nabbi Akiva bibuk	Out. U.JU AM, MUIT II. U.JU AM					
S REVENUE CONTROL SHOMREI EMUNAH	560 Sylvan Avenue 89 Huguenot Ave	800-247-3061 x1196	http://www.pcsrcs.com/ http://www.shomreiemunahnj.org/	Rabbi Menachem Genack	Sun: 7:45 AM. Mon-Fri: 6:45 AM	Mon-Thurs: 3:00 PM	9PM	Monday nights (Tuesday - Thursday at 9 PM	Sefard	Entrance on first floor, walk straight to back of build
SHIVA OHR SIMCHA OF	-		mtp.//www.snomreiemunamy.org/		, , , , , , , , , , , , , , , , , , , ,			at Cong. Ahavath Torah)		
ENGLEWOOD	101 W. Forest Ave	201-816-1800		Rabbi Strassfeld	Sun-Fri: 8:00 AM	2:50 PM	9PM		Ashkenaz	Call first
AHAVAT ACHIM	18-25 Saddle River Rd.	201-794-3927	http://www.ahavatachim.org	Rabbi Ely Shestack	FAIRLAWN 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	
ANSHEI LUBAVITCH CONGREGATION	10-10 Plaza Rd	201-797-4770	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	
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	
CONGREGATION DARCHEI NOAM	10-04 Alexander Avenue	201-773-4080	http://darcheinoam.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;		Fall and Winter 8:00PM; Spring and Summer immedately after Mincha	Ashkenaz	
PHARDIC CENTER OF					Sun: 8:00 AM followed by breakfast in the synagogue, Mon-Fri: 6:15 AM followed by	daily in spring and summer.		Fall and Winter 8:00PM; Spring and Summer		
FAIR LAWN	40-34 Terhune Place	cell 201-835-5170	http://www.sc-fl.org/	Rabbi Aaron Shemtob Rabbi Yudin and Asst.	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/	Bzman		immediately after Mincha	Edot-HaMizrach	Sfaradi-Yerushalmi
SHOMREI TORAH	19-10 Morlot ave	201 791 7910	www.shomrei-torah.org/	Rabbi Andrew Markowitz	Wed/Fri: 6:00 AM, 6:30 AM, 7:45 AM.	Bzman	9PM	and about 15 minutes after Mincha	Ashkenaz	
G ISRAEL OF FAIR LAWN	11-05 Saddle River Rd.	201-797-1800	http://www.yifl.org	Rabbi Eli Belizon	Sun: 8:30 AM, Mon- Fri: 7:00 AM FORT LEE				Ashkenaz	
HABAD OF FORT LEE	808 Abbott Blvd	(201) 886-1238	http://chabadfortlee.com/	Rabbi Meir Konikov	Sun: 9:00 AM, Mon-Fri: 7:15 AM					
KER PLAZA MINYAN @ ROSS RIVER BANK	400 Kelby Street - 14th Floor	201-808-6376				Mon-Thurs: 2:30 PM		Time is sent weekly to our email list	Ashkenaz	
SCFL BET YOSEF	313 Tom Hunter Road	845-826 2006 (N.J)		Rabbi Ilan Acoca	Sun: 8:00 AM, Mon-Fri: 7:00 AM	15 minutes before shkiah, summer			Sephardic	Weekly classes and activities offered to the entire com New building has been completed. Mincha/Maariv in Bel
IG ISRAEL OF FORT LEE	1610 Parker Avenue	201-592-1518	http://Yiftlee.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 Shacharit in Main sanctuary
ABAD OF NW BERGEN					FRANKLIN LAKES				1	
COUNTY	375 Pulis Ave.	201-848-0449	http://chabadplace.org/	Rabbi Chanoch Kaplan					L	Minyan for Shabbos and Yom Tov - allways call fi
CHA AT HACKENSACK		201-519-0321 (Henry	I	1	HACKENSACK	I	ſ	T	1	** Minyan not active for the summer.
RSITY MEDICAL CENTER	1ackensack Medical Center	Netzer)				1:35 PM			Ashkenaz	** Women's and Children's Bldg - Room WC1W-15 (to left o
UNIVERSITY PLAZA	1 University Plaza - Suite 120	201-742-5161 (Shoshana Poloner)				Mon-Thurs: 1:45 PM	5:45PM	Winter only	Ashkenaz	Monday thru Thursday 1:45 pm Mincha
					PARAMUS				1	
BETH TEFILLAH ARDIC CONGREGATION	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 Sun: 7:30 AM. Mon/Thurs: 6:10 AM. Tues/Wed/Fri: 6:20 AM	15 minutes before shkiah		Follows Mincha	Ashkenaz Edot-HaMizrach	
OF PARAMUS	140 ALTIOL FIACE	201-302-0433			Suit: 1:30 Am, multi filuis: 0:10 Am, fuest wellt fil: 0:20 Am				Euut-namizi acii	Nusach Ashkenaz and Sefardi. Minyanim only on school days
HE 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	Main Shul, Minyan #2: Beis Midrash, Minyan #3: Mechina Minyan #4: Sefardi Beis Midrash.
YESHIVAT NOAM	70 West Century Road	201-261-1919	www.yeshivatnoam.org		Mon-Fri: 8:05 AM	Mon-Thurs: 3:30 PM			Ashkenaz	Call first to confirm.
					RIDGEFIELD PARK	<				
SPECIALTY RX	2 Bergen Turnpike	Ari- 917-734-3877			8:30AM	2:00 PM			[	
					RUTHERFORD					
NGREGATION 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	
AIN CAPITAL GROUP	301 NJ-17				-	Mon-Thurs, 2:00PM				
AIN CAFTIAL GROOP	JU1 NJ-11				TEANECK	MOII-THUIS. 2.00FW				
					TEANECK	check the newsletter for time and		check the newsletter for time and location		Shahban comings are held at TARC 1500 Queen Appe Read
AHAVAT SHALOM	PO Box 595	Formerly CWE	http://www.teaneckapartments.com/	Rabbi Yehuda Halpert		location www.teaneckapartments. com/ThisWeek.PDF		www.teaneckapartments.com/ThisWeek.PDF	Ashkenaz	Shabbos services are held at TABC, 1600 Queen Anne Road. at http://www.teaneckapartments.com/luach2.pu
AMBRA	1415 Queen Anne Road	201-837-0080				2:15 PM	5PM		Ashkenaz	if you would like to either gabbi or lain please use the abi
EI CHESED OF TEANECK	931 Queen Anne road - 1st Floor								Sefard	address
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 Sha Yom Tovim, and on all Legal Holidays. Daily Shacharit I
BETH AARON	950 Queen Anne Road	201-836-6210	http://www.bethaaron.org/	Rabbi Laurence E.	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/	Bzman	8PM	(from March DST through September, the	Ashkenaz	(During Autumn/Winter months, the weekday first Shacha begins no earlier than 71 minutes before sunrise; a special
DET. PARTON	200 Sapon Hillie Viga	231 000-02 IU		Rothwachs	Wed/Fri: 5:55 AM, 6:30 AM, 7:15 AM, 8:00 AM	DEIIIIII	9:30PM	8:00 PM Maariv is discontinued)	nonAcudL	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,	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	
DE QUE LE COMP	-,,-				8:00 AM, 8:50 AM	and 6:00 PM in the summer	a.uUFM	Follows Mincha during DST (Otherwise		
RE ONE AT TEANECK	544 Teaneck Road				Sun: 8:30 AM	DST only		7:45 PM M-Th)	Ashkenaz	
RLEBACH MINYAN OF ANECK NEW JERSEY	95 Edgemont Place									email jaytee1818@gmail.com for info
CHABAD HOUSE	513 Kenwood Place 1086 Teaneck Road	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	w
REENBACK CAPITAL	-Suite 4E	201-837-6400	http://www.greenbackcapital.com/	Dahlei Daniel Frid	Tupe/Mad/Ed-74E May (7)7-00 03-0-00	Mon-Thurs: 1:45 PM	7:30 PM Winter		Ashkenaz	We have regulars, but call to make sure around Yom Tov
H CENTER OF TEANECK ER TORAH (ROEMER)	70 Sterling Place 600 Roemer Ave.	201-833-0515	www.jcot.org http://www.ketertorah.org	Rabbi Daniel Fridman Rabbi Shalom Baum	Tues/Wed/Fri 7:15, Mon/Thurs 7:00, Sund 8:30 Sun: 6:40 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 5:50 AM, 7:15 AM, 8:10 AM. Tues/Wed/Fri:	Bzman	r:30 PM Winter	following Mincha	Ashkenaz	
			ncp.//www.ketertoran.org	Nuovi ondivili DAVIII	6:00 AM, 7:15 AM, 8:10 AM		Mon-Thurs: 5:15 PM ,	ronownly Milicia		
KOF-K	201 The Plaza	201 837 0500 ext7	http://sites.org-la-s/			Mon-Fri: 1:00 PM	winter months			Legated at the home of Mr. a - 1 Mr. A P.
	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 Essex. Please use the side entrance.
		201-801-0707	http://www.netivotshalomnj.org http://www.ohrsaadya.org/	Rabbi Nathaniel Helfgot Rabbi Daniel Feldman	Sun: 8:00 AM Sun: 8:30 AM	Sun only- 15 minutes before shkiah	7:45PM	Mon-Thurs; Sun - following mincha	Ashkenaz Ashkenaz	
	811 Palisade Ave. 554 Queen Anne Road	201-801-0637	,		Sun: 7:00 AM, 8:00 AM, 9:00 AM. Mon/Thurs: 6:20 AM, 7:20 AM. Tues/Wed/Fri: 6:30	Bzman throughout the winter	7:30PM 9:15PM	and following Mincha	Ashkenaz	
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To update or correct or add minyanim to this chart, please call: 201-366-9102 or email: editor@jewishlinknj.com

# **Smart Locks for Shabbat: A Potential Solution?**



**By Doy Pavel** Part II

Last week, we reviewed the Schlage Connect Smart Lock and identified some potential issues with

its use on Shabbat. This week we will review the August Smart Lock and see if it presents any favorable functionality for the shomer Shabbat smart home.

The August Smart Lock is designed to work with your phone via Bluetooth con-

nectivity. From the August app you can open and close the lock with a tap of your phone. The app uses geofencing technology to know when yo have entered or exi ed the geographic area of your home and can automatically open and close the lock. This feature allows you to walk in and out of the

house without using a key or even entering a passcode. It does assume that you will always have your Bluetooth-enabled phone with you. The lock retails for \$149 (pictured below), but if you will want to control the lock from anywhere outside Bluetooth range, you will need to also purchase

the August Connect for about an additional \$70. The August Connect will add a Wi-Fi bridge to your connectivity so that you can control the lock from anywhere. You simply plug the bridge into a wall socket within Bluetooth range of the lock and it will connect the lock to your home Wi-Fi. This bridge will be the key—pun intended—to a possible Shabbat solution. It gets a little involved, so stay with me.

What is unique about the August Smart Lock is its implementation. The August lock is not an independent lock. It must be paired physically with a traditional key-



lock on the outside of the door. Basically, you keep your existing lock on the outside of the house and add the August lock just to the inside. This means that there is no outside electronic keypad associated with the August Smart Lock. August does offer a standalone keypad as an add-on, but it is an option and not the typical installation. This design makes it look promising from a Shabbat perspective.

A new feature that August recently released is DoorSense<sup>tm</sup>. DoorSense allows the lock and app to know not only if the lock is locked but if the door is closed as well. August is the first smart lock to address the problem of getting a locked signal when the door is not actually closed. DoorSense is only available on the Pro Lock and the oblong version of the lock (pictured above). The feature is identical to a traditional house alarm door sensor that will indicate when the door is opened or closed. The DoorSense functionality does not present a new problem for Shabbat, just more of the same.

One of the downsides to the traditional smart lock with an outside keypad (like the Schlage we reviewed last week) is that even if you remove the battery for Shabbat, the only way to lock the door after leaving is with a key. A key is only a via-

ble solution, of course, for those living in an area with an eruv. Additionally, if there are multiple family members who need access, everyone would need to carry a key. The August lock provides an opportunity to resolve these issues.

Since the August lock is only installed on the inside of the home, you can install any lock on the outside. The way to take advantage of this design is to pair it physically with a traditional push-button mechanical lock. Yes, in this tech column, I am recommending the same lock your grandparents may have used. This unique marriage of

old-world and new-world technology has the potential of being a true match made in heaven. The setup addresses the shortcomings of the Schlage lock in that you can lock the door upon exiting without a key, and then return home to open the door with the outdoor mechanical lock.

This setup would be perfect if only the August Smart Lock did not send a log signal with every lock and unlock, as presumably every smart lock does. As we discussed



#### TRIBE TECH REVIEW

with the Schlage, a log will be triggered even if you open or close the lock with the mechanical password on the outside of the home. While removing the battery for Shabbat remains a viable option, removing the battery on the August lock is a little more involved than severing the connection on the Schlage. If only there was a way to bypass the log...

I would like to propose just that...we bypass the log. Since you will not be using your phone and its Bluetooth connectivity on Shabbat, your lock only connects to the world via the Connect Wi-Fi bridge mentioned above. While this bridge is important for use during the week, for Shabbat observance it is the source of the prob-

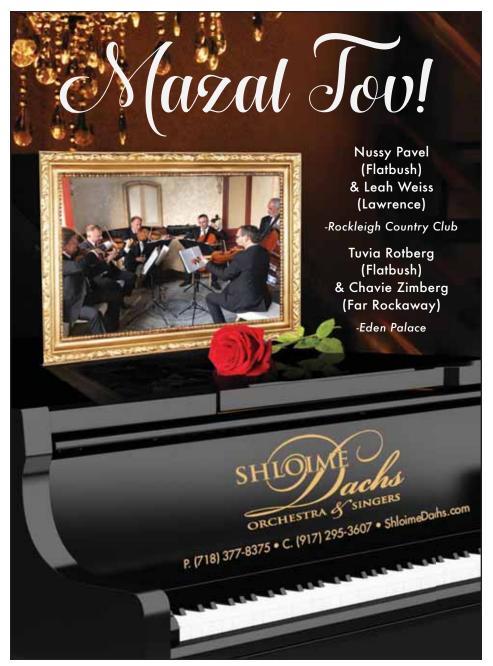
> lem by sending the log. If you place the bridge on a smart switch and schedule the bridge to be off on Shabbat, you can avoid the log. In this way it may be similar to the bypass used for traditional alarmed doors and windows.

Now is an appropriate time to remind readers that I am not a halachic authority. I am not stipulating that this solution is necessary, or for those who choose to implement it, that it in fact solves all Shabbat issues. I hope I have helped you become a little more knowledgeable and have provided a creative solution to those concerned with some of the potential

issues raised. If you have comments or suggestions, please feel free to be in touch. Shabbat Shalom.

Dov Pavel is a tech enthusiast who is not affiliated with any of the companies whose products he reviews. The opinions he expresses are solely his own. Dov is not a halachic authority. Readers should consult their own rabbi as needed. Dov lives in Teaneck with his wife and







#### **ISRAEL SPOTLIGHT**

# Yael Greenbaum Is Inspired by Midmo Learning

#### By Tzvi Silver/JLNJ Israel

Yael Greenbaum is studying at Midreshet Moriah in Jerusalem. She grew up in Teaneck and attended Yavneh Academy and Frisch High School. Her family davens at Congregation Beth Aaron.

Her next stop? Yeshiva University's Stern College for Women

Why did you choose to study at Midreshet Moriah?

I chose to learn at Midreshet Moriah (also known as Midmo) because I like how they have many class options and a diverse group of teachers. I'm able to find the classes and teachers that fit best for me.

What kind of goals do you have for the vear?

My goals for this year are to grow closer to Hashem through davening and spirituality, to grow emotionally, and to develop a strong sense of self.

What have been some of the highlights of your year so far?

My most inspiring moment so far was when we went on an early-morning hike while on a tivul. We were staving in Eilat and woke up at 4:15 in the morning. We hiked up Mt. Tzfachot and made it to the top in order to watch the sunrise. It was one of the most beautiful things I've ever seen. I davened Shacharit while looking out at the sunrise, and was inspired by how connected I felt to my davening because of the view. Getting to daven on top of the mountain gave me a feeling of appreciation for my Judaism and being thankful that I have this view, and other great things too, because of Hashem.

Who is a teacher at Midreshet Moriah who you feel you've connected with especially well (so far)?

A teacher whom I feel like I've connected with especially well so far is Sepha Kirschblum. I take two classes taught by her—Seven Habits of Highly Effective Jews and David's Diary—and she is my *rakezet* 

(adviser). Her classes are very interesting, and we get along well during our weekly meetings.

What kind of challenges have you faced coming to Israel?

The biggest difficulty of going away was leaving my family and home for so long. I've been to camp before, but still saw my family occasionally. I am someone who enjoys being home and hanging out with my family. This year is the longest amount of time I'd have been away from home, so I was nervous about leaving. After adjusting, I still miss my family, but I am fortunate to have them visit me in January, which makes it easier as I know I will be seeing them soon.

How has your year been different from your expectations?

I tried to prepare by speaking to girls who had gone to my school about what to expect and how to prepare. It was my first time coming to Israel, so I definitely experienced a culture shock. My friends showed me around and I eventually adjusted, and now feel more at home.

What are some of your favorite activities to do when you're not learning in Midreshet Moriah?

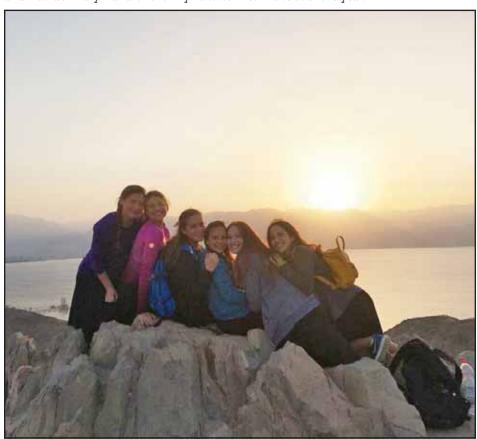
I enjoy spending time with friends, whether it's going for food, shopping or just hanging out. I also enjoy going to the gym.

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

I haven't had an opportunity to visit many places yet, as the year has just started, but I recently went to my friend in Modi'in. Her family lived around the block from me in Teaneck before making aliyah 10 years ago. I hadn't seen her since she visited eight years ago, so it was nice to spend time and catch up with her and her family.

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

I'm looking forward to learning, working on my goals and strengthening the friendships I have made and will continue to make over the year.

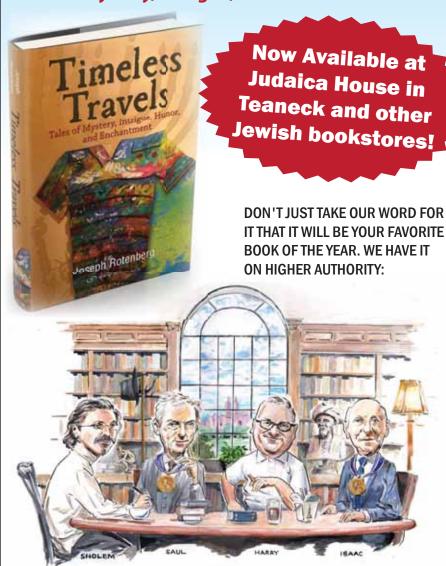


(left to right:) Michal Rosenfeld, Alex Winter, Jordana Lichter, Pamela Abraham, Caroline Jaspan, Yael Greenbaum on tiyul. (CREDIT: YAEL GREENBAUM)

ANNOUNCING THE ARRIVAL
OF THE LONG-AWAITED DEBUT COLLECTION
OF STORIES BY NEW AUTHOR
JOSEPH ROTENBERG

# Timeless Travels:

Tales of Mystery, Intrique, Humor and Enchantment



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"Rotenberg's broad range of interests – all infused with a uniquely contemporary and modern American Jewish sensibility and lens - shine through in stories ranging from the comedic, historical, and often partly autobiographical."
-- Publisher Moshe Kinderlehrer, The Jewish Link Media Group (NJ, Bronx, Westchester, (T)

"Timeless Travels is a fascinating collection of interrelated tales that will appeal to readers of all ages. The subtitle of the book is very apt, as the tales contained in Timeless Travels, by Joseph Rotenberg, are full of mystery, intrigue, humor and enchantment. I highly recommend this page-turning collection of short stories – check it out, today!" — Douglas R. Cobb, noted author at bestsellersworld.com

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Timeless Travels is a joint publication of Gefen Publishing House of Jerusalem and New York and Redmont Tales LLC



# 49 North Americans Make Aliyah With Nefesh B'Nefesh Days Before 'Yom HaAliyah'

(Courtesy of Nefesh B'Nefesh) Tel Aviv,

Israel—As Yom HaAliyah (Aliyah Day), on Friday, October 27, approached, 49 North Americans immigrated to Israel from the US and Canada on a Nefesh B'Nefesh group aliyah flight in cooperation with Israel's



Ministry of Aliyah and Integration, the Jewish Agency for Israel, Keren Kayemeth LeIsrael (KKL) and JNF-USA.

The flight landed at Ben Gurion Airport with a diverse group of new Olim arriving through Nefesh B'Nefesh, the organization

> responsible for facilitating aliyah (immigration) of over 50,000 North American and British Jews to Israel in over a decade.

> The new Olim came from 13 US states and two Canadian provinces, working in a range of professions, and will reside in communities throughout Israel. From engineers and physicians, to future soldiers, aspiring actors and

Bar Ilan's first official student in 1955, the flight saw a diverse group set to begin their new lives in Israel.

Yom HaAliyah is a national holiday in Israel that acknowledges aliyah as a core value of the country and celebrates the contributions of Olim to Israeli society. Yom HaAliyah began as a community movement in 2012, and in 2016 the Knesset, in a





rare moment of cooperation across political parties in the Israeli parliament, turned the initiative into law by officially adding it to the national calendar.

"Yom HaAliyah recognizes the incredible contributions that Olim have made towards shaping Israeli culture and society," said Rabbi Yehoshua Fass, co-founder and executive director of Nefesh B'Nefesh. "It is particularly inspiring to welcome today's group flight as the country recognizes the influence all Olim have on our country."

# Visit the Historical and Mystical City of Safed

By Odeleya Jacobs

Safed (Tzfat) is a city whose history radiates from within its walls. The old blue color painted on the streets is a testimony to the mysterious city that harbors unrevealed secrets. Artists and tourists, pilgrims and locals are all swept by it, hoping to learn its secrets. However, above all, rabbis and To-

passed through Safed: compiler of the Shulchan Aruch, R' Joseph Karo; famed Kabbalist Ha'Ari Hakadosh and his disciples; HaAlshich Hakadosh; R' Shlomo Alkabetz (writer of the liturgical song Lecha Dodi). These giants of spirit and mind were drawn to this unique city, studied the Torah and flourished.

Different synagogues peer through the alleyways, to each its own unique tale. The

cient book of Torah that protected the place; the mere sight of the walls at the synagogue of R' Dov of Avritch recounts the story of the great earthquake that took the city: these are only a portion of the places that tell the tale of this special spiritual city.

One cannot ignore the city's military history: in the heart of the city stands a tall citadel that recounts Jewish heroism and the miracle of few vs. many, not in Chanukah of 2,000 years ago, but of the War of Independence, only 69 years ago, when a handful of Jewish men and women drove away the local Arabs who tried to kill them

and outnumbered them tenfold. The citadel is a testimony to the strategic importance of Safed. It is mentioned in the writings of Josephus Flavius, famous Gemara-era historian, also known as Yosef Ben Matityahu.

Walking atop the Safed pavement, my eyes gaze forward to the breathtaking view ahead: the Galilee in all of its grandeur, mountains and valleys of green, a truly one-of-a-kind land. Above all this beauty

towers Mt. Meron, the burial grounds of R' Shimon Bar Yochai, the very one who had hidden with his son R' Elazar in a cave in Peki'in for 13 years; the very one who sacrificed his life for the Torah.

Hundreds of thousands of Jews gather here each year on Lag Ba'Omer, and each year a parade from Safed arrives with a book of Torah, a tradition dating back to Lag Ba'Omer of 1833 when the local Jews had gifted Rabbi Shmuel Abu a book of Torah in gratitude of his ceaseless efforts, spiritual status and diplomatic ties employed in developing the Galilee region.

I walk on through the alleyways of Safed, the Artist Quarter to my right. Artists from the world over gather here to bask in Safed's unique art. I peer through a window displaying a variety of menorahs in different colors and designs. Further down the alleyway stands an antique shop with pottery, old menorahs, shofars and postcards, all for sale. To my left, a painter is painting the city of Safed.

His works are magical, harboring the secrets of the city. By the shofars stands a one-of-a-kind craftsman, inscribing scripture within a painting; one can find "Eshet Chayil" in a painting of candles, "Song of Songs" in miniature writing inside a magical drawing. One more artist cannot go unmentioned—Daniel the potter, creating real, old-time pottery. How does he do it? I ask myself.

Further down past the Artist Quarter is the house of R' Shmuel Eliyahu, shlita, Safed's rabbi, son of the Rishon Lezion wise man Rabbi Mordechai Eliyahu, z"l.

His home is located directly at the center of the Old City, a testimony to his importance among the city's residents. A group of tourists passes me by, and their guide explains, in their language, about the month of Elul, the first letters of which in Hebrew spell out "Ani Ledodi VeDodi Li—I am my Beloved's and my Beloved is mine," a month of mercy and forgiveness. The guide blows the shofar and the walls tremble. The shofar has a familiar yet mys-

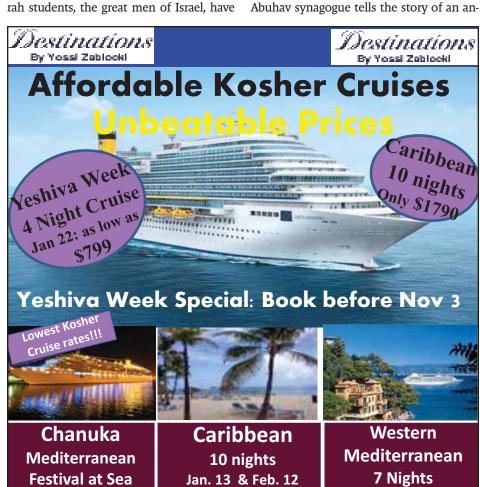
terious sound. As a child, I feared it; today I tremble, but not in fear.

At the end of my walk, I am beyond the alleyways, but feel as though I had not fully left. I cross the city downward to the Safed marketplace, looking back at the old city from which I came and the new city to which I am headed. I walk on toward The High Yeshiva of Safed, whose graduates go on to become rabbis throughout Israel. In addition they run gemachim, institutions for the benefit of the less fortunate.

The head of the yeshiva, Rabbi Shay Levi, shlita, is kind and welcoming, and his studious learning reveals a true and penetrating Torah, honed and clear.

I invite you to experience Safed and the Galilee, take in the magical environment that surrounds Safed, take in the yeshiva and its students, walk the alleys and feel the experience that is truly, uniquely Safed.

To schedule a tour of the Old City and a visit to the yeshiva, please contact us by email at Or6821511@gmail.com.



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# \*\*\*\*\*\*\*\*\* Election 2017 \*\*\*\*\*\*\*\*

# **November 2017 Election Highlights**

The gubernatorial election will be taking place on Tuesday and, in addition, there are many community elections. Please refer to local ballots for specific voter information. The most important thing is to show up and cast your vote.

#### **Governor and Lieutenant Governor** of the State of New Jersey

Democratic candidates: Gov: Philip Murphy Lt Gov: Sheila Oliver

Republican candidates: Gov: Kim Guadagno Lt Gov: Carlos A Rendo

#### **Borough of Bergenfield**

State Senator

Democratic candidate: Bob Gordon Republican candidate: Kelly

Langschultz

Members of the General Assembly Democratic candidates: Tim Eustace, Joseph A Lagana

Republican candidates: William Leonard, Christopher Wolf

Members of the Board of Chosen Freeholders

Democratic candidates: Joan M. Voss, David L. Ganz

Republican candidates: John Driscoll, Jr., Raymond Cottiers, Jr.

**Council Members** 

Democratic candidates: Arvin G. Amatorio, Rafael A Marte

Republican candidates: John E Gallagher, Kathleen J Sahlberg

#### **Township of East Brunswick**

State Senator (Vote for one) Democratic candidate: Patrick Diegnan, Jr.

Republican candidate: Lewis

State Representative (Vote for two) Democratic candidates: Nancy Pinkin, Robert Karabinchak

Republican candidates: April

Bengivenga, Zhiyu "Jimmy" Hu Green Party: Sean Stratton Freeholder Middlesex County (Vote

Republican candidates: Mina Kolta, Priti Pandya Patel

Democratic candidates: Charles Tomaro, Leslie Koppel

Surrogate Middlesex County (Vote for one)

Republican candidate: Karim I. Nocola Democratic candidate: Kevin J.

Board of Education (Vote for three) Todd Simmens, Susanna W. Chiu, John Gonzalez, Laurie Lachs, Jean Reger

#### **Township of Edison**

State Senator (Vote for one) Democratic candidate: Patrick

Diegnan, Jr. Republican candidate: Lewis

Glogower State Representative (Vote for two)

Democratic candidates: Nancy

Pinkin, Robert Karabinchak Republican candidates: April

Bengivenga, Zhiyu "Jimmy" Hu Green Party: Sean Stratton

Freeholder Middlesex County (Vote for two)

Democratic candidates: Charles Tomaro, Leslie Koppel

Republican candidates: Mina Kolta, Priti Pandya Patel

Surrogate Middlesex County (Vote for

Democratic candidate: Kevin J. Hoagland

Republican candidate: Karim I.

Township Council (Vote for no more than three)

Democratic candidates: Robert Diehl, Samip "Sam" Joshi, Alvaro Gomez

Republican candidates: Wayne Mascola, Maria Orchid, Larry Deutschman

#### City of Elizabeth (District 20)

State Senator (Vote for one) Democratic candidate: Joseph Cryan Republican candidate: Ashraf Hanna State Representative (Vote for no more than two)

Democratic candidates: Annette Quijano, Jamel Holley

Republican candidate: Joseph G Aubourg

Freeholder Union County (Vote for no more than 3)

Democratic candidates: Angel Estrada, Christopher Hudak, Angela

Republican candidates: Patricia Quattrocchi, P. Mark Martini, Peter B. Lijoi

**Sheriff Union County** Democratic candidate: Peter Corvelli Republican candidate: Marc A. Krauss

#### City of Englewood (District 37) State Senator

Democratic candidate: Loretta

Weinberg Republican candidate: Modesto Romero

State Representative (Vote for no more than two)

Democratic candidates: Gordon M Johnson, Valerie Vainieri Huttle

Republican candidates: Gino Tessaro, Angela Hendricks

Libertarian candidate: Claudio **Belusic** 

Member of the Board of Freeholders (Vote for no more than two)

Democratic candidates: Joan Voss, David L. Ganz

Republican candidates: Raymond Cottiers, Jr., John R. Driscoll, Jr.

City Council: Democratic candidate: Cheryl Rosenberg (unopposed)

#### Borough of Fair Lawn (District 38)

State Senator

Democratic candidate: Bob Gordon Republican candidate: Kelly Langschultz

State Representative (Vote for no more than two)

Democratic candidates: Timothy J. Eustace, Joseph Lagana

Republican candidate: Christopher B. Wolf

Independent candidate: Dev Goswami

Member of the Board of Freeholders (Vote for no more than two)

Democratic candidates: Ioan Voss. David L. Ganz

Republican candidates: Raymond Cottiers, Jr., John R. Driscoll, Jr.

#### **Borough of Highland Park** (District 18)

State Senator

Democratic candidate: Patrick Diegnan

Republican candidate: Lewis

State Representative (Vote for no more than two)

Democratic candidates: Nancy Pinkin, Robert Karabinchak

Republican candidates: April Bengivenga, Zhiyu "Jimmy" Hu

Green Party: Sean Stratton **Borough Council** 

Republican candidate: Herbert Gross Democrat candidates: Joshua Fine,

Elsie Foster-Dublin

School District:

Michelle McFadden-DiNicola, Anne E. Gowen, Robert J. Roslewicz

#### **Township of Livingston**

State Senator

Democratic candidate: Richard J. Codey Republican candidate: Pasquale Capozzoli

State Representative

Democratic candidates: John F. McKeon, Mila M. Jasey

Republican candidates: Ronald Derose, Angelo Tedesco

Freeholders at Large (Vote for no more than four)

Democratic candidates: Brendan Gill, Rufus Johnson, Lebby Johnson, Patricia Sebold

Republican candidates: Che Colter, Frank Contella, Blanca Lopez, John Peserchia

District 1 Dem: Robert Mercado, Repub: Karina Garces

District 2 Dem: Wayne Richardson, Repub: Douglas Freeman

District 3 Dem: Britnee Timberlake District 4 Dem: Leonard Luciano, Repub: Adam Kraemer

District 5 Dem: Carlos Pomares **Board of Education** 

Charles Buddy August, James H Calderon

#### **Borough of New Milford**

State Senator

Democratic candidate: Bob Gordon Republican candidate: Kelly

#### Langschultz

State Representative

Democratic candidates: Timothy J. Eustace, Joseph Lagana

Republican candidates: Christopher B. Wolf. Dev Goswami

Freeholders (Vote for no more than 2) Democratic candidates: Joan Voss,

David L. Ganz Republican candidates: Raymond Cottiers, Jr., John J. Driscoll

City Council

Democratic candidates: Michael J Putrino, Ira S. Grotsky

Republican candidates: Jose Alonso, Dominic Colucci

#### **Borough of Paramus**

State Senator

Democraic candidate: Robert Gordon Republican candidate: Kelly

Langschultz State Representatives (Vote for no more than two)

Democratic candidates: Timothy Eustace, Joseph Lagana

Republican candidates: Bill Leonard, Christopher Wolf

CONTINUED ON NEXT PAGE



- Sensory Integration
- Autism Spectrum Disorders
   Social Skills Groups
- ADD/ADHD
- Neuromuscular Disorders
- Developmental Delays
- Fine/Gross Motor Skills
- Handwriting
- Parent Education
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# \*\*\*\*\*\*\*\*\* Election 2017 \*\*\*\*\*\*\*\*

# Marc Zharnest Seeks Reelection to Fair Lawn Borough Council

Marc Zharnest, a lifelong Fair Lawn resident, is running for re-election to the borough's council this coming election day. The first Orthodox Jew to hold the position, Zharnest is running as part of The Cosgrove team, which includes the current mayor John Cosgrove and Amy Lefkowitz, who is seeking reelection as deputy mayor. Following the resignation of council member Dan Dunay, Zharnest was nominated by the Republican Committee for the council seat and was elected in a special election. Zharnest previously ran for council in 2015, where he lost by a narrow margin of 140 votes, less than one percent of the vote.

For his upcoming term, Zharnest is hoping to continue to "represent a population that hasn't been represented before." Zharnest has been a very active member of the Fair Lawn community. In addition to working with the borough's zoning board, shuls, ambulance corps and fire department, Zharnest and his wife, Orit, are involved with NCSY and Sinai Schools.

Regarding his views on contributing to the betterment of the Fair Lawn Jewish community, Zharnest is adamant that with his role on the council he will stand by its best interest. "I think the Orthodox community wants from its local government what everyone else wants. Safe streets, quality services, a well-maintained infrastructure and recreational activities," Zharnest said. "I don't represent any special interests, but I am aware of the concerns of the Orthodox community and how decisions may impact [them] in particular. And



The Cosgrove team. (CREDIT: THE COSGROVE TEAM'S FACEBOOK)

I am and will be a voice for a growing group within our great town."

Regarding what he felt were his biggest contributions to the council during his first term, Zharnest commented that he felt his work on refinancing the town's

debt was integral. Additionally, Zharnest stressed his commitment to the improvement of public safety through his work with police officers. "Fair Lawn is at a point where we need to move forward, not backwards," Zharnest said, adding that his approach was proactive rather than reactive. As for Zharnest's goals for his potential upcoming second term, he plans to ensure that ordinances stay updated and stable taxes continue. Zharnest also has a commitment to the borough's infra- A table set up for Fair Lawn residents to meet Zharnest

strategies that will allow businesses to continue to flourish.

According to The Cosgrove team's Facebook page, which has amassed nearly 600 follows and likes, another of Zharnest's goals is to "continue the 'era of progress' in Fair Lawn." In addition to frequently sharing posts and updates regarding his campaign, Zharnest uses the social media platform to spread awareness regarding certain issues the town is facing, and also to promote his campaign. "Promises made, promises kept," a post detailing The Cosgrove's team accomplishments explained. Some of the suc- Zharnest speaking at a campaign event. cesses he details on the site include purchasing and introducing fuel-efficient vehicles, establishing a veterans' affairs office and fixing and re-painting the town's

"The growth, safety and prosperity of our town is my top priority," Zharnest said in a recent video. "Whether as a councilman, president of the ambulance corps, a



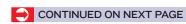
structure and is working toward and Lefkowitz at a street fair. (CREDIT: THE COSGROVE TEAMYS FACEBOOK)

(CREDIT: THE COSGROVE TEAM'S FACEBOOK)

firefighter or a coach, I am committed to our community."

As part of The Cosgrove team, Zharnest has worked consistently with the current mayor, John Cosgrove. "My focus is on providing the municipal services we want in a financially responsible manner, while also planning for our future," he continued.

Outside of his work with the council, Zharnest has also been involved in the sports programs at yeshivas such as Rae Kushner Yeshiva High School and TABC, among others. Serving as the head soccer coach at Kushner, during his first season he led the varsity team to the championship game. With TABC, he led the team to the MYHSAL junior varsity league championship. Additionally, he also serves as the head coach of the YU women's soccer team. Zharnest had played for the Maccabees himself when he attended YU in







#### **November 2017 Election Highlights** CONTINUED FROM PREVIOUS PAGE

Libertarian: Dev Goswami City Council

Democratic candidates: Mariaelena Bellinger, Joseph Garcia

Republican candidates: Christopher DiPiazza, Mohammed Reda

Township of Teaneck (District 37) State Senator

Democratic candidate: Loretta

Republican candidate: Modesto Romero

State Representative (Vote for no more than two)

Democratic candidates: Gordon M. Johnson, Valerie Vainieri Huttle

Republican candidates: Gino Tessaro, Angela Hendricks

Libertarian candidate: Claudio Belusic Member of the Board of Freeholders (Vote for no more than two)

Democratic candidates: Joan Voss, David L Ganz

Republican candidates: Raymond Cottiers, Jr., John R. Driscoll, Jr.

#### **Borough of Tenafly**

State Senator

Republican: Modesto Romero Democrat: Loretta Weinberg

State Representative

Democratic candidates: Gordon Johnson, Valerie Vainieri Huttle

Republican candidates: Gina Tesaro, Angela Hendricks

Libertarian: Claudio Belusic

Freeholder (Vote for no more than

Democratic candidates: Joan Voss, David L. Ganz

Republican candidate: John J. Driscoll

#### **Township of West Orange**

State Senator

Democratic candidate: Richard J.

Republican candidate: Pasquale Capozzoli

State Representative

Democratic candidates: John F. McKeon, Mila M. Jasey

Republican candidates: Ronald Derose, Angelo Tedesco

Freeholder at Large

Democratic candidate: Brendan Gill, Rufus Johnson, Lebby Jones, Patricia

Republican candidate: Che Colter, Frank Contella, Blanca Lopez, John Piserchia

Freeholder District 2

Democratic candidate: Wayne Richardson

Republican candidate: Douglas Freeman

Freeholder District 3

Democratic candidate: Britnee

Freeholder District 4

Democratic candidate: Leonard Luciano

Republican candidate: Adam Kraemer Freeholder District 5

Democratic candidate: Carlos

**Pomares** 

# \*\*\*\*\*\*\*\*\*\* Flection 2017 \*\*\*\*\*\*\*\*

#### **Two Very Different Candidates**

CONTINUED FROM P. I

Democrat Phil Murphy and Republican Kim Guadagno will face off after months of campaigning to be the state's chief exec-

At this writing, Murphy was given a distinct edge among pollsters with Guadagno, the incumbent lieutenant governor, lagging, according to pundits, because of her association with Christie. The governor ran unsuccessfully for president in 2016 and was perhaps harmed irreversibly by the Fort Lee "Bridgegate" controversy.

Murphy comes to the election without any experience holding elected office. He is, however, a former U.S. ambassador to Germany, a position in which he served during the Obama administration. Murphy, who lives in Monmouth County with his wife and four children, is a former Goldman Sachs executive.

He is no stranger to Israel, having visited the Jewish state at least on six sepa-

rate occasions. He has spoken out in recent months against the Mahwah community's efforts to have its eruy removed, calling it "an overarching perception of anti-Semitism and discrimination."

The former financier also has promised in his campaign to name a new executive director to the state's Israel Commission to increase its funding and to promote trade.

Early last year, Murphy paid a visit to The Jewish Link's Teaneck offices. He told The Jewish Link staffers that he spent roughly one fifth of his time in Germanv working on German-Jewish relations. He also said that he wanted to be part of the team that fixed New Jersey's budgetary and economic issues, which he added were particularly stymieing to the middle class.

The 60-year-old candidate also received a ringing endorsement from Rabbi Steven Burg, a Bergenfield resident and worldwide director of Aish HaTorah, who told The Jewish Link that Murphy is a staunch friend of Israel on whom the New Jersey Jewish community can count.

opinions and always is willing to share his to reach out to him. If you would like to

Adam Samuel is a journalist from Teaneck. When he and gradually learning how to play piano.

"With anti-Semitism on the rise across Europe, Ambassador Murphy was a staunch defender of the Jews in Germany. He has spoken out forcefully against those who try to boycott and demonize Israel," said Burg,

His Achilles heel within the Jewish community could be his running mate, Assemblywoman Sheila Oliver, who was one of three New Jersey legislators who opposed a bill that bars the state from investing state pension funds in companies that boycott Israel. The bill was signed into law earlier this year by Christie. Murphy said that he would have signed the bill if he was the governor.

Guadagno, 58, could also get strong consideration from Orthodox voters. The former Monmouth County sheriff and assistant U.S. attorney for the eastern district of New York and the state of New Jersey is a strong supporter of school choice and vouchers. She is also a supporter of the state's New Jersey anti-BDS legislation.

Recently she gained the endorsement of the Orthodox Jewish Chamber of Com-

"Over the past eight years, Kim Guadagno has proven to have a solid grasp of the economic issues facing our community. She has taken a personal interest in this topic and has been incredibly hands-on in her efforts to help New Jersey's economy thrive," said a statement.

"Additionally, Kim Guadagno shares the values cherished by the Orthodox community. She is a strong supporter of school vouchers and busing for students in religious schools. She is also a supporter of traditional family values and opposes Medicaid funding for abortions.

"In contrast, her opponent, Democrat Phil Murphy and his running mate Sheila Oliver, have a far-left agenda that is contrary to our values, threatens private school funding and makes school choice all but impossible. In fact, Ms. Oliver was among only three legislators in the entire state to vote against New Jersey's landmark legislation that prevents investment of taxpayer dollars in companies that support the BDS movement, which seeks to delegitimize and harm Israel."

Like her opponent, there is an issue with her running mate when it comes to the Jewish vote. In her case, the running mate is Woodcliff Lake Mayor Carlos Rendo, who allegedly remarked that Valley Chabad sought to turn his town into a "little Jerusalem." Rendo worked to block Chabad's attempts to build a new shul, according to a lawsuit filed last year. Rendo denied the allegations and Murphy blasted him for refusing to "criticize racist and anti-Semitic speech."

Murphy made it clear in his meeting with The Jewish Link that he wanted to expand the state's business and cultural and security ties with Israel.

"The ties between New Jersey and Israel are important not only because of the shared heritage of many of our people, but because of the economics that link our states," he told The Jewish Link. "As governor, I want to make New Jersey a true world leader in the trade of both goods and ideas. Markets like Israel are an important part of that equation to grow our own economy and create good jobs."

#### **Marc Zharnest Seeks Reelection** CONTINUED FROM PREVIOUS PAGE

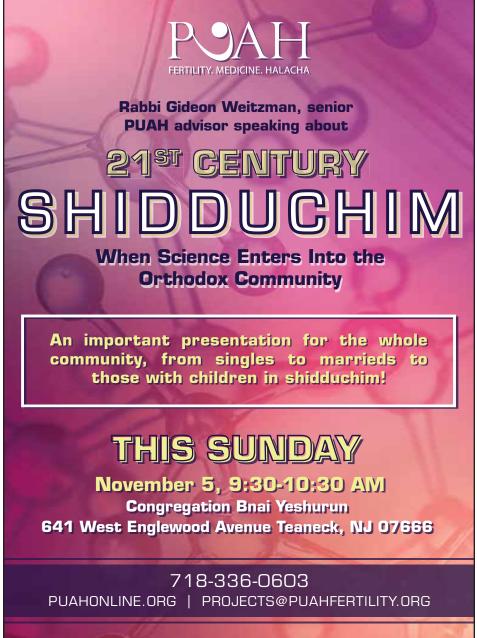
Lefkowitz, the third member of The Cosgrove team, is the daughter of a rabbi. As the deputy mayor, she is also an attorney with over 15 years of experience. "As your deputy mayor, a homeowner and parent of young children, protecting the safety, growth and future of Fair Lawn are my highest priorities," she said in a video.

Zharnest says that he welcomes all

plans for the future with those who wish learn more about Zharnest's campaign, vou can follow The Cosgrove team's Facebook page at https://www.facebook.com/ TheCosgroveTeam/.

isn't busy reading the daily news, he divides his time between managing his blog, adamssoapbox.blog,





# **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 @ 5:40am, Mon and Thurs @ 5:30am, Sun @ after 6:50am minyan, 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
- 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

#### Fair Lawn

• Congregation Shomrei Torah: Shabbat @ 8:00am, Sun @ 7:45am, Mon-Thurs @ 8:00pm

#### **Englewood**

- Congregation Ahavath Torah: Daily @ 8:15pm
- Congregation Shomrei Emunah: Sun @ 9:00am and Shabbos @ 45 minutes before mincha
- East Hill Synagogue: Mon/Thurs @ 5:35am, Tues/Wed/Fri @ 5:45am, Shabbos @ 8:00am, Sun @ 7:45am

#### **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

- 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

# \*\*\* Election 2017 \*\*\*

# **Englewood's Cheryl Rosenberg Urges the Community** to 'Get Out and Vote'

By Jill Kirsch

Heading into Election Day 2017, Englewood City Council hopeful Cheryl Rosenberg spoke to The Jewish Link about her plans for November 8 and beyond, should she be elected. A 10-year resident of Englewood and former board president of Ben Porat Yosef in Paramus, Rosenberg easily won the June Democratic primary and is running unopposed in next week's election.

According to Rosenberg, the first thing on her agenda post-November 7 is "making sure there is a long-term financial plan in place to help control taxes." The city council "works backwards," she said. "It votes on a budget in March when the year begins in January. We need to think Cheryl Rosenberg

about how that vote will impact that year as well as future years." Rosenberg understands that there may not be a five-year plan in place by the time of the first budget on which she would vote, "but definitely by the second."

Rosenberg's politics and plans have been influenced by her personal experiences, she said, and she has very specific reasons for making financial planning a priority. As president of the BPY board, her decisions needed to be made from year to year and didn't necessarily look at their potential long-term impact. She always felt strongly that a different focus was needed and that it was vital to consider a decision's possible impact beyond the immediate future. Applying that reasoning to the city of Englewood, she noted that the city increased spending without raising taxes for four consecutive years. However, this year saw a tax increase of more than six percent on the city side. She believes residents would have benefited from knowing in advance that this increase was coming so they could plan for it.

Regarding Englewood's Jewish community, Rosenberg feels they do have a "pret-



ty powerful voice in the town because they are committed and involved, and give back to the community." However, she said she plans to address any specific needs, such as increased police protection.

Rosenberg believes that, like in most towns, financial issues are the greatest concern facing the Jewish community of Englewood. She feels that, for them, knowing that someone from their own community is in office and eager to listen to their concerns will be extremely comforting and beneficial. However, she emphasized that she always picks up the phone to assist any of her constituents and is available to hear all concerns.

The most important thing that Rosenberg wants voters to know is that it is vital to not take the electoral process for granted. She says that people do not realize how much their voice counts on Election Day. "Get out and vote—for me—but also for the good of the broader community," she advised. "If politicians are of the mindset that Jews don't get out and vote, then they-and the government in general—won't listen to us. We all need to get out and vote," she concluded.

#### **Preparing Our Children to Respond** CONTINUED FROM P. 55

the land of Israel is based on the Jewish presence on the land for millennia. Land claims founded on historical presence "are not only legally valid, they are the strongest claims, and one might argue, the only valid claims Jews have to exercise sovereignty" throughout Palestine.

For those eager to learn more about Israel's legal rights, please read Kontorovich, Eugene, "Unsettled: A Global Study of Settlements in Occupied Territories" (September 7, 2016). Northwestern Public Law Research Paper No. 16-20. Available at SSRN: https://ssrn.com/abstract=2835908 or http://dx.doi.org/10.2139/ssrn.2835908. Kontorovich, a law professor at Northwestern University is a leading scholar on the subject.

Give Them Back the Land: As If We Are Occupiers

Frequently one hears "if the Arabs agree to cease trying to destroy Israel, we will give back the land to them." In other words,

it is Arab land which does not belong to the Jews. This regretful and damaging mistake confirms Arab claims that they are the indigenous inhabitants of the land. But are

A study of Jewish, Arab and British policies conducted by the Esco Foundation for Palestine in 1947 concluded: "It is highly improbable that any but a small part of the present Arab population of Palestine is descended from the ancient inhabitants of the land." Aside from those brought to Palestine through conquest, "Palestine, like Syria, has been from time immemorial been peopled by the drifting populations of Arabia, and to some extent by the backwash of its harbors."

A Final Thought: Moshe Arens, who served as Israeli defense and foreign minister, said there are "So many reasons for abandoning Judea and Samaria, but If you believe in the justice of Israel's cause, are concerned for the security of the State of Israel, and are convinced that Jews and Arabs can live together in a democratic society, you will dismiss them all."

#### **ORGANIZED AND CLUTTER FREE**

# Upright vs. Canister



By Eileen Bergman

Seriously folks, this is an important discussion. I visit many homes, and I have decluttered several thousand bags of donations, trash and recycling from clients'

domiciles. Occasionally I will drag out the client's vacuum cleaner and help get the dog hair cleaned up from under the couch. I am amazed at the number of upright vacuum cleaners I come across in clients' homes. Simply put, I don't like them. They are heavy, bulky and hard to navigate once you need to remove hose 1 from clamp A and attach to clamp B to use hose 2 to reach under the bed. And one more thing—emptying the canister is often a nasty and messy job, which requires that I wear a mask.

I often ask clients how they decided to purchase their style of vacuum cleaner. Typically, it was from a shopping network where the presentation was sexy and fun, and the price was right. They had the bonus of making a new best friend with the television hostess. I am not dissing shopping from my television. I am the first to admit that over the years I have purchased many products from one network, whose hosts and hostesses I like. I admire their ability to speak for 20 minutes at a time about a new foundation, crock pot, sweater or pressure washer.

In 1999, after 24 years of marriage, it was time to replace the vacuum cleaner (tank) that my mother purchased for our first apartment. I went to a local vacuum cleaner store and did my shopping there. No Consumer Reports, no research at the library and certainly no Google searches for the best models. My shopping consisted of visiting a brick & mortar store and listening

to a good old-fashioned sales pitch on the varied selection of vacuum cleaners on display. The result was a change of brands, but still a tank, and the luxury of being able to use it that same day because it came home with me in my car.

I get asked all the time from clients, "Which vacuum cleaner should I get?" "What vacuum cleaner do you use?" I share my experience with vacuum cleaners in my ranch house with a large garage and small basement/laundry room. I have the good vacuum cleaner (tank) on the main floor and it's tucked away in a closet, out of sight when not in use. I have a small, inexpensive tank in my garage stored right next to my vehicle. It is always plugged in to an extension cord so when I pull into my garage every night I can vacuum my car. I also have the same model tank in the basement so that my cleaning lady does not have to run up and down stairs with the good vacuum and schlep cords and attachments from floor to floor.

Replacement bags for the main-floor model are stored in the linen closet; replacement bags for the small tanks are stored in the closet in the basement.

I would love to know what's in your home-email me at eileen@eileenbergman.com. I look forward to having my opinion challenged and perhaps taking my blinders off about upright vacuum cleaners. For now I remain devoted to my tanks.

Happy Vacuuming!

Eileen Bergman is a professional organizer, a proud member of the National Association of Productivity and Organizing Professionals (NAPO) and the Institute for Challenging Disorganization (ICD). Eileen is listed in the resource directory for the Hoarding Disorder Resource and Training Group. Eileen may be reached at 973-303-3236 or eileen@eileenbergman.com.

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# **Diane Levy Infuses Photography With Love**

#### By Bracha Schwartz

Diane Levy was born in Paris and grew up surrounded by art. Her first exposure was at home; her mother was a painter and her father worked in haute couture. She earned a master's degree in art history and worked in Sotheby's, one of the world's most important art auction houses. She discovered photography when she became the owner of Galerie St. Père, where she got to know the most preeminent photographers and exhibited their work.

Diane's passion evolved from selling photographs to taking them. There was always a camera in her hand, ready to aim at people and places that caught her eye. Her love of photography grew, and so did her expertise. She moved to New York City in 2005 and began studying photography in earnest. After shooting a wedding for a friend, she decided to make photography her life's work. Now a resident of Tenafly, her transition to being a professional photographer is complete. She has just opened Diane Levy Photography in Englewood, a studio where her equipment, costumes and props finally have their own home, with comfortable sitting, posing and playing areas for her clients.

"Love and family are the most important things," Diane said, "and photographs help you remember." That's why she loves to do family portraits.

Each stage becomes a timeless memory that never fades: A newborn snuggled in a blanket adjusting to his entry into the world; a 1-year-old at a cake smash party with a silly smile framed by crumbs; a child radiating princess dreams or sports fantasies, ready to conquer the world. She keeps racks of hats and outfits to create an image that parents love.

Diane meets clients by appointment only so she can learn what they are looking for and get any materials necessary in advance of the session. Packages might include a baby with each parent, siblings and grand-



Diane Levy has racks of children's hats and outfits ready for photo sessions.

(CREDIT: COURTESY OF DIANE LEVY)

parents. Play areas keep the kids occupied until their turn on the stage. "I love kids and I'm very patient," she said. "I want everyone to feel like they are at home. We have a changing table and a small play area with toys."

Whether her subject is a child reaching one of life's milestones, a woman anticipating the arrival of her baby, or a newborn being welcomed home, Diane aims for a look she describes as pure, clean and natural. "I'm always advancing, perfecting my approach to lighting, color and composition," she said. "Each day I learn something new."

Although Diane has a special place in her heart for children, she has a wide range of clients. Her portfolio includes work for fashion models and restaurants.

The studio opening is a big accomplishment for Diane. With its old-fashioned high ceilings and accessible location at 490 Curry Avenue, near the Englewood/Tenafly border, she has achieved European ambience in a very American setting. "I have finally progressed enough in my art that I am ready to show my work and bring customers to a place dedicated to serving them," she said. "I want people to enjoy the experience and get exactly what they want."

For a visual tour of Diane Levy's work, and more information about packages and prices, visit www.dianelevyphotography.com.



Diane Levy next to the entrance of Diane Levy Photography. (CREDIT: COURTESY OF DIANE LEVY)



Diane Levy stands outside her new studio, Diane Levy Photography, at 490 Curry Avenue in Englewood.

(CREDIT: COURTESY OF DIANE LEVY)

#### **CHESED**

# **Optimism Amid Tragedy: From the West Coast to Houston**

**By Hadas Perez** 





Jewish Agency Shlichim in Houston.

When the Jewish Agency offered me the opportunity to join a group aiding in disaster relief and rebuilding communities in Houston, I immediately said yes. With the support of my great supervisor Sarah Cohen Domont at Santa Cruz Hillel, I packed my bag and traveled with them for a week.

It was only when I arrived in Houston that I realized how much harm Hurricane Harvey had caused. Entire neighborhoods were flooded, damaging the Jewish community center, local synagogues and schools. People lost their jobs and workplaces, children were left without school buildings, and families lost their homes.

It was not easy for me to be there at first, to go inside people's houses and help them throw away their own clothes, furniture, memories and treasured sentimental belongings. Yet, amidst the loss, there was still positivity. Hannah, an elderly woman, welcomed me with a big smile and told me that as long as they are healthy, they are happy; that they want to push through this. So we worked together, cleaning and trying to salvage whatever we could from

the homes. Ironically, even while standing in the ruins of a house, Hannah and the people we met made me feel at home.

We also worked with children at the Harvey day camp, a place for kids who were victims of the hurricane. They were always happy and naive, like only kids could be. I fell in love with them at once and they made me feel like a child again. Being around these amazing kids filled me with hope.

On our last day in Houston, we volunteered at the Gulf Meadows Church of Pastor Becky Keenan, and it was heartwarming to meet a community that is a true friend of both the local Jewish community and the State of Israel. We helped dispose of trash in flooded nearby homes, and served warm meals to those who were left with limited access to food.

I think that the most difficult thing for me was to see families who so quickly lost everything they had, even food. But, knowing that there are communities in Houston who support one another unconditionally made it easier to be near, and made me want to be a part of that compassionate network.

Being a Jewish Agency shlicha, I felt prepared to handle such an experience mostly because I had great role models. Tali Lifchitz and Moshe Alfisher, the leaders of our group, were incredibly passionate about the work we were doing and were always professional as well. I felt welcome to talk to them about my emotions and how to deal with difficult situations, and they would always have the perfect advice for me.

I was thrilled to see so many volunteers present, coming from across the United States as well as overseas from Israel. I'm so appreciative of the warm and welcoming Houston community, Herut Gez and Michael Plotkin who connected us with the people in need, and Lori Acto from the Houston federation who kindly welcomed us into her home.

I feel very fortunate to have had a chance to practice *tikkun olam* (the Jewish value of repairing the world) through helping the Jewish and Houston communities. Despite how hard it was to see their suffering, I came back stronger and with a newfound hope, knowing that as long as people help each other no matter what happens, the world will always be a better place.

Hadas Perez is a Jewish Agency/Hillel International Israel Fellow at Santa Cruz Hillel.

# Get the Most Out of Your College Recommendation Letter



#### **By Jonathan Arak of Noodle Pros**

Teacher recommendations are an important component of your college admissions package. Getting good recommendations requires

picking the right recommenders and asking them the right way; more goes into this process than you might think!

#### **Give Yourself Enough Time**

First of all, it's important to think about the timing of your requests. You want to make sure your teachers have at least 4-6 weeks to take care of the recommendation. That means that if you are applying Early Decision/Action, it's best to try to line up your recommenders at the end of 11th grade or right at the beginning of 12th grade. For regular applications, October of senior year is fine.

#### **Ask the Right People**

A lot of people believe you should ask only teachers who have given you an A for a recommendation. Though that is usually a good idea, it is not necessarily required. Sometimes it's even better to get a recommendation from a teacher who gave you a B or B+ but who can speak to how dedicated and hard-working you were in a topic that wasn't your strength. That teacher can speak to characteristics that might not show up from a teacher in a class where you coasted to an A.

In some rare cases, you may want to ask for a recommendation from a teacher who gave you a bad grade. For instance, let's say you received a C in English, mostly due to your work being turned in late, but the quality of the work was more in the B+/A- range. Having that teacher write one of your recommendations could help explain away a bad grade and let the college know that you don't need remedial English in your first year.

#### **Diversify Your Options**

It's also generally a good idea, unless you're applying to a specific kind of program like engineering, to ask for one recommendation from a math or science teacher and the other from a non-math or science teacher. This balance will demonstrate strength in diverse areas. If you're a student with a great transcript and a very high GPA but very few extracurricular activities, it might benefit you to have one of your recommendations written by a physical education, art or music teacher to help in presenting a more well-rounded image of who you are as a person. Ultimately, though, you want two strong recommendations, even if they are from teachers in similar fields.

#### Take a Hint

When approaching teachers to write you a recommendation, ask directly: "Would you be willing to write me a strong recommendation for college?" Pay close attention to the response. If they hesitate or start to



say something like, "I'm very busy," just say "thank you" and move on. A teacher is very unlikely to say to your face, "No, I think you're a lousy student." In those cases when a student has misjudged a relationship with a teacher, asking in person can add clarity.

#### **Represent Your Current Self**

It's best to get recommendations from teachers who taught you in 10th, 11th or 12th grade. You've grown a lot since ninth grade! If you ask for a recommendation

from a teacher you haven't worked with for a while, you should come prepared with the best work you did for that teacher, as well as some outstanding work you've done since then.

And finally, ask your recommenders if there's anything else they need from you. You want to make sure they feel you've given them both plenty of time and the tools needed to write a great recommendation. And if you follow this advice, you'll get just that: great recommendations.

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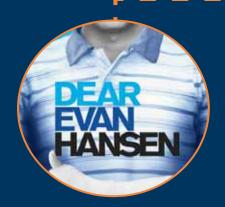
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# 'The Essayist' Brings Professional Creative Writing Assistance to New Jersey

By JLNJ Staff

Sarah Abenaim, a freelance writer, Jewish Link columnist, former educator and editing guru is now offering personalized one-on-one coaching sessions to teens seeking guidance in preparing and producing essays for college or high school entry. "The Essayist" will help evoke and uncover the creative ideas of students who may need more direction in linguistics



Sarah Abenaim

and writing. It will also give teens the confidence they need to put together a winning essay.

Three types of appointments are offered. Essay Coaching Sessions are meetings that can help a student find a subject he or she is passionate about, talk through ideas and make a written plan. Editing sessions can be a follow-up to the initial meeting, or a start for someone who already has an outline and a rough draft. The final Revision Session can be an opportunity to put the finishing touches on the product, or it can be a stand-alone for a student seeking simple, sharp editing. Most work can be done over the phone or via email, but Abenaim does strongly recommend an initial in-person conversation.

Said a TABC student of her services, "I'm amazed at what we accomplished in my session. I had a few vague ideas jotted down and came away with a complete outline for a unique piece. I finally feel really invested in my college essay, and I'm excited to finish my applications!"

Services are not limited to those applying to college or high school. She also offers her expertise to anyone seeking feedback, advice or guidance in regard to writing projects.

For more information, please visit www. the-essayist.com. Sarah can be reached by email at SarahAbenaim@gmail.com or via phone at (201) 615-1124.

# College Essay Tips From a Former Admissions Officer

By Stephanie Klein Wassink

As a former admissions officer from Northwestern, I have read thousands of applications and I have also helped hundreds of students with their applications and their application essays. I'm going to give you my top college essay tips for the application process.

#### **College Essay Tip Number One**

Don't write your life story. Choose two to three stories that really represent you well and focus on those stories, giving them as much detail as possible.

#### **College Essay Tip Number Two**

Don't worry about the word count. Write as much as you can and again, in as much detail as you can, so that you flush out your story without the pressure of the word count. After you've gotten your story on paper and started fine-tuning, that's the time to begin to focus on getting the word count right.

#### **College Essay Tip Number Three**

Don't focus on the prompts at first. The prompts can really narrow your focus, and instead, you want to write the story that you want to write and ideally you'll be able to find the prompt that fits your topic.

#### **College Essay Tip Number Four**

Love your topic. If you really hate writing this essay and you really feel like it's drudgery and you don't like what's coming out, it's probably not the right essay topic for you. If you hate writing it, whoever you're writing it for is going to hate reading it.

#### College Essay Tip Number Five

Get honest feedback. Ideally, you'd find former admissions officers to review your application before you submit and ideally, they'd be from the school you're applying to and they wouldn't know you or your family.



So how do you do that? The company I work for, AdmissionsCheckup.com, has over 60 former admissions officers who can help you with your application and give you brutally honest feedback before you submit. A better application equals better odds of admission and better odds of a scholarship.

Visit https://www.youtube.com/watch-?v=QvHpCw-ovDc to watch a video explaining these tips. Good luck!

For more information, view our website or contact us at info@admissionscheckup.com.

Stephanie Klein Wassink is the founder of AdmissionsCheckup.com and Winning Applications College Consulting. She frequently writes for blogs such as Money Magazine and The Huffington Post.



# BIRTHMARK WON'T STOP THE SHIDDUCH WITH TEHILLIM KOLLEL'S HELP

y Reuvan is a great boy. Solid, mentshlich, kind, smart... the list could go on and on. But he was born with a birthmark on his face. Some may consider him damaged goods but we looked at our precious son as the true and remarkable man he really is. We searched high and low for a girl that could match him in caliber.

It was difficult. Not everyone saw Reuvan as we did. Not everyone was ready to accept him completely. Finally, we found a shidduch that seemed perfect. It took us two years to get to this day, but each and every aspect seemed just right. We were on the brink of engagement when the shidduch fell apart. The other side had continued to do investigations... and were fed false, damaging information that my son had additional medical complications. None of it was true! But it didn't matter. The shidduch was over.

Our hopes were dashed. Would anyone ever see Reuvan for the golden special individual that he truly was?

We knew that Hashem must see him in the same light as we did, so we turned to Him, signing up for membership with His holy messengers, the Tehillim Kollel, and asking

them to daven for Reuvan at one of the their many special locations around the world.

40 days later- Reuvan is engaged!!! Our joy and gratitude hold no bounds, as our precious son embarks on this new stage of life with a wonderful, special wife





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# Delving Into 'Seas of Ink'

By David E. Y. Sarna

Reviewing: "If All the Seas Were Ink: A Memoir," by Ilana Kurshan. St. Martin's Press, hardcover, 320 pages; 2017. ISBN-10: 1250121264

Ilana Kurshan has written an important, interesting and often light-hearted book chronicling her decade-plus of daily study of the Talmud, known as the Daf Yomi, an idea first proposed by Rabbi Meir Shapiro in Lublin in 1930. She will speak about her book in Teaneck on November 9, at Congregation Rinat Yisrael (389 West Englewood Ave., Teaneck), at 8 p.m. Her book can be appreciated at multiple levels, and certainly is of interest to those who study the daf as well as those who do not.

For those who enjoy personal stories, it is, at its essence, a personal memoir chronicling the author's growth and personal development and her *klita* (assimilation) into Israeli society, interwoven with some of her sartorial choices and even interactions with friends and boyfriends. It is also a fine introduction to the Talmud. Finally, her frequent quotations,

all fully sourced, will interest even life-long students of the Talmud. Ms. Kirshon was well-trained at Harvard and Cambridge, so she applies a scholar's critical eye along with her obvious love of her subject.

The book's unusual title, "If All the Seas Were Ink," is an allusion to the "sea" of the Talmud and also to the much-beloved liturgical Shavuot piyyut, Akdamut, composed in Aramaic around 1050 by Rabbi Meir bar Yitzhak of Orleans, which encodes the message that a Jew never stops learning Torah.

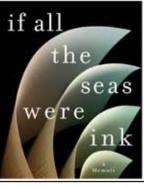
The book opens in a rather melancholy way; we meet the author as she recovers from a short, failed first marriage; she has few friends in Jerusalem, and describes beginning her daily Talmud studies practically on a whim, when it was suggested by a running buddy. Taking us along on her journey, she comes a long way in a decade. Much to her own surprise, she finds her bashert—her predestined beloved—but she is rather coy on the details. As she builds a family, her mood lifts and the book becomes more upbeat.

Ms. Kurshan's day job is as an editor and a translator of quality Jewish literature, including "A Bride for One Night" by Dr. Ruth Calderon, an avowedly secular Talmudist who famously taught a Talmudic passage at her inaugural speech at the Knesset in 2013. She has also translated books by Benjamin Lau and Micah Goodman, as well as novels, short story collections and children's picture books. She is a regular contributor to Lilith Magazine, where she serves as the book reviews editor, and her writing has appeared in The Forward, The World Jewish Digest, Hadassah, Nashim, Zeek, Kveller and Tablet. She is also the author of a previous book, "Why Is This Night Different From all Other Nights: The Four Questions Around the World."

Ms. Kurshan's personal observance has evolved over years. She grew up in Long Island as the daughter of a conservative rabbi. She attended Solomon Schechter and public schools before entering the Ivy League. Along with her family, she now practices a conventional Orthodox lifestyle and adheres to the Shulchan Aruch,

the standard code of Jewish law. Although she says it's complicated and multifactorial, she admits her daily Daf Yomi study was a contributing factor to her increased observance level.

I have previously written extolling the virtues of studying Talmud *b'chavruta* (with a study buddy). A married mother of four with a busy career, Ms. Kurshan told me she studies the daf these days mostly on her own, stealing time early in the day, late at night, on buses and so on. Many others squeeze Daf Yomi into their schedules the same way. She also referred to a number of different online recordings she has used, in addition to joining Daf Yomi groups at a local shul.





Having done it both ways, I continue to feel a study buddy works best—if for no other reason than the mutual dependence it creates ensures actually doing it every day. I admit, though, that more than a few health challenges have resulted in my studying without a chavruta in recent years, but assisted by the many online aids and especially Sefaria.org. The Talmud itself mentions the importance of a study buddy ("O chavruta, o mituta"—Taanit 23a), which Jacob Neusner provocatively translated as "Give me havruta or give me death."

Ms. Kurshan organized her book around the order of the tractates of the Talmud as she learned it, and willy-nilly you are getting a Reader's Digest condensed version of the Talmud's 5,894 folio pages, often interweaved with the author's intimate thoughts. For example, "Since I usually ate my Shabbat meals alone, I rarely bothered to prepare something elaborate... one week I was preparing a salmon." Other details Kurshan shares seem less relevant to the Talmud and more like fleeting diary-style thoughts, such as a short treatise on the differences between people who carry umbrellas and those who wear raincoats.

To her credit as a writer, Ms. Kurshan delves into source material even while making these kinds of oblique statements, so she holds the reader's interest regardless of her subject matter. Other thoughts she shares, though, on the concept of beauty, for example, provide intimate glances into the life of a woman who gives the impression that she cares little about her own external beauty. Through the lens of the daf, however, she envisions the different commentators as characters speaking with each other about women's beauty generally, while she observes them as a bystander.

David E. Y. Sarna is an author, frequent Jewish Link contributor and a Daf Yomi fan. He and his wife are long-time residents of Bergen County where they are members of Cong. Bnai Yeshurun. He wishes to extend his thanks and a hakarat hatov to all who have been helping him as he recovers from a serious stroke.

#### THE WORLD ACCORDING TO SCHMUTTER

# Research That Makes You Go, 'Huh?'



By Mordechai Schmutter

Every year, I try to write about the Ig Nobel Prizes—a spoof of the Nobel Prizes given for scientific achievements that

sound crazy—and we laugh, but the truth is that these are very real achievements, for which the researchers win very real trophies, as well as a trillion Zimbabwe dollars, which comes out to just under two American dollars. Apparently, Zimbabwe dollars are kind of like when you want to give your kids incentives to do chores, so you put your picture on a piece of paper and call it a Schmutter dollar.

"Well, how many Schmutter dollars are worth a U.S. dollar?"

"I don't know. A trillion? I think we actually devalued the paper they're printed on."

This is not to say that these scientists' research is not important. Most of them are either trying to solve real problems, or the research they're doing is just the first step of something bigger.

For example, the Prize for Chemistry went to scientists in Australia and the U.S. for inventing a way to partially un-boil an egg.

That's great, because sometimes I want a soft-boiled egg, and I put some eggs in a pot and forget about them. Then I come back and it's bubbling, and I'm like, "How long has this been bubbling?" I wish bubbling was louder. Like popcorn.

That would be terrifying.

As you can guess, this research has exciting implications in the field of Pesach cooking.

The reason un-boiling an egg is difficult is that when you boil an egg, the proteins end up in a tangled mass. So to reverse the effect, you'd have to untangle them. But how do you do that?

So in the past, scientists undid the tangle by throwing out the egg and secretly replacing it with a new egg. But the purpose of the research was to figure out how to do it without tossing eggs, because the price of eggs keeps going up by millions of Zimbabwe dollars.

Turns out you need a whole thing called a Vortex Fluid Device, which is not available in most kitchens, and is way more expensive than throwing out eggs, unless you do that a *lot*. The device spins the egg really fast, and the sheer force causes the proteins to un-bond and revert back to liquid form.

The application the researchers are actually going for here, using this process, is to help treat certain diseases by, I guess, spinning the patients around. Also they're saying they can do something with antibodies.

Meanwhile, the prize for Literature went to researchers in five different countries for discovering that the word "Huh?" (or something like it) seems to exist in every language.

Apparently, not knowing what people are talking about is universal, going all the

way back to the Dor Haflagah. In fact, I bet that was the first word that bridged the language gap, before everyone went off and founded countries named after themselves

On the other hand, the scientists have only studied 41 languages so far. Out of 7,000. So this claim might not be true. But it's good to know that wherever we go in the world, we can make people understand that we have no idea what they're talking about

The prize for Diagnostic Medicine went to scientists in several countries for determining a new way to diagnose if a patient has appendicitis.

It turns out that appendicitis is very hard to diagnose. Most people can't even figure out where the appendix is. And it turns out that appendicitis is extremely time sensitive.

So these scientists determined, probably by accident, that appendicitis can be diagnosed on the way to the hospital by the amount of pain the patient experiences when he's driven over speed bumps.

Why on earth do they keep putting speed bumps near hospitals?

This was determined in a study in which they drove 64 patients to the hospital and specifically hit every pot hole and speed bump on the way there. Every patient who said, "Ow!" was labeled "speed bump positive."

"I'm sorry, Ma'am; your husband is speed bump positive."

"Oh, no! Is he gonna make it?" "Slowly."

They probably got pulled over a few times.

*Scientist #1:* "Sorry, officer; we're doing research."

*Patient:* "Can you bring me to a hospital already?"

Scientist #1: "Not yet. We're going to drive down a flight of stairs now."

Scientist #2: "Then we're going to go around a traffic circle really fast and see if we can get your appendix to break apart on

Anyway, it turns out that, of the 34 patients that later tested as having acute appendicitis, 33 were speed bump positive. On the other hand, of the other 30 patients, 21 were speed bump positive. So basically, they discovered that if you're in an ambulance, you're probably speed bump positive

But this research is very exciting, and the next step is to find out all the other things that can be diagnosed in the ambulance: whiplash, carsickness, hearing loss, obesity, decapitation, balance issues, labor and the tendency to keep hitting imaginary brakes.

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.

#### OY VEY!

# **Hebrew Hoops**



By Jon Kranz

On April 15, 1965, one of the most iconic moments in pro-

fessional basketball occurred. On that day, in a pivotal playoff game, Boston Celtics sensation John Havlicek made a game-saving play which the legendary radio announcer, Johnny Most, described as follows: "Havlicek stole the ball! Havlicek stole the ball!"

The question is: if an imaginary group of rabbinic scholars had been listening to that classic game on the radio, what would have been their Talmudic reaction to the news that someone "stole the ball"? Perhaps their reaction would have been as follows:

Rabbi Spalding: The Eighth Commandment states "Thou shall not steal." Thus, all forms of theft are forbidden. Mr. Havlicek should return the stolen ball.

Rav Rim: But some forms of theft are not forbidden. What if a bride steals a groom's heart? That is permitted.

Rav Netz: Yes, but at a wedding celebration, it is forbidden to steal the newlyweds' spotlight, their thunder or the

Along the same lines, let's imagine that a pretend group of rabbinic scholars are listening to NBA basketball games on the radio and are reacting to various snippets from the radio announcers:

RADIO ANNOUNCER: "They have taken a lot of three pointers."

Rav Swisher: Taking hamantaschen

(three pointers) without permission is stealing and therefore such activity is forbidden.

Rav Aaron Ballstein (a/k/a Rav Aar Ball): But if you have permission, then taking hamantaschen (three pointers) is not stealing. That said, selling hamantashen at \$20 a piece is akin to stealing, unless there is a severe poppy seed, prune and apricot short-

RADIO ANNOUNCER: "They have taken fifteen free throws."

Rav Chaim Postblatt (a/k/a The Chai Post): As we have said, taking without permission is stealing. But if the free throws were actually free, then to take them is not stealing.

Rabbi Chester Passenthal (a/k/a Rabbi Chest Pass): But if you are a professional who is paid millions of dollars to play the sport, then missing more than 50% of your free throws arguably is tantamount to stealing

RADIO ANNOUNCER: "They should go back to the pick & roll."

Rabbi Al E. Oopstein: Both are not always required. For example, during a shul kiddush, one may eat herring with a toothpick or on a roll. So, in that case, it's the pick or roll

RADIO ANNOUNCER: "Both players have three personal fouls."

Rabbi Dunkelberg: A chicken that produces eggs for a particular town is considered to be owned by the entire community. Thus, for the owner, it is not a personal fowl.

RADIO ANNOUNCER: "It's half-time."

Rav Swat: Yes, on Shabbat, if the congregation has finished reading the weekly Torah portion, then it is Haf-time, i.e., time for the reading of the Haf-Torah.

RADIO ANNOUNCER: "He is credited with four blocked shots"

Rav Slamoveitchik: Davening includes the repetition of the Amidah, which is known as the Chasaras HaShatz. This is a very important part of the prayer service so nobody should ever try to impede or prevent the Chasaras HaShatz. For this reason, a person should never receive credit for a blocked Shatz.

RADIO ANNOUNCER: "The crowd wants to see the benching of the starters."

Rabbi Layupstein: Yes, whoever has started a meal also must bench.

RADIO ANNOUNCER: "He is a role player."

Rav Boxout: Playing with rolls or any other form of food is forbidden.

RADIO ANNOUNCER: "They've gone to

the four corners."
Rabbi Zoneberg: Four corners? Good to

hear. Wearing tzizit is a major mitzvah.

RADIO ANNOUNCER: "They must box

out."

Rav Block: Yes, when putting on tefillin,

the little black boxes are to be placed

on the head and arm with the boxes facing out. So yes, when it comes to tefillin, always box out.

RADIO ANNOUNCER: "He got called for carrying."

Rabbi Lane: Is the eruv up?

RADIO ANNOUNCER: "They have no field goals."

Rabbi Brickbaum: If it's the Shmita (Sabbatical) year, then a Jew is required to have very specific goals regarding the harvesting of his field, i.e., field goals.

RADIO ANNOUNCER: "He put up a prayer!"

Rabbi Pickowitz: Always a good idea. Yasher Koach!

RADIO ANNOUNCER: "He was called for an over and back violation."

Rav Ref: That rule should be changed. If you decide to leave your shul and go "over" to another, but then you change your mind, you should be allowed to go "back."

RADIO ANNOUNCER: "He was called for a charge."

Rabbi Dribblewitz: Yes, if someone pledges money to the shul, call them after Shabbat so it can be immediately charged to their credit card. So if you make a pledge, then expect to be called for a charge.

RADIO ANNOUNCER: "He has five turnovers."

Rav Foulberg: Five apple turnovers is too much for one person. They should be shared.

RADIO ANNOUNCER: "They need to fast break."

Rabbi Bachbord: Yes, when Yom Kippur is over, you may break your fast, hence a fast break.

RADIO ANNOUNCER: "He has a triple double."

Rav Statz: Three sets of twins is fine. Remember, Pru Urvu!

Bottom-line: In more ways than one, a ball hog is not kosher.

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#### **FUN & GAMES**

#### Yoni Glatt's

#### **JEWISH SPELLING BEE**

How many common words of 6 or more letters can you spell using the letters in the hive? Every answer must use the center letter at least once. Letters may be reused in a word. At least one word will use all 7 letters and have a direct Jewish connection.

Proper names and hyphenated words are not allowed. Score 1 point for each answer, and 3 points for a

Jewish related word that uses all 7 letters. Rating: 30=Good; 40= Excellent; 48= Genius



Questions/comments- email Yoni at koshercroswords@gmail.com



# Try our Kosher Crossword! Answers will be printed next week.

# On A Diet

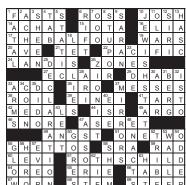
#### By: Yoni Glatt. koshercrosswords@gmail.com

Difficulty Level: Easy

#### Across

- **1.** Clark in Selznick's "Gone With the Wind"
- **6.** Kind of collar
- **10.** The skinny
- **14.** J.J. Abrams TV hit before "Lost"
- **15.** Campus military org.
- **16.** "America" singer Diamond
- 17. Miami locale where a lot of Jews go on vacation in January
- 19. Tennis player Dudi
- 20. Fringe benefit

#### Last week's crossword answers



- 21. Protectors of Isr.
- **22.** \_\_\_ zarah (idol worship)
- 24. "Yikes!"
- **26.** Fictional Reaper
- **27.** One might happen before Passover?
- 33. Sacrificial animal
- **34.** Added Jewish month
- 35. "Aladdin" parrot voiced by Gilbert Gottfried
- **37.** Belonging to the first man
- **39.** Impersonated
- **40.** Malha and Azrieli Center, e.g.
- 41. Lima has its largest Jewish community
- 42. Earn a blessing?
- 44. Brillo rival
- **45.** Some Israeli water?
- **48.** Hélène considered the "French Anne Frank"
- 49. "You betcha"
- 50. "King Solomon's Mines" expe-
- \_\_ pay phone trying to **53.** "I'm \_ call home" (Maroon 5)
- 55. Smoggy
- **59.** Radiate (like light from the face of Moses)
- **60.** One who would not eat the meat of the Passover sacrifice
- **63.** "Holy cow!"
- 64. Like the numbers 18 and 36

- **65.** Matt Damon's action franchise character
- 66. Paul Rudd's tiny friends in the Marvel Universe
- 67. Danny Tanner and Phil Dunphy, on TV
- 68. Genesis, e.g.

#### **Down**

- 1. Sound astonished
- **2.** Ahava ingredient
- **3.** \_\_\_ Chametz (burning)
- 4. Chanukah food
- 5. It's a flame
- **6.** Savage of "The Wonder Years"
- **7.** Challah unit
- 8. Like Seinfeld's "yada yada yada":
- 9. Parshat \_\_\_ Mot
- **10.** It keeps you up
- 11. Food or shelter, e.g.
- 12. Reebok or Naot alternative 13. Kind of korban
- **18.** Rode around HaYarkon Park
- **23.** Routing word
- 25. Ben Gurion data, briefly **26.** Hang
- **27.** Connection device
- **28.** In the know
- 29. Famously funny Gilda
- **30.** A boy getting his bris, e.g.
- **31.** Chip dip
- 32. Ehud killed him

- 38 41 42 43 45 46 60 61 63 64 66
- **33.** Skull\_\_\_ (keepah)
- **36.** C.I.A. predecessor
- **38.** "Dirty" Dead Sea treatments
- **40.** Burger Ranch listing
- **42.** Worked hard at
- 43. Ahmed who owns American Pharoah
- 46. Suffix with cash, cloth or ho-
- **47.** Late writer Nora
- **50.** Genesis creator?

- - \_\_\_-Ra (Egyptian god)
  - **52.** "Weapon" of Yuri Foreman or
  - Floyd Mayweather 53. Got gray
  - **54.** Some Shekel coins
  - 56. Puts on YES or NBC
  - **57.** Actor Billy of "Titanic"
  - **58.** An Israeli online news source 61. Actress Green of "Casino Roy-
  - **62.** Blood-typing system

# FOOD & WINE LINK

## OF NEW JERSEY

## It's Pumpkin-Flavored Everything Time



By Rachel Berger

Did you know that last Thursday was National Pumpkin day? First of all, if there is one thing that doesn't need a National Day, I think it's the pumpkin. I mean

National Ice Cream Day, National Chocolate Day, National Mole Day (yup, it's a day!), but National Pumpkin Day? Isn't the pumpkin recognized enough? Each and every day we are bombarded with items now being flavored with pumpkin and pumpkin spice.

I don't know why every food manufacturer in the universe feels the need to make pumpkin-flavored everything during the months of October and November. Really? We know! Pumpkin cake, pumpkin muffins and, of course, the now ubiquitous pumpkin latte. This year, the phenomenon has gone even further, with pumpkin hummus, pumpkin-spiced cream cheese, pumpkin-spiced Cheerios, pumpkin-spiced nuts, pumpkin yogurt etc. You see where this is going. Pumpkin can be incorporated into everything and anything. That doesn't mean it should.

are screaming to be recognized. The apple, the pear and the cranberry! And about

a dozen other squashes. What about them? Just a heads up-November 23 is national eat-a-cranberry day, which also happens to be Thanksgiving. So you shouldn't feel bad at all if your cranberries upstage the pumpkin at the meal.

So, go ahead and serve your pumpkin soup, your pumpkin bread, and even dip your pumpkin-spiced pita chips into your pumpkin-flavored hummus! Then wash it all down with a pumpkin ale.

I'm afraid to ask: What are you serving for Thanksgiving? The usual? Turkey, Brussels sprouts, cranberry sauce, stuffing? (I already assume there will be a pumpkin something or other.) So, as in the past, I am not sharing a pumpkin recipe as there is a plethora of those available. Here is a dish that can serve as an unexpected vegetarian main dish, or a beautiful side dish. It's gorgeous,

There are so many other fall flavors that flavorful and best of all, easy! (Feel free to throw in some roasted cubes of pumpkin if you must!)



#### **Roasted Zaatar Cauliflower, With Tahini**

- 1 large cauliflower, broken into florets
- 2-3 Tablespoons olive oil
- 2 Tablespoon zaatar
- 1 teaspoon kosher salt
- 1 cup pomegranate seeds
- 1 can (15 oz.) chickpeas
- 1/4 cup pine nuts, toasted
- 1/4 cup tahini mixed with a little water until smooth and pourable
- 1/4 cup silan (date syrup)
- 1/3 cup cilantro, chopped

Preheat oven to 425 degrees. Spread out cauliflower florets in a single layer on a rimmed cookie sheet. Drizzle with olive oil and sprinkle with zaatar and salt. Roast for 20-30 minutes, depending on size of florets, until they are browned. For a beautiful presentation, place cauliflower on a flat serving dish, and sprinkle with pomegranate seeds, chickpeas and pine nuts. Drizzle with tahini and silan, and garnish with chopped cilantro. All quantities can be adjusted as desired!

Rachel is a recovering real estate attorney, currently in the kitchen making pumpkin babka. Follow her on Facebook and Instagram @TheKosherDinnerLady. You can contact her at Rachel@thekosherdinnerlady.com.





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## **▲ FOOD & WINE LINK** ▶

## **Abeles & Heymann Announces First-Ever Best Dressed Kosher Hot Dog Contest**

(Courtesy of A & H) Hillside-Abeles & Heymann (A&H), makers of award-winning premium kosher hot dogs and deli, is looking for champions on November 14 for the First-Ever A&H Best Dressed Kosher Hot

Dog Contest at 2:00 p.m. at the A&H Kosherfest booth #609. All contestants will gain access to the industry-only, exclusive Kosherfest and compete wearing A&H T-shirts and hats! First-, second- and third-place winners will receive cash prizes (Amex gift cards) from \$400 to \$100 and the first-place winner will receive

a trophy. Visit @abelesheymann on Instagram and click the link in the bio or enter at https://ahbestdressed.pgtb.me/QQ4xR8 for a chance to be one of five to go to Kosherfest and compete. Enter at https:// www.facebook.com/abeles.heymann and follow them on Instagram https://www.instagram.com/abelesheymann. Contest to determine who will compete at Kosherfest will run from now until November 10.

Among the five contestants will be wellknown kosher food bloggers, and lucky winners of the contest will have a chance to compete against the pros. All contestants at Kosherfest will create the Best Dressed Kosher Hot Dog in two minutes. All contestants will be given A&H T-shirts and hats

> and have the chance to win cash prizes. The grand prize winner will be awarded \$400 plus a trophy, second prize winner will be awarded \$200 and a third prize winner will receive \$100. A panel of three judges will select the winners based on creativity, appetite appeal and taste.

The event will be hosted live from the

A&H Booth by Nachum Segal and aired live on Nachum Segal Network (NSN) Facebook Live and re-aired on Nov. 17 at the conclusion of NSN Table For Two Program hosted by Naomi Nachman.

"We are excited to debut the first-ever A&H Best Dressed Kosher Hot Dog Eating Contest at Kosherfest 2017 this year," says Seth Leavitt, CEO of Abeles & Heymann. "The event is a fun way to celebrate the best-tasting kosher hot dog ever as well as our loyal consumer."





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# THE HEALTHUNK

### OF NEW JERSEY

## **Let's Focus on IBD**



By Larry Rich

In recent years there has been a significant increase in the number of patients with inflammatory bowel disease in Israel (as in the

West) in the form of Crohn's and Ulcerative Colitis. These diseases are considered to be subtle, their causes are still not clear and many studies are being carried out in Israel and abroad in order to understand the roots of the disease and to develop appropriate treatments.

The Emek Center for Inflammatory Bowel Disease is managed by Dr. Eran Zitan and includes a multidisciplinary team that includes nurses, dietitians and gastroenterologists, as well as surgeons, gynecologists, rheumatologists and dermatologists. The IBD Center at the Emek Medical Center is a partner in leading medical research with the aim of "cracking" the mechanism of the disease and finding suitable treatment for patients.

On September 8, 2017, a large patient conference was held at the Emek Medical Center in order to update patients and their families on new innovations in the understanding of diseases as well as medical treatments tailored to patients according to their medical condition. The conference was held in cooperation with the Israeli Society for the Support of Crohn's Disease and Ulcerative Colitis. Over 200 patients, physicians and healthcare workers attended the highly anticipated event.

Dr. Eran Zitan, hailed by some as a "rock star" of motivational medical speakers, said, "In the past, the genetic and family background of the patient was given more weight, but today we understand that other factors are related to the cause of the disease, and we are investigating these factors in our medical center. The environment and the food we eat have a link to the development of the disease, and today we are making every patient a tailor-made therapy program according to the type of disease. It is very important to detect the inflammatory disease in the bowel early, before complications set in. Crohn's disease may be 'quiet' in some people, without them knowing that they have it. In many cases people only notice



Emek Medical Center aerial view.

that something is wrong when diarrhea or intestinal blockages begin. Our goal is early diagnosis and to adjust as accurately and quickly as possible. Preventing complications and even locating populations at risk for inflammatory bowel disease is our ultimate goal," concluded Dr. Zitan.

Emek Medical Center

The Emek Medical Center has established itself as a leader in Israeli healthcare, offering the highest quality of care to a diverse patient population. The Hospital's CEO is Dr. Orna Blondheim, the first of two women to head a medical center in Israel.

Located in Afula in the Lower Galilee region, Emek serves more than 500,000 individuals throughout Northeastern Israel who are for the most part in the mid to low socioeconomic range. The region is equally divided (50/50) between Jews and Arabs and Emek's multi-ethnic staff serves them all.

Larry Rich is the Emek Medical Center director of international public relations.

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## -ha-ha-ha-ha-

## Abused Med or Reliable Crutch... Is Ritalin Creating an Army of Zombies?

By Steve Walz

Medical professionals are currently being caught up in a wave of negative headlines in the USA, UK and Israel, which suggests that Ritalin, a drug developed over 50 years ago to treat ADHD (Attention Deficit Hyperactivity Disorder), is being overprescribed and in many cases being abused by youngsters and adults alike.

According to the Washington Post, the Centers for Disease Control & Prevention (CDC) have recommended to parents of preschoolers with ADHD to try behavior therapy first before trying drugs. According to the CDC, 75 percent (or about 2 million pre-school children) diagnosed with ADHD are currently receiving drugs as treatment. The paper reported that this spike has created, "impassioned debate about whether this represents a true rise in the prevalence of the condition or the diagnostic pressures on doctors due to unrealistic demands in schools or stressed-out parents obsessed with having a perfect child."

The London Guardian (UK) revealed that nearly a million prescriptions for Ritalin and related drugs for ADHD were dispensed in the UK during the past year, "more than double the number of a decade ago." The paper maintained that the figures have prompted, "a damning indictment of the system from experts who claim that



Dr. Doron Gothelf

the running down of mental health services has led to children being misdiagnosed and inappropriately prescribed drugs."

Recently, Yediot Aharonot, a leading Israeli newspaper, featured "The Country on Ritalin" as its

cover story. The country's leading HMOs (health maintenance organizations) reported that prescriptions for Ritalin amongst children/teens ages 5-14 years old were up 14 percent, ages 15-24 up 26 percent and adults ages 35-44 years old up 125 percent, during the past four years alone.

This trend has not gone unrecognized by Israel's top psychiatrists and medical experts.

"Yes, there are many worrying headlines about ADHD and use of Ritalin but the reality of what is going on is much more complex. In some instances Ritalin is indeed being over-prescribed but there are just as many children and adults who absolutely need the drug and are not getting proper treatment," claimed Dr. Doron Gothelf, one of Israel's most renowned child and adolescent psychiatrists, who heads both the Child Psychiatry and Behavorial Neurogenetic Center at Sheba Medical Center in Ramat Gan, Israel. The Child and Adolescent Psychiatry Division at the Sheba Medical Center is the first such unit of its kind in Israel to provide mental health services to children and their families in a pediatric rather than in a psychiatric setting.

"Many children were under diagnosed in the past and as ADHD is very hereditary, many of the parents of children with ADHD report to me that they were never properly diagnosed. Today, there is much more awareness," explained Dr. Gothelf. "In the past, teachers would tell someone that they were either lazy or disturbed and many people would have low self-esteem believing that they were perhaps lazy or disturbed, when in fact they had ADHD and could have been treated. Consequently, many untreated people with ADHD avoided going to college and ended up living as underachievers. This does not have to be the case today."

Dr. Gothelf stressed that it is imperative for parents to seek out a qualified child psychiatrist in order to discern whether a child has ADHD or has a different emotional disorder, where Ritalin should not be prescribed. "Sometimes, there is tension between school teachers and parents, where some teachers will demand that a child must receive Ritalin in order to continue with their education. The psychiatrist should reach the diagnosis and recommendations and the parents

should decide whether to give medication to their child based on the psychiatrist recommendation," professed Dr. Gothelf.

Shira Goldfischer, an occupational therapist who works with special needs children at Seeach Sod in Jerusalem, concurred. "Often a sensory issue can look like an attention disorder, which is why it's very important to get professional diagnosis from someone with a very experienced eye. The most important thing in noting difficulties in children is to figure out the underlying issue; the 'why' is extremely significant when diagnosing and treating behavioral issues," said Ms. Goldfischer.



Dr. Doron Gothelf's Sheba medical center office.

Dr. Gothelf admitted that Ritalin has side effects but is an important treatment that can have positive results on cognition and behavior. "It's almost as effective as most effective treatments in medicine such as antibiotic medications and can assist in concentration, and reduces hyperactivity and impulsive behaviors" he said. "Because of the stigma attached to Rita-

CONTINUED ON NEXT PAGE



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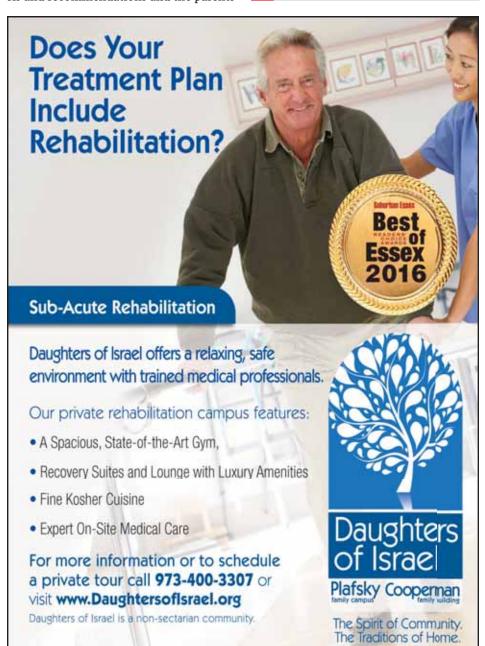


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## Dry Eye Syndrome, Diagnosis and Treatment



By Dr. Michael Farbowitz

If you suffer from burning, watery, red, tired eyes, or have blurry vision that worsens at the end of the day, or that clears when you blink, you may be one

of the millions of Americans who suffer from Dry Eye Syndrome (DES).

DES is exacerbated by our modern lifestyle, especially aspects that increase screen time both at work and leisure. The condition is twice as common in women than men, especially after menopause. Other diseases, such as autoimmune diseases like rheumatoid arthritis, lupus and thyroid conditions, can also be associated. Environmental factors include smoky, windy or excessively dry climates that can also make it worse.

Many patients who go to the eye doctor have DES, but may not associate the

problems they are having with the condition. They report fatigue at the end of a long work day, or inability to wear their contact lenses for more than a few hours. Other symptoms include grittiness, foreign body sensation, tearing or redness. Luckily, recent advances in the diagnosis and treatment of DES have made it easier to educate, diagnose and care for patients with this annoying condition.

There are two main types of dry eye: aqueous deficient and evaporative. Your own natural tears are not just water or saline but in fact a complicated biofilm made up of different layers. The two main layers are the aqueous inner layer (tears) and the lipid outer layer (oil). In the first type of DES, the patient doesn't produce enough tears. More commonly, people suffer from the evaporative form of DES. This occurs when the meibomian glands in the lids become blocked and don't make enough of the outer oil layer and the tears evaporate too quickly as a

of inflammation with either type.

ment will be different for the two conditions. I often examine patients who are frustrated with their progress simply because they are being treated ineffectively for the wrong type.

result. Some people have a combination of

the two, and there can also be a component

tween the types of DES, because the treat-

It is important to tell the difference be-

A good dry-eye center will take a careful history, including a detailed questionnaire to assess the severity of patient symptoms. They then perform noninvasive testing of the tear film by taking a small sample of tears and testing it for its concentration and for the presence of inflammatory markers. More importantly, Lipiscan testing images the glands in the lid and identifies damaged or missing glands. All of this information creates a customized treatment plan.

Initial treatment of DES may include the use of over-the-counter lubricant drops and environmental modifications like turning the car vents away from your face and installing a humidifier in your home heating system. Omega-3 fatty acid oral nutritional supplements such as fish and/or flaxseed oil have also been shown to be very helpful. If an inflammatory or aqueous-deficient condition is noted, prescription drops are available that can be very effective in many patients. Punctal plugs, tiny silicone or collagen devices, can be placed

in the tear ducts in an attempt to maintain the natural tears for a longer period.

Dry-eye centers performing the Lipiscan test have noticed a large number of patients who have severely damaged oil-producing glands, even if they have no symptoms. I have been amazed in the degree of loss, even in preteens. The thought is that the modern lifestyle of increased screen time results in blocked glands, since studies have shown that people don't blink with enough frequency or force while staring at a screen. Blinking pumps the glands in the lid to produce oil. With less blinking, the glands become blocked and begin to die out.

Fortunately, there is a treatment that we can now perform in the office to heat and express the eyelid glands to both treat the evaporative form of DES, and prevent further gland damage, even in patients with no symptoms. Lipiflow is an FDA-approved, 12-minute, in-office treatment that heats the eyelid glands from the inside out and massages the glands to cause the oil to be free flowing again. We have had great success in both alleviating symptoms and maintaining gland health. Patients have told me that after the Lipiflow treatment, their contacts have never been more comfortable.

While DES is common and can be very uncomfortable and annoying, with the proper diagnostic tests and treatment, it has become a very treatable condition.

Dr Michael Farbowitz is a member of Short Hills Ophthalmology Group, 551 Millburn Ave, Short Hills, NJ 07078. For information, contact Joy Saah at JoySHeye@gmail.com.

#### **Abused Med or Reliable Crutch...** CONTINUED FROM PREVIOUS PAGE

lin usage, some parents actually go out of their way to avoid its usage and search for natural means to deal with their child's ADHD, which is a mistake. Some parents will give their child Omega 3, a natural vitamin that is effective for depression but has minimal effect on children or adults with ADHD."

Dr. Gothelf reiterated that the bottom line in dealing with and treating ADHD is "finding a good, qualified child psychiatrist who can make a proper assessment." He added, "The sobering reality is that up to 10 percent of all school-age children have some form of ADHD and until a better drug is developed, Ritalin offers the best solution for now."



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## What Every New Mom Wishes You Knew



By Kira Batist-Wigod

A recent article in Time magazine entitled "How a Myth of Perfect Motherhood Hurts Moms" discusses the concept of "mom

shaming" and the ways in which our judgments of new and expectant moms affect their emotional and mental health. From the moment a child is conceived, momsto-be are subjected to an incredible amount of pressure from those around them. As Clare Howorth,

who wrote the piece in Time, states "partly to blame are tsk-tsking furies: the barista who challenges your coffee order, the mother-inlaw who asks why the ketchup isn't organic, the fellow partygoer who wonders, eyebrow cocked, if the drink you are holding is 'virgin." While I do believe that more often than not those around us are well-intentioned, the impact that these criticisms have on new parents is significant and cannot be ignored. As a new mom myself, and in my work with many moms-tobe and new parents in my therapy practice, I have dealt with these issues and their impact on couples and families first hand. Here are some of the most important points to remember the next time you're tempted to give unsolicited advice to a pregnant woman or a new parent:

1. You're missing vital information: Before jumping to conclusions about another parent's decisions on how to raise their children, try to remember that you probably don't have enough information about their life to make a judgment. There are multiple factors to consider when making parenting decisions, such as finances, marital status, employment, other kids in the home, health and family support among many others. We simply do not know how these things affect other people's lives and parenting choices. Remembering this is an essential step in ensuring that we don't pass unfair judgments on parents or parentsto-be without sufficient informa-

2. No two pregnancies are the same: Many of my clients have shared anecdotes about judgments they experienced in pregnancy. What many of them have in common is that they've been on the receiving end of unsolicited advice. For example, a pregnant client of mine recently shared a story about being shamed by another pregnant guest at a dinner party for the foods she chose to eat at the meal. We might think that expectant parents would join one another in solidarity and support each other on their journeys to parenthood; however, that is often not the case. This is usually because most new and expectant moms have been judged before, making them feel vulnerable, and in turn becoming the judgers in order to lift themselves up. I advise my clients to try not to think of others as your competitors and instead to bond together, despite the different decisions they might make for themselves.

3. Focus on the bigger picture: As long as a child is well fed and healthy, does it really matter if they are formula or breast fed? If a mom had a healthy delivery, why do we focus so much on what kinds of pain management she chose during labor? We have become far too focused on issues like these, which alienate us from one another. I have lost count of the number of clients I've seen who've reported judgment by friends, family members and even complete strangers about these types of decisions. As a result of these judgments by others, many of the moms I've worked with report feeling guilty about the choices they made, even when they had good reasons to make them. Instead of focusing on these details, try commenting on how healthy their baby looks

and how impressed you are with how well Mom is caring for baby during such a tough transition period. By focusing on the baby's health and mom's strengths in this scenario, you are joining with a new mom in her desire to raise a happy and healthy baby. You are also encouraging her to keep up the good work!

4. Try to remember what your first parenting experience was like: Surprisingly, many of the perpetrators of "mom shaming" are other, more experienced parents. A client recently told me about how diminished her sister, who has several older kids, made her feel for expressing concern about her child's eating habits. Although the questions that new parents ask and the concerns that they share may seem silly, try to remember what child-rearing was like for you the first time around. Reflecting on your experience and taking a moment to put yourself in a new parent's shoes can help you become a better and more supportive resource for those with less knowledge and practical experience.

I realize that most people are not trying to be hurtful when they make these comments or ask these types of questions. Many inquirers don't realize the negative impact of their judgments. My goal in writing this article, other than to let new moms know that they aren't alone, is to educate others on the importance of awareness and sensitivity when interacting with new parents. Becoming a parent is an emotional, intense and exciting experience that should be celebrated.

Kira Batist-Wigod is a social worker with a wide range of experience and training in cognitive behavioral therapy, trauma work and stress management. Kira specializes in treating people with chronic illnesses, depression and anxiety. She sees clients in her private practice in NYC and in New Jersey, where she also holds workshops on various topics. Kira also works at a medical center in the Bronx. Contact Kira by e-mail at batistpsychotherapy@gmail.com or by calling 917-765-4743. You can also visit her website at www.batistpsychotherapy.com.



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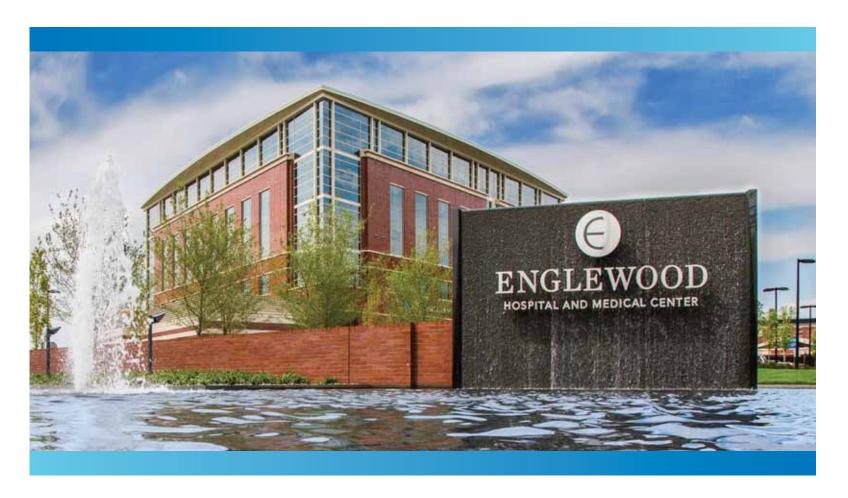
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## Where KAvOd Meets KOvEd



**Bv Yosef Glassman** 

"Blessed is the kavod of the Infinite Creator..." –Yechezkel 3:12

Why does the world exist? The best that sci-

ence can tell us for now is: life is a random biomechanical accident. No scientist can begin to tell us why a life force, whether bird or bacteria, even wants to live, never mind "evolve" to a more advanced species. Survival of the fittest is often touted as the reason for "evolution," but that makes assumptions that the electromagnetic life force actually has an innate "desire" to live and progress. Surely, a human, with consciousness, wants to live, but why does an amoeba? The desire of an amoeba to live sounds absurd without the idea of a type of consciousness.

And, indeed, there is no simple answer to the continuation of life without some sort of consciousness directing a universal electromagnetism that animates the world to exist. Thus, strict secular science perhaps would be content to define humans as randomly moving biochemical bags of protein mineral water, that are able to be aware and creative by virtue of an electromagnetic anomaly in the sugar sack we call the brain. And, the scientist claims that life "wants" to survive, but again—what is "life," and why does it want

to continue to survive? To what end? Perhaps grass and gorillas have an even deeper dilemma as to why they might "want" to keep going. Yet they do, whether they want to or not.

Biology, chemistry and physics will have to struggle to scientifically disprove that human consciousness is not part of the greater One Consciousness on High, which guides and directs life to continue living, advancing and changing And even Einstein's Unified Field Theory, which is widely accepted in the science world, acknowledges an overwhelming one universal force guiding all of nature. The question is: "Is that force a conscious force?"

Science struggles to tell us really what life "is" or even how it came into being. In that vein, the second law of thermodynamics says that entropy (i.e., nature naturally falling apart) is the expected direction of the physical world, yet this unseen force appears to keep life living, alive and intact, despite physicality's tendency to naturally want to fall apart. Sure, life is temporary, as are rocks and stars. Yet, this unseen force temporarily keeps them all together. And the philosopher asks why. The honest scientist knows that no clear biophysical nor chemical answer exists to this "why."

Indeed, the purpose of life is just as haggling, complex and unclear to Average Joe as it is to Sagely Shimon. Certainly, from an individual's standpoint, it takes

many years—if at all—to discover one's unique role and purpose, never mind the purpose of existence as a whole. Individuals go through journeys, searches, adventures, trials and tribulations to even get a glimpse of their own purpose, which even then can be fleeting. Multiply that by 6 billion, and add all animals, plants, rocks and minerals to the purpose question. What is their reason for existence? Not simple to analyze, but the second (out of seven) blessing said immediately after a Jewish wedding gives us great insight on this question, both spiritually and even scientifically. The blessing reads: "Blessed are You, Infinite Creator, our Benevolent Judge, Ruler of the Universe, Who created everything for His kAvOd."

This blessing provides startling insight into the reason that the world was created in the first place—kAvOd. Yet, what is kAvOd? English doesn't do this or any Hebrew word full justice. A Hebrew word is full of several deeper layers that pedantic English can only limit. In that vein, kAvOd is typically translated as "honor" or sometimes "glory," and perhaps "respect," yet the root (shoresh) of kAvOd is KVD (kaf vet dalet). The letters of a word, Rabbi Zamir Cohen, shlita, says, reveal the true essence of the named entity. Therefore, this tells us that heaviness is at the root of kAvOd. Heaviness. Sure, the body is heavy, the rock is heavy, the earth is heavy, but are the Sages telling us that we were created

for the sake of some sort of "heaviness?" It seems like heaviness is some sort of negative trait at first glance.

Yes, the soul in this world (Olam Hazeh) is indeed weighed down into the physical body, trapped, in a sense, not able to gain freedom until death, at age 120. The soul, thus, is said to be bound by a certain kOvEd (physical heaviness), weighing her down. This weightiness is often what gives the soul pause to sense its suffering, as the soul, light in nature, ethereal, does not necessarily want to be weighed down in the body in this world. Thus, it is the heaviness of the body (guf) impacting the soul (neshama) that will cause most humans to ponder meaning, question purpose, and, yes, even struggle. And, life's struggle is perhaps characterized by the fact that at its source, physicality is also light—invisible waves that have penetrated and become so concentrated that they have descended into physicality. This not only mysticism. This is physics. The universe started as pure light energy. We are pure light energy at the physical core. Yet our life force is pure spirituality, unseen yet trapped in "heavy light."

And, indeed, the human being in general, and the Jew specifically, is rightly warned to avoid kAvOd. Quoting Rabbi Elazar HaKapor, "Envy, lust and kAvOd drive a man from the world." 1 Looking

CONTINUED ON P. 82



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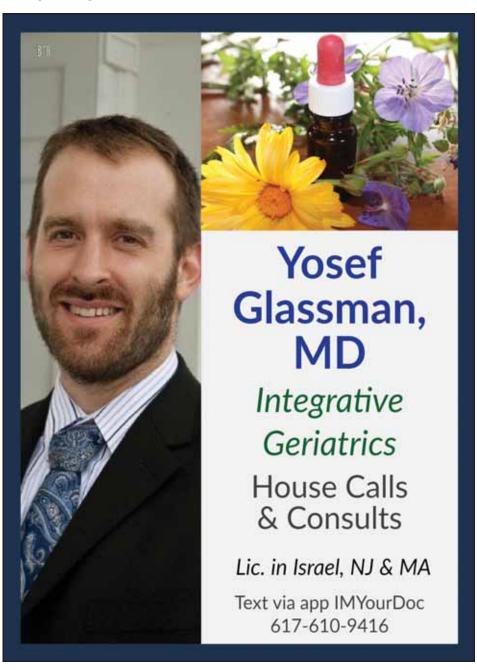
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## Thyroid: The Body's Internal Energy Source



By Warren Slaten, M.D.

If you are feeling tired with low energy, feeling cold, have thinning hair or gaining weight, you should read on. For a structure that weighs less

than 1 ounce, the thyroid gland plays a key role in our metabolism. The main role of the thyroid is to produce thyroid hormone, which is the driver of metabolism.

Thyroid hormone works at the level of cell nucleus to influence gene expression for many chemical reactions that influence multiple metabolic processes. The work of almost every vitamin and mineral used by our body is complemented and enhanced by adequate amounts of thyroid hormone.

The pituitary gland in the brain sends a chemical called thyroid-stimulating hormone (TSH) that tells the thyroid to make more hormone. The thyroid produces predominantly two types of thyroid hormone, triiodothyronine (T3) and thyroxine (T4), with the number based on the number of iodine molecules attached to the hormone. The thyroid makes 80 percent T4 and 20 percent T3.

Some of the functions of thyroid hormone include temperature regulation, metabolism, cerebral function, and maintaining and producing energy. In other words, thyroid determines how we produce energy, how we think, and how we process food and the calories we eat.

If someone's thyroid function is impaired, all these processes will be affected. The resulting symptoms include fatigue, memory loss, coldness, low energy, thinning hair, dry skin, constipation and weight gain. The abnormal metabolism

leads to high cholesterol. Body functions are impaired, so there may be symptoms of irritable bowel and irritable bladder. Men may experience erectile dysfunction and women may experience menstrual irregularities. In other words, those with thyroid problems feel lousy.

Thyroid status is primarily measured by lab tests. When thyroid function is impaired, this is called hypothyroidism. This gives it a medical sound, though it is the Latin way of saying low thyroid. There are different types of hypothyroidism. Subclinical hypothyroidism occurs when the TSH is elevated while the thyroid hormone levels T3 and T4 are normal. The normal thyroid levels suggest there is no problem, but the elevated TSH suggests that the brain seems to think it needs to work harder to stimulate the thyroid.

There is controversy in the literature whether subclinical hypothyroidism needs to be treated. This is because some studies indicate that there is increased heart disease and higher mortality among those with this condition, while other studies show no such relationship. One study showed a 2.2 increased risk of heart disease with subclinical hypothyroidism, or more than double the risk.

Primary hypothyroidism is manifest by elevated TSH while thyroid hormone levels are decreased. There is near unanimous agreement that this condition should be treated with thyroid hormone replacement. The question then becomes what type of thyroid hormone will be used. The most common thyroid used is levothyroxine (Synthroid), which is T4. The problem is that there are patients who do not feel any better when taking only T4. Another option is to take a thyroid prepara-

tion that has a combination of T3 and T4. The most common of these is desiccated thyroid, which is porcine derived, though a compounded combination of synthetic T3 and T4 is available.

Secondary hypothyroidism occurs when there is poor conversion of T4 to T3. Some of the factors that predispose to this are stress, fasting, illness or old age. This is more challenging to diagnose because the TSH and T4 are normal. The T3 is decreased so it is necessary to check this. The reason that some patients feel lousy when taking T4 is that they are not able to convert T4 to T3. As noted above, the thyroid gland makes predominantly T4. However, T3 is much more active at the cellular level, so to get the metabolic benefit of thyroid, converting T4 to T3 is essential. So for this condition, treating with a combination of T4 and T<sub>3</sub> is essential.

Tertiary hypothyroidism occurs when the receptors for thyroid function are insensitive to thyroid hormone. The hormone is present but is unable to effect action at the cellular level. Therefore, one will have symptoms of low thyroid while their thyroid lab studies are normal. Because of the normal lab values, this is very difficult to diagnose. Due to the thyroid resistance, a higher dose of thyroid hormone may be required to achieve therapeutic benefit.

There are health risks associated with untreated hypothyroidism. In a group of elderly adults, low T3 was associated with increasing disability, decline of global function and increased mortality, while those who survived to at least age 89 had the highest T3 levels. In a study, a disproportionate number of adults with congestive heart failure had low T3 levels. The increased risk of heart disease with hypothyroidism

is similar to smoking and high cholesterol. Also, those with hypothyroidism have increased risk of cognitive deficits.

For those with thyroid dysfunction, thyroid replacement can dramatically improve quality of life as the symptoms resulting from the dysfunction improve. However, thyroid replacement is controversial because of the potential problems that may result. One potential problem is cardiac arrhythmia. This results from the thyroid's stimulant effects on cardiac tissue. If the dose is adjusted slowly with symptoms and response monitored, palpitations can be minimized and avoided.

A common misconception is that thyroid replacement is osteoporosis. Hyperthyroidism or excess thyroid may predispose one to osteoporosis. However, multiple studies have shown that thyroid replacement does not cause osteoporosis. It should also be noted that low T3 is associated with vertebral fractures related to osteoporosis, so thyroid replacement can actually prevent these fractures.

In summary, thyroid hormone is essential for metabolism, brain function and general wellbeing. While the thyroid is generally assessed by looking at lab values, there are certain conditions that cause misleading labs. The key to successful treatment with the best outcomes for one with thyroid dysfunction is to treat not just the labs but to treat the patient and the symptoms.

Dr. Slaten is a wellness physician specializing in regenerative pain treatments and lifestyle counseling. He is certified in advanced bioidentical hormone replacement. For more info, check out his website, njhormones.com, or his weekly radio show Sundays at 9 nm on 77WABC



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## Where KAvOd Meets KOvEd CONTINUED FROM P. 80

again at the word kAvOd, it seems to have both a positive and a negative connotation. Whereas the wedding blessing states that the entire universe was created specifically for the *kAvOd* of the Infinite Creator, the human pursuit of personal kAvOd seems to be something to actively avoid.

Surely, at the simplest level, it is easy to understand why one should avoid pursuing personal kAvOd. When translated as respect and honor, this type of kAvOd is fleeting and, when partially "achieved," it is often looked at by others with a jeal-

ous eye. "Why does he or she have that kAvOd, and not I?" KAvOd often then escapes its pursuer with even greater speed, leaving the person despondent, especially if one person took that kAvOd from another person.

And, yes, everyone wants kAvOd; its addictiveness is one of the aspects that the Sages may be implying as removing one's self from the world. One can be incessantly bent on pursuing personal kAvOd, even making it one's primary occupation, more so than money. "KaVod is sweet," to quote Rabbi Shlomo Carlebach. And why is it sweet? Because it is the kAvOd of the Infinite Creator. It is the reason that the

Infinite created the Universe, so it must be sweet. Yet, that same *kAvOd* of the Infinite may be the spiritual lightning rod that shocks the one who touches it into spiritual death, so to speak. It is not for the individual human to be self aware of his own—rather only of others' intrinsic kAvOd, derived from the Infinite.

Yet, this struggle of the light light (soul) trapped in the heavy light (body) is where the answer for Creation lies. This is where the kOvEd meets the kAvOd. The Creator created kOvEd to be uplifted with the Creator's kAvOd. That is what keeps us on this earth and the reason for its creation. Life on Planet Earth can be boiled down to kAvOd (ultimate spiritual heaviness) embedded in kOvEd (ultimate physical Heaviness). The Infinite Creator, the Sages tell us in the blessing above, wants the entire world to be filled with the Infinite kAvOd—but not because the Creator is selfish and needs respect, rather that the essence of spiritual existence is Infinite kAvOd. The Creator allows the microscopic human a taste of that kAvOd by sinking an inseparable part of Infinity (the soul) into a body, which, being born, feels separate from that Infinity. When the light inside of the Jew individually attempts to join the Infinite's kAvOd, she is spiritually overwhelmed, rejoining the original kAvOd, which is over-encompassing. It can only be experienced safely through the Other. When the Jew absorbs the Divine kAvOd for himself, rather than seeing it, projecting it and reflecting it toward his fellow creations, he finds himself

only with kOvEd. This is so, since, when the heavenly soul rejoins the heavenly kAvOd, only the heavy, gravity-bound physical body remains.

Thus, the key to enjoying the eternal kAvOd, and the safe way of experiencing the Infinite kAvOd, is to simply praise the Infinite Creator's existence amongst people, groups and nations. This is the only way that the kAvOd of the Infinite will not swallow up the fleeting small soul, leaving only *kOvEd* (physical heaviness). The soul is to appreciate the kAvOd that is all encompassing, without fully possessing it. And while the soul can only perform the Infinite's will of Torah and mitzvot in this world via the body's kOvEd, she is naturally fed through and drawn toward the Ultimate world of kAvOd. The kAvOd infuses as well as envelops the body and is a guiding force between humans; Infinite kAvOd is the firmest of bases in interactions with other humans-since the Infinite's kAvOd belongs to the Infinite Rock (Tzur). Thus, when the Jew guides his interactions among fellow creations with kAvOd, he discovers the reason for existence and ultimately animates and lightens up the kOvEd of the body without losing the soul. May the Zion of Ultimate kAvOd be once again rebuilt in our days.

1. Ethics of the Fathers/Pirkei Avot 4:21

Dr. Yosef P. Glassman, IDF Reserve Lieutenant, mohel and Harvard-trained geriatrician, is the CEO of Hadarta.org, which integrates Torah concepts to applied geriatric medicine.

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## Sacrifices in Days of Old and New



By Beth Taubes

Sacrifice has been part of the human experience since the beginning of time. The concept of sacrifice is first introduced to us

by the Torah in Parshat Bereishit. Cain was a farmer and he sacrificed something that mattered to him, offering a present of fruit to God; Abel was a shepherd and he too brought something that mattered to him, one of his flock, to God. It appears that the first offerings to God were initiated by man, not commanded by God. Man apparently has an innate need to give back, to sacrifice. The result of these first offerings to God, however, was a negative one, as it led to the murder of a man by his own brother.

In this week's reading of Parshat Vayera, we learn about *Akeidat Yitzchak*, the binding of Isaac. We are all familiar with this story, in which God commands Abraham to take his beloved son and offer him on an altar as a sacrifice. Throughout history, through our prayers, we often "remind" God of Abraham's willingness to heed His painful commandment and to sacrifice his own son. We ask for kindness, leniency in judgment and many other requests as a kind of "payback" for the akeida, the sacrifice of all sacrifices. And in the Beit Hamikdash, of course, animal and other sacrifices were part of the daily service.

In modern times, we do not have an instinct to sacrifice burnt offerings to God as a thank you, nor are the commandments regarding sacrificial offerings applicable to us, and yet, we do have to make sacrifices in both our religious and our personal lives every day that do not require animals or fire. Sacrifice today is driven by a different force. We want something, whether material or spiritual in nature, and we are willing to sacrifice something, e.g., money, time, sleep, autonomy, etc. in order to achieve or acquire that which we want.

I recently read an amazing book titled "Being Mortal: Medicine and What Matters in the End," by Atul Gawande, a practicing general surgeon. The book explores the amazing benefits of modern medicine, but at the same time reflects upon the inability to accept the inevitable process of aging and dying. The goal in the case of the aged and dying is to extend life, and in the process, the interest of the human spirit is often lost. Gawande writes, "Medical professionals concentrate on the repair of health, not the sustenance of the soul... If safety and protection were all we sought in life, perhaps we could conclude differently... We seek a life of worth and purpose and yet are routinely denied." We often require the elderly to sacrifice their autonomy, their self-worth and their privacy for the sake of their safety, but is it always worth it? Who gets to make that decision?

This book stirred up many thoughts about some of the decisions that were made about the care of my own father when he was old and not well. Near the end of his life, he was unable to walk to shul due to his heart condition, so he bought a Shabbat scooter in order to be able to get to shul independently. I remember how concerned we all were

about him driving the scooter, as he was by that time blind in one eye and his vision in the other eye was poor. Technically, it was not safe for him to go to shul on his own, but he was not willing to sacrifice davening with a minyan on Shabbat and listening to leining just for the sake of safety. Was that the "right" decision?

Think about the things you do indeed sacrifice for on a daily basis. We value Jewish education for our children. Tuition crisis or no crisis, the majority of us continue to struggle and pay for school because we maintain that it is valuable. We sacrifice sleep for our children—when they are small they wake us up and when they are older they keep us up. We want to live in nice homes, eat out in restaurants, drive nice cars, go away on vacation and have nice things. To afford all that, we often need to get up early, work long hours,

spend time sitting in traffic, miss family events—but we do it because that is the sacrifice we make for the things that are important to us. I am in awe of women I know who struggle with infertility and I see what they are willing to put their bodies through in order to have a child. Or what people with a diagnosis of cancer are willing to sacrifice in order to fight the disease or prevent recurrence.

Recently, I have asked some of my clients about their health, and urged them to think about and then verbalize what it is that they want and what sacrifices they are willing to make and not to make in order to achieve their goals. The process of working all of that out has been powerful. One client who is a pre-diabetic was willing to cut all added sugar out of her diet, except on Shabbat, when she allows herself one small piece of dark chocolate. An-

other client who wanted to improve his health and flexibility was willing to wake up early to exercise and practice yoga. On the other hand, yet another client wants to lose weight but does not want to be too restricted with her food intake.

Is there something in your life that you want? What sacrifices will you need to make to achieve your goal? What sacrifices will you be unwilling to make? Your own answers may surprise you!

Beth Taubes RN, OCN, CBCN, CHC,CYT, is the owner of Wellness Motivations LLC. She motivates clients of all backgrounds, ages and health conditions to engage in improved self-care through nutritional counseling, fitness training, yoga practice and stress-reduction techniques. Sign up for her "Get Fit For Fall" program. Gift certificates available. Beth can be reached at btaubesrn@gmail.com or wellnessmotivationsbt.com.



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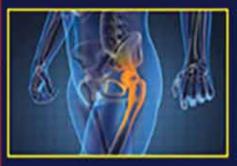








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## The Cholesterol Brawl: Is Cholesterol All That Bad?



By Melissa Papir Kolb, MS, RD

The term "cholesterol" gets thrown around like a football at MetLife Stadium, being tossed between opposing ideas and theories.

Once upon a time, research deemed cholesterol as the devil, shunning it from the health world and isolating it from its other dietary counterparts. A couple of decades later, new research emerges claiming it's not so bad after all. Despite the confusion stemming from the debate, more and more studies are coming out of the woodwork on cholesterol and what its true role in the body entails.

What is cholesterol in the first place? It's a waxy, fat-like substance that is found in all of our cells. The body needs cholesterol to produce certain hormones (i.e., testosterone and progesterone), help create Vitamin D, make up digestive bile acids in the intestines and contribute to the structure of our cell walls. The body actually doesn't need external sources of cholesterol; it produces all the cholesterol it needs by itself.

Cholesterol travels through our bloodstreams in small packages called lipoproteins. There are two types of packaging that are used: low-density lipoproteins (LDL) and high-density lipoproteins (HDL). The amounts of these types of lipoproteins in our bodies can have a significant impact on our health. LDL cholesterol is known as the evil stepsister of lipoproteins, as too much of them can wreak havoc on your arteries. LDL cholesterol can form a thick and hard deposit in the arteries, making them narrower and harder for blood to pass through. Blood carries oxygen to the heart, so if the blood supply is blocked by cholesterol-infused arteries, a myocardial infarction (aka heart attack) can occur. High levels of LDL cholesterol can also increase risk of heart disease and stroke. LDL levels in the blood should not exceed 100 milligrams/ deciliter (mg/dL).

HDL, on the other hand, is the fairy godmother of lipoproteins, ridding our bodies of excess and unwanted LDL cholesterol. It carries the cholesterol to the liver, where it's then removed from our bodies. It also helps clean up clogged arteries, lowering our risk for any heart-related issues. Desirable blood levels for HDL should be at least 60 mg/dL.

What causes high LDL cholesterol levels? Is it the food we put in our bodies or the sheer misfortune of genetics? This has been a highly debated question for decades. It was initially hypothesized that diet was the main culprit behind high blood cholesterol. Dietary cholesterol can be found only in animal sources like egg yolks, dairy products, shellfish, meats and poultry. The Dietary Guidelines for Americans used to recommend limiting our cholesterol intake to about 300 mg/day. To give you an idea of what 300 mg of cholesterol looks like, picture four pieces of fried chicken or 141/4 slices of salami. However, due to the new research that has been burgeoning providing inconclusiveness on the matter, they have removed that recommendation, concluding with a general statement to just limit dietary cholesterol.

In a study done by Kratz (2005), he found that an increase in dietary cholesterol intake resulted in a minimal increase in total cholesterol and HDL levels. Griffin and Lichtenstein (2013) also concluded that dietary cholesterol has only a modest effect on plasma lipid concentrations.

In terms of cholesterol and cardiovascular disease (CVD), similar results were seen. A systematic review and meta-analysis done by Berger et al. (2015) on dietary cholesterol and cardiovascular disease deemed past and current research inconclusive. Shin et al. (2013) conducted a review/meta-analysis on egg consumption and CVD. Eggs were the quintessential example of foods once thought to cause high blood cholesterol. Results showed that in-

dividuals who ate an egg a day didn't have a significantly higher risk of CVD than those who never consumed eggs daily.

Current research has found that our bodies tightly regulate blood cholesterol levels by controlling the amount it produces. When we eat more cholesterol, our bodies in turn produce less and vice versa. Therefore, what we eat may have little impact. However, in about 25 percent of the population, a high dietary cholesterol intake does impact blood cholesterol levels. These individuals are known as "hyperresponders" and their tendency towards high serum cholesterol is most likely genetic. There is currently blood test to find out whether someone is a hyperrresponder other than finding out the hard way, after the fact.

In conclusion, there is no concrete research that confirms dietary cholester-

ol's impact on blood cholesterol levels. It is difficult to create a research study that can purely study the sole effect of dietary cholesterol on blood cholesterol. There are a number of potentially confounding factors that can affect research results. For example, there are foods that are both high in cholesterol and saturated fat. The saturated fat can affect the blood cholesterol level, skewing the results and hindering researchers' ability to truly determine a relationship between these two factors. Another confounding factor can be the inverse relationship of dietary cholesterol intake and fiber, which can also skew results. In the meantime, consumers can follow a diet rich in moderation, full of fruits, vegetables, whole grains and legumes, sprinkled with animal sources if that is what your heart desires, until research has commanded otherwise!



daughtersofmiriamcenter.org









## Can Mold Make My Family Sick?

#### By Seth Piker

As we admire the beautiful colors of the fall season, all too soon we will be hearing about the flu, common cold and other illnesses. But we should pause to realize that perhaps what is causing us to feel run down or sick is not the common cold, but something lurking in our homes, offices, schools or houses of worship.

It is not often that we consider exposure to mold as being a possible source of a host of symptoms, including sore throat, chronic fatigue, headaches, itchy and wa-

sneezing and at its worst, a compromised immune system or asthma. The truth is that molds are known for their production of irritating substances, as they can in fact lead to each one of these reactions or others.

#### What Is Mold?

Mold is a type of fungus that sprouts from tiny spores that float in the air landing anywhere they see fit. Spores are to mold as seeds are to plants. When spores find a spot with enough moisture, they can germinate, and grow into mold. Mold thrives in areas where humidity in the air

it increases the humidity indoors. A temperature of 65 degrees Fahrenheit or higher is ideal for mold growth. Mold growth can become a recurring problem. Infestations are often seen resulting from broken or leaking pipes, an overflowed toilet, washing machine, leaking roofs, water heaters, air conditioning systems and in damp basements. If

you notice a musty odor in a specific area it means you should check for damp walls, carpet, flooring and any other spaces that may be breeding grounds for mold. The key is to catch and treat a mold problem immediately, before the infestation becomes worse or causes permanent damage.

#### **Assessing Mold**

Unfortunately, not all molds are the same. In the mold kingdom, there are over 1.5 million species of mold worldwide. Some produce toxins while some are allergens. A licensed mold assessor can perform tests to determine what type of mold is present. This is important because it will help determine the health risk and how best to remediate it. For the purposes of mold inspections and remediation, the goal is to identify whether the mold is allergenic, pathogenic or toxigenic.



Whatever your indoor air quality concerns may be, or if you suspect that your indoor environment is contributing to your poor health symptoms, call us at Hudson Valley Environmental to discuss your concerns and to schedule an inspection. We provide comprehensive indoor air quality testing and environmental inspection services for homeowners, property management companies, hospitals, insurance companies, schools and health care professionals to help them solve their indoor air quality problems.

Seth Piker is a NYS DOL-certified mold assessor and EPA-certified lead risk assessor, with 25 years' experience and a master's in environmental and occupational health and safety. Email Hvemold@gmail.com or call 845-249-1987.

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### **PERSONAL ESSAY**

## The Kidney That Saved Two Lives

By Gail Salomon

My motivation to become a kidney donor began when I first heard about living donation as my husband, David, began the process of being evaluated to be on the transplant list. All I knew about donation was the occasional story I would hear about a brother donating a kidney to another brother. I thought only close relatives could donate, and then only if they were a perfect match. I was wrong. Part of my husband's education about being on the transplant list was learning about living donation. It was during our video presentation that I learned about matching blood types and the paired exchange program. I took the information and application for becoming a living donor, but I did not look at it until a few months later when my husband's kidney function deteriorated. Up until this point, David had been doing well and it took five years for him to go from 30 percent functioning to 20 percent functioning, so I thought we had maybe five years until he would need a transplant. Again, I was wrong and within three months he went from 20 percent to 14 percent functioning. Suddenly it became real for me that my husband needed a transplant. Without a transplant soon, David would need to be on dialysis. We both knew the devastation of kidney disease and the toll dialysis takes, as both of David's parents, Jewish immigrants from Germany, had kidney disease that progressed to where they both went on dialysis for varying lengths of time, until their death. David needed a transplant. David's brother was ruled out as a possible donor because he too has kidney disease and is under the care of a nephrologist. Our children wanted to donate, but could not be considered because of the strong family history.

At this point, I knew I wanted to find out if I could be a living donor and participate in the exchange program, as I knew my blood type, A+, was not compatible with David's O+ blood type, and that I could not donate to him directly. I learned that in the exchange program my kidney would go to someone compatible with me, and that David would receive a kidney from someone who was compatible with him.

I made the decision to go forward to see if I could qualify. I met with a living donor coordinator at St. Barnabas Hospital in Livingston, New Jersey, who told me my history of high blood pressure was an issue, and could disqualify me from going any further. I was devastated. I knew my general health was good, as I had lost a significant amount of weight, maintained the weight loss and exercised regularly. I discussed going off my high blood pressure medication with my doctor, and I did. As the months went by, my blood pressure was monitored, and I saw a cardiologist. I had a 24-hour blood pressure monitoring test. I was sure I failed, as I was so nervous every time the cuff took my pressure, but I passed with flying colors! I went through all the additional testing, including repeating the 24-hour urine collection. That was not fun. I did eventually appreciate all the testing and was confident that I knew I was getting a very thorough evaluation to

determine if I was healthy enough to donate. I was elated to find out that I passed and was placed on the national registry, but disappointed to find out that due to David's blood type and my age, 66, it would be at least a year before a match would be found.

This journey has been a roller coaster of a ride with many emotions. First I was told that I could be compatible with my husband if I had the right type A+ blood. I was tested and did not have the right type. Then it was discussed that there is a procedure where my husband could go through a process to be desensitized to receive my kidney. It was determined that he was not a good candidate for this procedure. All of this we found out as we began the journey of being listed at multiple centers for trans-

plant. We met with Renewal and launched our kidney campaign, emailing our friends, business associates etc. We made up flyers and distributed them to synagogues throughout New Jersey. I attended meetings of all sorts and spoke about my husband's need and about living donation.

In November, we got a phone call from St. Barnabas that we could be part of a chain. My kidney would go to a man in Ohio, David's kidney would come from a woman from Indiana, and the chain would continue involving five couples. We were number one and two in the chain. Then came the second call, the crossmatch of my blood and my recipient's blood was positive, meaning he had antibodies and would likely reject my kidney. The transplant was



Gail's husband, David, along with his kidney donor, Yosef Leib. (CREDIT: RENEWAL)

cancelled and the entire chain fell apart. We were very disappointed and began to realize that this journey would not be a smooth one and that many disappointments could happen.

CONTINUED ON NEXT PAGE



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## Faces of ICSN: Tali Ayal

#### By Tovi Vider

At the age of 62, Tali Ayal, a retired educator, active volunteer and grandmother, was diagnosed with advanced breast cancer. Now, eight years after treatment, she shares how blessed she feels to be on the other side of the helping hand that got her through the hardest four years of her life.

"I was an active, healthy woman with a zest for life. After retiring from teaching I volunteered at community centers, worked in my garden, traveled and had a nice social life. I never imagined that a routine exam would lead to a call that felt like the sky had fallen down on me. I was told that I had advanced breast cancer and that survival chances were slim, especially at my age."

"The treatments were incredibly draining, especially when I was in radiation therapy. I went from enjoying nights out at the

theater to barely being able to keep my eyes open long enough to watch a television show."

"The trips to the hospital were daily for nearly several weeks; those were the hardest weeks of my four years in treatment. Luckily I had the support of the Israel Cancer Support Network (ICSN)'s caring volunteer drivers who took the weight off of worrying about traveling to and from the hospital by taxi-some of which I'm sure would have been drivers with little patience for an old lady and the sensitive needs of someone in such rigorous treatment. The ICSN volunteers were empathetic, kind and really understood what a taxing time this was in my life and the lives of my travel companions who were also going through cancer treatment."

"My radiation therapy ended eight years ago. Since then I have gone back to doing the things I love with even more zest than



Tali Ayal

I had pre-cancer, including my volunteer work. Today I volunteer for ICSN at their comfort corners, which are located in several oncology units, where along with warm drinks and fresh pastries we serve

as a supportive nook for patients, family members and the staff who spend days, if not months and years in."

"There is not a day since that I don't recognize how blessed I am to be alive and cancer-free today. Sometimes I look at my six grandchildren who come with my children to Jerusalem every Friday night to have Shabbat dinner with me and pinch myself to make sure that spending

this time with them isn't a dream. I think they're happy I survived too."

Help support the life-changing work of the Israel Cancer Support Network at http://www.icsn.org.

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#### The Kidney That Saved Two Lives CONTINUED FROM PREVIOUS PAGE

David's kidney function continued to decline, and he had to have emergency dialysis after being admitted to the hospital in January of this year. It was there in the hospital when we got the call from Renewal that a match had been found for him. He had his transplant on February 21. That's when my motivation to donate became even stronger. We were fortunate to meet David's donor, Yosef, and his wife, Gitty, before surgery. Yosef told David that his father- in-law was very ill and that he could not do anything to save his father-in-law, but that he could do something to save another father. Words cannot express the gratitude our whole family felt meeting them.

Much later in the waiting area, after hours of waiting, I sat with Gitty and we talked.

I was overwhelmed that here was this woman who supported her husband's decision to donate his kidney to save a life, and it was my husband's life. I was convinced more than ever that I wanted to give the gift of life too and bring happiness to another family.

As David's main caregiver, I wanted to be available to help him for the first four weeks of recovery. Then I called Renewal and told them I was ready to donate. The initial recipient that was found for me had complications, and was not able to have a

transplant on the scheduled date. Another recipient was identified. We were scheduled, and I went through all the pre-op testing, only to get a call that this recipient also was not able to have a transplant. Since I did not have a recipient waiting for me, I told Renewal that I would like to wait until after our daughter's wedding to donate.

David is doing well and his new kidney is working beautifully. We had our daughter's wedding on July 3 and he was able to dance and enjoy. Now I was ready to donate my kidney. Many people asked me if I was still considering donating since my husband already got a kidney. I never questioned whether I would donate...it was just when. Surgery was scheduled for July 18. I was told that my recipient, a father of five, was on dialysis and had diabetes. He had come close to having a transplant, but it never happened. I was his last hope. Both surgeries went well and we are both recovering. I look forward to meeting my recipient soon.

I never felt any pressure from Renewal to donate. I was the one who initiated the phone call to donate after my husband's transplant. When I elected to wait until after our daughter's wedding, I felt supported in my decision.

I experienced first hand how a kidney from a live donor can save a life. I feel very grateful that I have the health to donate and that I could give the gift of life to another person.



## Joshua Cohen '07 Visits TABC Economics Class

Who better to come and address TABC students in introductory economics classes than alumnus Joshua Cohen '07, who initiated TABC's original investment club? On October 18, Cohen visited TABC and met with the students in Cary Reichardt's classes, speaking about his own experiences in the world of finance.

Reichardt was Cohen's teacher at TABC and they have stayed in touch over the years as Cohen completed his education and began his career. Even while he was a student in TABC, Cohen was already very interested in the world of finance and investments. As hakarat hatov to his former teacher and TABC, Cohen visits Reichardt's classes twice each year. In the first semester, he introduces the students to the basics of investing. During the second semester,



Cohen will return and acquaint students with more sophisticated investment strat-

egies. The students enjoyed his talk and

raised many insightful observations and

questions. Many thanks to Joshua Cohen

for his dedication to TABC and the students

look forward to his next visit!





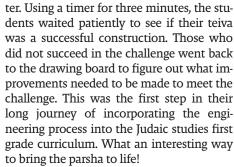
## Yeshivat Noam Is Awarded \$500 in the Scholastic James Patterson Contest



Yeshivat Noam's avid readers are now benefiting from the New Enrichment Lending Library thanks to a grant from the Scholastic James Patterson Contest. Margi Saks, who runs an enrichment book club for fourth and fifth graders, was excited about expanding the reading selection for her students who often read a book per week. In the spring, she entered the Scholastic James Patterson Contest and won a \$500 grant towards building her dream library. This fall, Saks ordered \$500 worth of high quality literature, many of them Newbery Award winners and books representing a variety of genres.

## Yavneh Students Integrate Engineering Skills and the Parsha

When Yavneh first grade students studied parshat Noach, they integrated an introductory lesson in engineering from Kinder-Lab. The children learned about the building of the teiva and all of the challenges that Noach encountered during construction. Through the lesson, the students were introduced to the engineering process: ask, imagine, plan, create, test, improve and share. Following the construction process, the students tested their models in a tub of wa-







## Moriah Eighth Graders Combine Science and Halacha







In science lab, the Moriah eighth graders made a to-scale sukkah that had at least three walls. The students used paper, straws, spaghetti and tape to build a sukkah that can support a marshmallow and doesn't fall when blown with a hairdryer.

## BPY Kindergarteners Become Aeronautical Engineers for the Day

Ben Porat Yosef kindergarten students wondered what makes birds and airplanes fly? First they pondered the similarities between the two, and then learned about the concepts of lift, thrust and design. The students worked collab-





oratively and created sketches and designs of planes, and then collected materials and built model planes. They made modifica-

tions along the way to improve their designs after conducting tests to evaluate the performance of their models.

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## **MTA Students Are** First All-Boys Group to Volunteer at Yad Leah

By Elishama Marmon (Class of 2020)

Last Tuesday, talmidim in Rabbi Kerner's Gemara shiur at MTA took a trip to Yad Leah to pack clothing for needy Israeli families. They spent the morning sorting, folding and packing clothing that was given to the organization. The clothes they packed will be sent to men, women and children in Kfar Tapuach in Israel. "It was really fantastic to work with MTA students," said Yad Leah Director Jessica Katz. "This was the first all-boys high school group to visit Yad Leah and you exceeded all expectations. You worked hard and did an amazing job!"



The experience had a real effect on the students too. One of the talmidim, Elie Benedek ('20), said, "It's hard to understand that some people struggle with something that we take for granted and going to Yad Leah really helped open our eyes to this issue."





## **Budding Hebrew Authors Blossom at Yeshivat He'Atid**

Second graders at Yeshivat He'Atid have been working hard on writing their own books in Ivrit. After finally completing their work, the budding authors visited the first grade to share their stories. It was a nice way for students of different ages to come together and the younger students are now excited to do the same next year!









## **SAR HS Holds Open House**

On Sunday morning, October 22, SAR High School held its annual Open House recruitment event for prospective ninth grade students and their parents. A record crowd of over 750 students and their parents visited the campus for an introduction to the SAR High School experience. The two-part program was designed to give attendees a taste of the unique SAR experience. Rabbi Tully Harcsztark, principal, opened

the program by articulating the educational goals and values that make SAR a truly unique, mission-driven Modern Orthodox high school. Potential students and families then heard from Zevi Siegal, a mem-

ber of SAR High School's Class of 2018, who shared his thoughts on SAR and the house that students and staff build together. The program continued with the school video ("SAR High School-Not Just Words") followed by welcome remarks and an explanation of the admission process by Nancy Lerea, associate principal and director of admissions.

The second part of the program gave students and families the opportunity to attend teacher presentations and student panels. This allowed prospective students and parents to experience firsthand the creative talents of the faculty and to ask questions of





current SAR students. Lastly, attendees convened in the gymnasium for refreshments and "a taste of SAR," a bazaar of co-curricular, academic and chesed opportunities available to students at SAR High School. Some

> of the groups represented included Torah Bowl, College Bowl, Model UN, Israel Activism, Health & Medical Awareness, Investment Club, Global Affairs, Cookies for a Cause, math and science activities, and media and sports clubs.

> The morning's program was a huge success and the school looks forward to a busy admissions season ahead! To apply please visit

www.sarhighschool.org/hsapplication. For a listing of neighborhood parlor meetings please visit www.sarhighschool.org/hsparlormeeting. Please email Gila Kolb, registrar and associate director of admissions with any admissions related questions.





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## Ma'ayanot Juniors Delve Into Chesed

On Monday, October 23, the junior class of Ma'ayanot travelled to Passaic to spend a day delving into community service. Throughout the day, they met and volunteered with community leaders who have launched grassroots gemachs and kiruv organizations, some of which have grown into internationally-recognized charitable organizations.

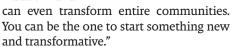




At Kehilas Bais Yosef, Rabbi Eli Gewirtz spoke about the founding of Partners in Torah, which today connects 70,000 people around the world learning Torah b'chavruta. Leah Zimmerman and Siggy Berger told their story about starting a gemach for baby equipment and clothing. Each week, the gemach receives multiple requests for cribs and strollers.

"We're trying to ingrain in our students that chesed isn't just about what I get out of it but how I can help another person," said Rabbi Zev Prince, director of co-curricular programming at Ma'ayanot. "We want to impart that chesed has a meaningful im-

pact on individuals and



In the afternoon, the students rolled up their sleeves and got to work. With their friends from the Sinai School, they sorted gently used and new clothing for Israel's needy at Yad Leah. In 90 minutes, the girls packed 15 boxes, totalling over 900 clothing items for families in Israel. "I can't begin to express to you how much people appreciate your efforts," said Jessica Katz, director of Yad Leah. "Taking part in sending clothes to Israel sends a very clear message to our brothers and sisters that we care, love and support them."

At Factory 220, a group of students helped set up for Wednesday night's Great Big Challah Bake for an estimated 800 Jewish women. The girls met with Esther Friedman, one of the organizers, and learned about the Jewish Women's Renaissance Project, which has sent more than 10,000 Jewish women from all backgrounds on transformational visits to Israel. "It was really inspiring to hear women speak about their trips to Israel and the ways that they've incorporated Judaism into their lives," said junior Jen Felder.

A third group visited seniors at Daughters of Miriam. Junior Lauren Becker shared that she and her friends met a famous 1950s singer, Sammy Turner, who had several hits on the Billboard Hot 100. "We told him he made our day and he said we made his day!" Lauren said.

"Ultimately, we want the students to see that each of these organizations was started by a person who saw a need in the community and then stepped up to fill that need. Today there are gemachs for eyeglasses, cell phones, wedding dresses and so much more. It's important for students to be inspired and learn that chesed begins at home," said Rabbi Prince.

## TCA Bingo Night Raises Money for Puerto Rico

On October 24, the PTA of Tenafly Chabad Academy held its fourth annual family Bingo night. This PTA sponsored and organized event is more successful



each year. Close to 200 people played Bingo for prizes, ate pizza and snacks together and did a mitzvah at the same time. All profits from this incredible night will go to help victims of the hurricane in Puerto Rico. TCA's goal is to instill the values of community, tzedaka and ahavat Yisroel and Bingo night is a perfect reflection of those goals. TCA thanks the PTA for organizing this event which raised over \$1200 for Chabad of Puerto Rico.

## Moriah Students Show Their Support for Breast Cancer

**Awareness Month** 

Throughout October, Moriah students have been showing their support for Breast Cancer Awareness Month by wearing pink. Moriah is proud of their students taking initiative to show support for important community causes.



## RYNJ Visits Ring Homestead

RYNJ seventh grade students headed out this past week to Ring Homestead. They boarded the bus with two goals in mind: They wanted to have an outrageously fun day together and they wanted to make a Kiddush Hashem. When they returned to RYNJ, Rabbi Avi Bernstein, dean of students, asked the boys if they were successful in reaching their goals. The response was a unanimous "Yes!"











## **SAR High School Sophomore Shabbaton Spotlights Chesed and Community**

By Ruthie Yudelson

When tenth graders arrived at SAR High School Friday morning for sophomore chesed day, they were discussing how they

could have the best, most impactful effect on the population they would be serving. Representatives were sent to teach classes at the Hostos School, socialize with vets at the VA, volunteer with children at MCC,



the food-insecure at New York Common Pantry, interact with senior citizens and prepare food at POTS. The students returned from their community service visibly more confident, and proud of themselves. It

sort and deliver food to

was a fantastic atmosphere to carry into the sophomore shabbaton.

The student-led tefillah at Mincha was beautiful and the ruach was palpable. Students then split up into groups for a session discussing the shabbaton's theme of Modern Orthodoxy. The session leaders encouraged students to analyze popular culture critically, and to be producers of personal ethical and moral standards,



as opposed to consumers of societal expectations.

As the shabbaton continued, the whole grade interacted with each other as they played games, listened to shiurim and participated in mid-tefillah breakout dancing. Students sat with teachers and beit midrash fellows, learning or chatting, staying up late into the evening bonding with each other. Principal Rabbi Tully Harcsztark spoke to the grade about how God calls to the Human Race every day, and the reason Avram was chosen was because he took it upon himself to hear the call. He



encouraged the students to feel chosenness incumbent upon them and to rise to the honor and challenge that presented. This message prompted much discussion among students who were inspired to approach Rabbi Harcsztark to thank him for his drasha.

After a spirited Havdala, busses transported the students to the ice skating rink. The more experienced skaters lent a hand to the novices and all enjoyed a delicious pizza dinner afterwards. The shabbaton was chesed-full, community building and the most fun 140 kids could have at a sleepover.

## **BPY Early** Childhood **Gets Animal Visitors**



Ben Porat Yosef early childhood students enjoyed a visit with the animals of "Pat's Pals," in conjunction with their study of parshat Noach. Their visitors included a parrot, doves, chinchillas, wallabies and snakes. The students learned about each animal and had the opportunity to pet and observe them.



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## Frisch Engineering Program Connects With Israeli Counterparts

Yeshivat Frisch's engineering program welcomed Professor Alon Wolf, founder and director of the Biorobotics and Biomechanics LAB (BRML) in the Technion Faculty of Mechanical Engineering, for a guest lecture on October 25 about "The Past, Present and Future of Robotics." All freshmen and sophomores in Frisch's engineering track attended the lecture and had the opportunity to ask questions afterwards.

Wolf's lecture introduced students to some of the cutting-edge research the Technion Institute of Technology has spearheaded in the fields of biokinetics, medical/surgical robotics as well as search and rescue robotics. For example, Wolf discussed how his team closely observes and mimics the movements of different animals to solve complex problems that affect humans. The slithery maneuvering of snakes inspired the team to develop robots that conduct search and rescue missions under rubble first used in the aftermath of the 9/11 terrorist attacks—as well as new surgical robots that carry out procedures more accurately and less invasively than ever before.

"What I found interesting is that the Technion sees things in a way that not many peo-



ple can see," said Frisch sophomore Evan Haimm. "For example, they saw the modern technique of a 'minimally invasive surgery' and deemed it as not so minimally invasive. They came up with the idea to use a snake-like robot and insert it through just one small incision, rather than four or five. Professor Wolf's lecture taught me that by using the technology available to us in Frisch's engineering lab, we can solve global issues."

Wolf also showed the students brief video clips of Technion technology in action, such as "exoskeleton" robots that let paraplegics walk upright, and "bionic" limbs—prosthetic hands, arms and feet that are connected to the nervous system and whose movements are controlled directly



by the brain. "We're at the beginning of a very big revolution," said Wolf, discussing the ethics involved. "We have in our hands a lot of technology, but we have to ask ourselves how to use it."

The lecture marked Frisch engineering's second Israeli-connected event this year. On September 14, a delegation of Israeli computer science students from Orot Yoqneam High School visited Frisch for the day, led by Israeli high tech industry veteran Danny Benishay. The delegation observed five top high school engineering programs in the United States, of which Frisch was the only yeshiva high school. During the visit, the American and Israeli students had the opportunity to work together to solve an

engineering problem, and Frisch engineering students presented some of their recent projects—from a machine that transcribes speech for individuals affected by ALS to a "Snoozaloon" device that replicates calming environments for children with sensory disorders.

"Israel is a leader in technology, and the importance of STEM education is universal," said Frisch Engineering Program Director Rifkie Silverman, expressing appreciation to Frisch parent Anat Feinberg, who works with the American Technion Society and helped coordinate both events.

"Something for you to think about is that if you're studying computer science, you certainly can change the world and have a huge impact on the lives of others," Silverman told the students.

Frisch's engineering program includes courses in the foundations of engineering, applied engineering, computer science and robotics, as well as numerous extracurricular opportunities, including Coding Club, Girls Who Code and a senior elective that pairs students with a family that has a particular need, and challenges the students to solve that problem through engineering.

## Science Is Fun at RYNJ

RYNJ third grade students experiment with pocket scopes as they prepare for their unit on powders and crystals.







## Yeshivat He'Atid Shares in Bat Mitzvah Nachat

Yeshivat He'Atid celebrated a special milestone last week: our first in-school bat mitzvah celebrations! Mazal Tov to Daniella Lifschitz and her family and to Gabby Greenberg and her family on the celebration of their bat mitzvot. Each girl addressed

her middle school peers and heard words of inspiration from Rav Ronen. A little singing, dancing and breakfast rounded off the morning in the perfect way! Yeshivat He'Atid is proud to continue the creation of strong bonds between school and home.







## Yeshivat Noam Buds Are 'Birds'









In a lesson about day five of creation, Yeshivat Noam Buds "birds" gather materials with their "beaks" to build their nests.

## Ma'ayanot Open House Welcomes Record Crowd









Ma'ayanot Yeshiva High School for Girls welcomed a record number of prospective parents and students at their Open House on Sunday, October 29. Attendees visited a wide array of classes, including "Soaring with STEAM" featuring Ma'ayanot's unique STEAM program and Makerspace, "How the Tanach Talks to Teens," "Talmud at Ma'ayanot," "The Write Stuff: Ninth Grade Writing Seminar," question/answer panels with college guidance counselors, current parents and students, and much more.

Eighth graders also had the opportunity to investigate enzymes in the biology lab, join an improv jam with Black Box Studio's Matt Okin, conduct a fingerprints investigation in chemistry lab, learn about Ma'ayanot's experiential Torah programming, watch a Heartbeats dance performance and more. The program concluded with a Student Life Fair, featuring Ma'ayanot's wide array of academic and extracurricular offerings. Prospective students can apply online at www.maayanot.org.

## LPS Children Experience Fall

Preschool students at LPS learned about autumn on a fall walk where they observed the signs of the season and changing colors of the trees. They collected leaves that had already fallen and compared and contrasted them. After graphing the different colors and characteristics of the leaves, children made a fall collage and created beautiful leaf rubbings.



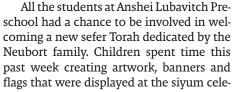


## Anshei Lubavitch Preschool Helps With Siyum Sefer Torah Celebration











bration this Sunday. At the siyum, children and their parents had a chance to admire their hard work while enjoying activities, music and dancing. It was a truly special day for the students of Anshei Lubavitch Preschool and the community!

## Yavneh Students Learn to Code From the Geniuses at the Apple Store

Yavneh Academy eighth graders visited the Apple store at Westfield Garden State Plaza. Under the guidance of the Apple staff, students learned to program the robots to move through a maze created for the students in the store.









## TABC Students Enjoy Late Night Learning

As a lead-up to Sunday's Open House, TABC's talmidim enjoyed another one of its famous late night learning programs. Both Rabbi Yoni and Raphi Mandelstam gave engaging shiurim before and after dinner. New this year, the students enjoyed a series of rapid response question and answer sessions. First Rabbi Fridman, then Rabbi Na-

chbar and finally Rabbi Yablok were asked a series of questions that are commonly on the minds of teenagers and they each gave a "rapid response." The night ended with a moving sichat mussar by Mashgiach Ruchani Rabbi Hoenig, followed by sushi. It was an enjoyable night of lamdut and ruchneut for all.









## JKHA Eighth Graders Prepare | Bruriah Welcomes Cheshvan for 'Names, Not Numbers®'



Eighth graders continued their Holocaust education programming that is taking place throughout the year. All eighth grade students enjoyed a meaningful visit to and tour of the Museum of Jewish Heritage in New York City. They were introduced to the concept of Jewish resistance



Fantastic docents led the students through the gallery of exhibits that outlined the history of the Holocaust. The trip was meaningful in its own right, but it also acted as a springboard for the "Names, Not Numbers program." Eighth grade participants in "Names, Not Numbers" are pre-

> paring to interview Holocaust survivors for this oral history project.

> The day after their trip to the museum, the students welcomed Ken Kurson, a journalist, published author and political consultant, who pro-

vided students with guidance and information on proper interviewing techniques and pointers on how to ask questions that elicit responses. The students will surely use the advice they gleaned from Kurson when they interview the survivors in the beginning of December.



to Nazi oppression. Students participated in a workshop in which they identified and discussed various artifacts that were rescued from the Holocaust. They noticed that there were different types of resistance including physical, spiritual and humanitarian resistance.

## **JEC Students Enjoy Their Inspiring Shabbaton**

This past Shabbos, JEC students and their rebbeim headed out to Camp Nageela in South Fallsburg. The shabbaton theme was "Simcha—how do we define it? How do we find it?" Beginning Thursday night, Rabbi Chaim Marcus, mashgiach ruchani, kicked off the weekend with meaningful words and memorable stories to the entire student body. After an activity-packed Friday, Shabbos was filled with beautiful davening and inspiring Divrei Torah from both students and rebbeim, ending off with Havdala led by Principal Rabbi Ami Neuman playing on the guitar. "It's so important to share experi-



ences outside the classroom with my talmidim," said one rebbe. "These memories tend to last a lifetime."

## YU'S Rabbi Yaakov Glasser **Speaks to RKYHS Students**



All senior students at RKYHS were privileged to hear a powerful speech from Rabbi Yaakov Glasser, the David Mitzner dean of Yeshiva University's Center for the Jewish Future and Rabbi of the Young Israel of Passaic Clifton. Analyzing the Torah's striking lack of details given to the growth and development of Avraham Avinu, Rabbi Glasser discussed the importance of each individual making purposeful decisions in charting their own path. He addressed the seniors in particular, who are currently in the process of making decisions about their future plans, regarding the importance of taking the values they have learned in their formative years at JKHA and RKYHS to inform their personal decisions moving forward as they move on to the next stages in their lives.

Suddenly it's all happening at the safari! Bruriah's safari-themed Rosh Chodesh celebration was a spirited way to welcome Mar Cheshvan. Bruriah students, "park rangers" and "tourists" snacked on cereal, doughnuts, orange juice and chocolate milk in a safari-decorated gym. The GO student government led a singing contest and had fun giveaways. GO President Michal Herman (Teaneck) is "most excited about having the whole school get together to spend time

with friends, play some games and enjoy a delicious breakfast." In anticipation of the Great Big Challah

Bake, the entire freshman grade went to Factory 220 to help prepare for the 1000 wom-





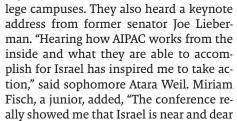
en expected to attend the event. The girls were divided among the three workstations. At the ingredients station, 40 girls measured out flour and pre-made 600 bags of flour, 20 girls measured out the yeast/sugar mixture into a total of 1000 containers and 20 girls tore 1000 sheets of aluminum foil. The spirited

and helpful girls had a boatload of fun. The Great Big Challah Bake attracted more than 800 women and girls from Bergen County who came together to learn about the mitzvah of challah and make their own.



## **Ma'ayanot Students Attend** Saban Arts AIPAC Conference

Ma'ayanot students attended the Saban-AIPAC gional **Training** Seminar in Newark on Sunday, October 22, with their advisor Yael Weil. They attended sessions on Israel policy, lobbying and advocating for Israel on col-







to the hearts of all kinds of people, from Jewish high school students to non-Jewish college students, wishing to learn more about the issues. It gave us a chance to come together with a common goal." The students are members of MIPAC, the student-run Ma'ayanot Israel Political Action Committee.

## **RPRY Adopts Innovations in Ivrit**

Hebrew Language has always been a hallmark of an RPRY education and the school continues to look for ways to improve. This year at RPRY, they are piloting the use of Ulpan Or's iHebrew™ curriculum in our seventh grade. This program is innovative, interactive and research-based and

was developed using 21st century technology from Israel. iHebrew™ includes video clips, audio recordings, built-in structured exercises, virtual flashcards, Israeli songs and much more. By adopting it, we hope to create a sense of confidence for each student in his/her ability to converse in Hebrew.

iHebrew<sup>™</sup> is an experiential, conversational program that builds a child's skills for



two-way communication in Hebrew through the use of blended learning: combining online learning with more traditional classroom instruction. The curriculum is designed to assist the teacher in differentiating instruction and allows for a "flipped

classroom" in which students watch instructional videos at home and then do "homework" in the classroom with the teacher's supervision. It has been rewarding to see the students' Hebrew acquisition enriched in real world situations such as ordering food in a restaurant, going shopping in the shuk and collaborating to make their own videos in Ivrit.

## **RKYHS Students Explore Chug Opportunities**



To kick off this year's chug (club) program, RKYHS students had the opportunity to hear information about the close to 30 chugim that are being offered. Each week, RKYHS students participate in a wide array of chugim that vary from educational, recreational or athletic in nature, and allow students the opportunity to find a new interest and discover a passion to pursue. Students can choose from the vast list ranging from Israel Advocacy, slam poetry, entrepreneurship and astronomy to video production, krav maga, woodworking, knitting and so much more.

## **Butterfly Class at IBECC** Makes a Rainbow







After learning about parshat Noach, students at IBECC decided to make a rainbow of their own. Each child had the chance to drip a little bit of food coloring into a cup of water to make a color. To make some of the colors like orange and purple, they even had to mix two colors together. Slowly, they made... a rainbow! It was so exciting to see each color appear.



## **RKYHS AIPAC Students** Meet With Malcolm Hoenlein

Approximately 15 ninth grade students from the RKYHS AIPAC group met privately for a special briefing with Malcolm Hoenlein, executive vice chairman of the Conference of Presidents of Major American Jewish Organizations. Hoenlein is one of the most distinguished American Jewish leaders of today. The students

discussed a whole host of issues ranging from Iran, anti-Semitism, BDS, the state of U.S./Israel relations and more, and posed many questions to Hoenlein as well. They all came away with a much greater awareness and understanding of the issues of the day confronting Israel and the Jewish people.



## **Freshman Family Event Brings MTA Community Together**

MTA recently hosted a parent-son brunch for freshman families. The day began with parents, and 75 students from across all MTA grades, attending the YU and the World of Tomorrow program, featuring an interview with Rabbi Lord Jonathan Sacks by Rabbi Ari Lamm and a presidential address by MTA alumnus and YU President Rabbi Dr. Ari Berman. Following the program, freshman students, parents and rebbeim joined together for a delicious brunch and panoply. More

than 120 parents and family members participated in the event and enjoyed meeting one another, as well as bonding with their sons and rebbeim. "Educating and inspiring students happens when parents and students come together," said Head of School Rabbi Joshua Kahn. "What's beautiful about MTA is that parents choose us because our mission aligns with their values. These events are a great way to bring the MTA community together."



## **Experiential Learning Brings Torah to Life** for JKHA Students

JKHA welcomed some special visitors to their classroom for parshat Lech Lecha.

In honor of third grade students beginning to learn Rashi's commentary on the Torah, Rabbi Srolovitz interviewed "Rashi." The students learned first-hand about Rashi's life, his family and his works on both the written and oral Torah. Rashi explained why his commentary is written in a different script and how he got the answers to his questions. Rashi left students with the advice to never give up in Torah learning and that we all have the potential to become Torah scholars.

For parshat Lech Lecha, early childhood students were greeted by "Avram" who commanded them—"Lech lecha m'artzecha." Students followed Avram on this unknown journey, some armed with suitcases for the trip, and set out to search all over



the school building for Eretz Canaan and their new home. They sang and marched with Avram until they found their new home and concluded their journey with the singing of Hatikvah. Afterwards, they looked up at the sky to see the stars, since Hashem promised Avram that his children and grandchildren will be as numerous as the stars in the sky.





## JEC Students Go on Location, **Learn About Research**

The information age has also brought research. During their visit, Robert Barbanell, disinformation and confusion, and it is the responsibility of schools to teach students how to distinguish between the two. On Monday, the freshman and sophomore English classes visited the Elizabeth Public Library to better understand best practices in

the supervising librarian, taught them about how to differentiate between valid and invalid sources, and how to carefully dissect articles for relevant and useful information for their own writing. English teachers will follow up with practical research lessons.

## **SAR High School Celebrates Pink Day**



On October 25, SAR High School celebrated its annual Pink Day in commemoration of breast cancer awareness month. Staff and students all wore pink throughout the day. The health club, led by Abby Ebrahimoff (SAR HS '18), set up a booth in the lobby and sold bracelets, stickers, pens, candy and even pink luggage tags! All proceeds will be donated to Sharsheret. Thank you to everyone who participated!

## **ADL Director Addresses RKYHS Students**



RKYHS students were fortunate to hear from Joshua Cohen, director of the New Jersey region of the Anti-Defamation League. Cohen provided an overview of the current state of anti-semitism in the U.S. and locally in New Jersey. His presentation allowed students to explore how they can be allies, advocates and activists in the fight against anti-semitism in their own communities and, eventually, on college campuses.

## **MTA Introduces Grade-**Wide Chavruta Program

Recently, MTA introduced a new gradewide chavruta program for seniors to foster and develop relationships among talmidim in the grade, regardless of their shiur. "One of the key ingredients that both create and maintain a relationship is the bond of spiritual seeking and growth," said Associate Principal Rabbi Shimon Schenker. "There is a strong possibility that some students may never have shared a class or even a true conversation with numerous classmates." Learning material is distributed to students each week in the hopes that involving all students in the same limud Torah will promote conversation and in-



teraction throughout the entire grade and create a meaningful opportunity for grade-

## **Voluntary Learning Abounds** at JEC High School

JEC students to get involved in extra learn-



There are so many opportunities for ing throughout the week. Each morning, after Shacharit, many students volunteer to attend Snack-n-Learn with Rabbi Taub. For five minutes of their own breakfast time, talmidim are able to learn and complete an entire extra masechta of Gemara. This week saw the commencement of the Night Seder and Lunch-n-Learn programs. The twicea-week Tefillah chabura before davening, in which students and their rebbeim learn through the siddur to better approach tefillah is up and running. These are just some of the voluntary programs that provide growth and learning opportunities, beyond the classroom, for each JEC student.

## **JKHA Students Learn Fire Safety**

Early childhood and first grade students at JKHA had a special visit from the firemen at the Livingston Fire Department. The firemen met with students to talk about fire safety. The students were attentive as they learned





about escape routes, 911 and kitchen safety rules. The highlight of the presentation was when the students had the opportunity to try on the fire safety gear. The students appreciate everything that the Livingston Fire Department does to keep the school safe.

## Clubs Begin at JEC High School

This week marked the beginning of club periods in the High School. Students from all grades chose, from a number of exciting options, those areas about which they wanted to learn more. From krav maga to advanced scitech, from music to cooking, the students are able to explore talents and skills they may not have even known they had! With new offerings this year, club season has gotten off to a great start.



## **RPRY's Music Class** Hits a High Note

RPRY's third grade is learning to play recorders in music class! The curriculum teaches the students to read sheet music and play combinations of notes, building skills as they progress. This year, RPRY reintroduced a music education program for grades k through four. Chana Salamon, who has been a music teacher for over two decades and has degrees in Tanach and musicology from Michlalah in Yerushalayim, joined our faculty. She is passionate about instilling a love of music in children



through music appreciation classes and uses her classes to enrich the Jewish and general education that students receive.

## **Bruriah JHB Promotes Growth Mindset**

"Before you say 'I can't' you've already said 'I can." If you visit the seventh and eighth grade classrooms, you'll see posters with many messages depicting the difference between a fixed mindset and a growth mindset. Based on the well-known research of Carol Dweck, developing a growth mindset has impacted the lives of many people across the globe. Shona Schwartz, an educational consultant who has been working with the junior-high teachers for the past half a year, returned to Bruriah to present to our JHB students. The interactive and experiential session, including role playing and collaborative activities, allowed the girls to become familiar with and explore this powerful concept. Having a growth mindset is the belief that basic ability can be developed through hard work and dedication. With this mindset, we learn to accept responsibility, appreciate feedback, take on challenges and see effort as a path to improvement. This theme will be developed throughout the year in JHB as students work together to continue learning and putting these ideas into practice.

After three days of campaigning for student committee elections, teachers put on a skit in advance of the winners being announced. They acted as students and demonstrated the reaction to winning and losing the election through a fixed mindset and then through a growth mindset. This carry-over to real life made the concept of growth mindset come alive in the Junior High. As Zehava Greenwald, assistant principal of junior high noted, "The success of this program lies in the carry-over to real life. If we teach the girls a nice message, it will remain just that. In order for this to become part of the culture, we need to continue learning and putting the concepts into action. A plan is set in place for that to happen here at JHB—teachers will be integrating this into their lessons and classroom procedures, students will produce an informational video for parents and much more. We are excited for our junior high to be a place where everyone knows 'Whether you think you can or you think you can't, you're right.'(Henry Ford)."

## RYNJ Sixth Graders Creatively Raise Funds for Tomchei Shabbos

Miri Hochberg and Shana Markowitz, sixth grade students at RYNJ who were both approaching bat mitzvah, ran a basketball clinic for third grade girls on several of the Erev Yom Tov days during the chagim. For a small fee, a total of 30 girls participated and the partners collected \$229, which they donated to Tomchei Shabbos.





## Springfield's Pete Kessel Addresses Kirshenbaum Israel Center



Pete Kessel of Springfield, an avid Israeli basketball fan, explains his personal experience to players in the Kirshenbaum Israel Center at the Union Y.



## SAR HS JV Boys Hockey Team Wins Big in Season Opener

By Boaz Kahn and Ranan Waxman (HS '21)

The SAR High School JV boys hockey team had their first game on Thursday night, October 26 against HANC.

SAR started off strong, scoring three goals in the first few minutes. By the end of the period, SAR was up by 9-0. Yamin

Semer and Alex Levy led the scoring, each having at least a hat trick by the end of the game. Although HANC played strong in the second period, they weren't able to convert their great opportunities into goals. When the game came to a close, SAR had a shutout and won by a large margin and Yamin Semer finished with five goals. Go Sting!





## Frisch Girls Varsity Volleyball Cougars Beat Ma'ayanot in Opening Match



## Super Bowl Shul Invites Fans for Shabbat

Congregation Darchei Noam, a Modern Orthodox, Orthodox Union member synagogue, in Minneapolis, MN is offering Shabbat hospitality to football fans coming to the Twin Cities for Super Bowl LII!

On February 4, 2018, the most widely watched sporting event in the country will be played at U.S. Bank Stadi-

um in downtown Minneapolis. Darchei Noam is offering Shabbat meals and housing to observant Jews traveling to the Twin Cities for the big game who need such accommodations.

"Despite the expected cold temperatures in our part of the country that time

of year, Darchei Noam is one of the warmest places in town," said

Rabbi Max Davis of Darchei Noam. "If you're lucky enough to have tickets to the game, we'd like to offer you an opportunity to spend Shabbos with our shul family."

Contact them

via email at superbowlshul@gmail.com with hospitality requests. First come, first served, and every attempt to meet requests will be made, based on availability. To learn more about Jewish life in the Twin Cities, please visit the website www.darcheinoammn.org.

## Yeshiva University Roller Hockey Team Wins First Three Games of the Season

(courtesy of yumacs.com) Looking to build off of last season's unexpected run to the Elite Eight in the National Championships, the Yeshiva University roller hockey team took to the rink on Sunday to start off the team's third season of existence. The Maccabees swept the opening weekend for the third straight year as they kicked off the campaign, 3-0.

After a Saturday night trek to Sewell, the team woke up bright and early to start off a set of three games at 7:00 a.m., 9:00 a.m., and 12:00 p.m. against Saint Joseph's University, University of Delaware and Drexel University, respectively. With a lot of roster turnover for the coming season, many questioned Yeshiva's chances.

The Macs hit the ground running in the opener as they jumped the Saint Joseph's Hawks to take a 7-1 lead partway through the second. Senior Ari Drazin lead the way with four goals while junior Moshe Genuth contributed with a hat trick of his own. First year student Matthew Carl notched his first career tally as well, to help build the lead.

The Hawks refused to back down and surged late into the third period, bringing the deficit to within one goal. However, the Macs were able to shut the door when it mattered and took the season opener by the score of 10-8

The Macs benefited from a tardy Delaware club and took a 1-0 forfeit in the sec-

ond game and went into the matchup with Drexel with a much needed rest.

The Maccabees offensive explosion continued as they took the final game by the score of 7-3. YU's power play was firing on all cylinders, going 3-7 on the man advantage. Senior Jake Ratzker scored three goals and had two as-

sists. Goaltender Joseph Robin stopped 29 of 32 shots to hold down the fort.

Yeshiva is now tied with Northeastern University at the top of the Division 2 standings after the first week of play. The Macs are back in action in two weeks as they take on Hofstra on November 4 at 10:00 p.m. in Bethpage.

## Teaneck Doghouse Sportstar of the Week: Hailey Frolich

By JLNJ Sports Desk

The Jewish Link of New Jersey and Teaneck Doghouse would like to recognize nine-year-old Hailey Frolich as this week's Sportstar of the Week. A couple of weeks ago the Wolverines, Hailey's Mitch Gross Basketball League (MGBL) team, were down six points going into the fourth quarter. The Wolverines applied defensive pressure, led by Hailey Frohlich's five fourth quarter steals, and held their opponent to zero fourth quarter points

while chipping away at the lead. With under a minute left in the game and the score tied, Hailey stole the ball just past half court and drove all the way to the basket to hit the game winning shot. Richard Frolich, Hailey's father and MGBL coach told the JLNJ, "I am so proud of Hailey because she works so hard and always hustles and listens to her coaches."

Hailey, congrats on a great win. If you had to pick one person, who is your role model, and why?

My dad, because he is a great coach and teaches me how to play basketball and baseball.

Who is your favorite athlete, and why? Stephen Curry, because he is unstoppable.



What is your greatest sports accomplishment, so far?

Hitting the game winning shot at my MGBL game.

What is your pre-game routine, if you have one?

Eating hot sauce chips.

What is your earliest sport memory?

Going to Mets games with my dad.

What is the weirdest thing you ever saw at a baseball game?

This summer we went to
Detroit and went to the Tigers
game against the Yankees that

had three fights and eight ejections.

What is your favorite sports memory? Hitting a bases loaded triple in the Yavneh Youth League.

What do you like to do when not playng sports?

Singing, dancing and going on roller coasters.

What is the best thing about being a sportstar?
Being in the Jewish Link.
The Teaneck Doghouse

Sportstar of the Week will receive a \$15 gift certificate to Teaneck Doghouse. Please send nominees for an upcoming Jewish LInk of New Jersey and Teaneck Doghouse Sportstar of the Week

to Sports@jewishlinknj.com.

BNOS KANFEI

Monday, November 20 @ 8:30pm

Tuesday, November 28 @ 8:30pm

Wednesday, November 29, @ 8:30pm

All Girls Program Grades 9-12 • bnoskanfei.com

Wein Residence, 1 Harborview West, Lawrence

Halberstam Residence, 141-12 73 Avenue, KGH

Orlian Residence, 37 N Southgate Dr, Spring Valley

## TABC Storm JV Basketball Blows Away Westchester High School



Congratulations to TABC Storm JV basketball team on their decisive 77-22 win over Westchester High School last week.

## SAR High School Girls Varsity Basketball Defeats Ma'ayanot Rapids

By Zoe Bernstein (HS '19)

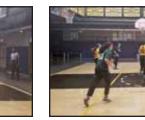
The reigning yeshiva league basketball champions took the court in the HIVE for the opening game of the 2017-2018 season on Thursday, October 26, against the Ma'ayanot Rapids. The stands were filled with eager parents, teachers and peers cheering on their friends. The first game nerves were no match for the team. Taking an early lead, the Sting started off the game strong and maintained it throughout. Despite this being the first time this team played together, their teamwork and

communication was impeccable.

The 1-3-1 defense that the Sting played for the majority of the game was effective in shutting down the Rapids, limiting their final score to 29. While SAR's offense started off strong, the momentum did slow down a bit as the game progressed, but by the end of the fourth quarter SAR picked it back up, bringing their total score to 45.

Adira Orbach (19) with 17 points, and Samantha Horowitz (20) with 11 points, led the team on the offensive front.

Let's go Sting!







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## **2 AMAZING PROGRAMS**

#### KANFEI

Coed Program Grades 9-12 • kanfei.com

#### Five Towns Open House

Thursday, November 16 @ 8:30pm Weinstein Residence, 949 E. Broadway, Woodmere, NY

#### Teaneck Open Hous

Tuesday, November 14 @ 8:45pm Oshinsky Residence, 282 Maitland Ave, Teaneck, NJ

#### anhattan Open House

Thursday, November 30 @ 7:00pm Doft Residence, 18 East 82nd Street, NYC

## MGBL Minute 🚧

#### **By JLNJ Sports Desk**

This weeks spotlight game takes us to Ben Porat Yosef. Outside it was raining cats and dogs, but those of us lucky enough to be inside the dry gym, were treated to a great game. On court number one, Sharsheret was wearing red and Judaica House was in white.

The game was close throughout, around the end of the second period it looked like Judaica House was pulling away, but the sharp shooting of Sharsheret's Shana Markowitz, with eight points, and Dova Moskowitz, with six points, tied the game up at 24 each and we headed to the fourth overtime game of the day. In the extra frame, Elisheva Piontica sank a jumper from the corner, giving Sharsheret a 28 -26 lead with 37 seconds to play.



Aliza Hook playing tenacious defense for the Tree Point Play team.



Coach Kinches and the Sharing Seats girls in a huddle.

Judaica House raced up the court and with the clock at 32 seconds, found sharp

shooter Tifi Teitelman for her most important two points of the day, as she tied the game at 28. Sharsheret headed back the other way, but was denied by the Judaica House defense. Judaica House got the ball with five seconds on the clock. The Judaica House coach called timeout to draw up a play that was designed to prevent a second overtime. The play was designed to get the ball to high scorer Nechama Adler and she delivered with the final two points of her game high 15. The buzzer sounded as her shot cleared the cylinder. The win sent both teams home with identical 2-2 records and all in attendance feeling good about witnessing such an exciting game

The Mitch Gross Basketball League commemorates Mitch Gross, a"h, while serving as a high-caliber recreational bas-

ketball program for Bergen County boys and girls in second through eighth grades and high school boys. The league focuses on teaching basketball fundamentals to players at all levels and the value of working together as a team. The league is an enthusiastic and affordable program open to residents of Bergen County including

Bergenfield, Englewood, Fair Lawn, New Milford, Teaneck, Tenafly and other surrounding Bergen County towns—and also includes participants from Passaic County, Manhattan, Riverdale and Rockland County. After general expenses, all profits of the league will be donated to local charitable organizations in memory of Mitch Gross, a"h.

Registration is now open for the boys league, set to tip mid-December. https://www.mgbl.org/ SignUpPart1.php. For more information about the league or to spon-



Coach Farbowitz and the State Street Smiles girls.



Coach Margulies and the Kosher Experience team talk it over during a time out.



LYNLY's Daphana Hook closes out the Net@Work shooter.

sor a team please email mgblnj@gmail. com. You can a follow us every week right here in the Jewish Link of New Jersey and on Facebook @MitchGrossBasketballLeague. We would love to print pictures of your stars, please send pictures of your MGBLers in action to Sports@jewishlinkbc.com

TEAM	WINS	LOSS	TIES	WINNING PERCENTAGE		
Second Grade Girls						
PressONE.net - Voice & Internet	4	1	0	.800		
Triumph Hotels	4	1	0	.800		
Toppan Vintage	1	4	0	.200		
Bellcar Electric	1	4	0	.200		

#### **Third and Fourth Grade Girls**

Camp Shalom	4	1	0	.800
Nina Eizikovitz-Links Residential	4	1	0	.800
Petit Chic	4	1	0	.800
Dougies BBQ	4	1	0	.800
Wolverines	3	1	1	.750
Washington Avenue Pediatrics	3	1	1	.750
Grand & Essex	2	3	0	.400
Columbia Cardiology	1	3	0	.250
Chestnut Holdings	1	3	0	.250
Embroidme	1	3	0	.250
Statestreetsmiles.com	0	4	0	.000
The Jedi Knights	0	5	0	.000

#### **Fifth and Sixth Grade Girls**

Tree Point Play	4	0	0	1.000
Ali's Label Skirts	4	0	0	1.000
Herzfeld Strong	3	1	0	.750
Sharing Seats	2	1	0	.667
Kosher Experience	2	2	0	.500
Judaica House	2	2	0	.500
Sharsheret	2	2	0	.500
www.TenaflySmiles.com	2	2	0	.500
Areyvut	1	3	0	.250
Rockwell Management	1	3	0	.250
Jason M. Suss D.M.D.	0	3	0	.000
Chopstix	0	4	0	.000

#### **Seventh and Eighth grade girls**

Oil Tank Services	4	0	0	1.000
Tilem and Associates	3	1	0	.750
LYNLY Insurance	3	1	0	.750
Balanced Body Rehabilitation	2	1	0	.667
Malka Abrahams Links Residential	1	2	0	.333
Akari Therapeutics Plc	1	3	0	.250
Net@Work	0	3	0	.000
Center for Dermatology	0	3	0	.000

## Valley Chabad Friendship Circle Launches Its 2017 Fall Sports League

strategize.

### By JLNJ Sports Desk

The Friendship Circle Sports League offers a full range of mainstream activities such as, soccer, t-ball, kickball and other recreational sports for children with special needs

This year the program is being held at a Superdome Sports Arena in Waldwick. Children and teens have the opportunity to practice the rules and techniques of sports. The professional coaches and volunteers guide the children to develop skills, confidence, engage in physical health and friendship. Enjoy the thrill of being on a team in a safe and non-competitive atmosphere in which children experience all aspects of team play from wearing a uniform to feeling the accomplishment of receiving a trophy, all while having a whole lot of fun!

Parent volunteer coaches for this season are John Grabow, Ken Horowitz and Bruce Fixelle.

The program began this year on Sunday, October 29, and will run through mid-December. Children and teens with special needs and teen volunteers are still welcome to participate at no cost. To join the program or to volunteer please contact 201.749.0157 or email fc@valleychabad.org.









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AAA FOUR DIAMOND RESORT



### **CLASSIFIEDS**

### **HELP WANTED**

#### RYNJ LEARNING CENTER POSITION

RYNJ Learning Center position available for a maternity leave beginning mid- December for 6-8 weeks. Responsibilities include providing small group language arts instruction and supporting classroom instruction for students in grades 5-8. Candidate should be a team player, who has experience and will enjoy working with children in a positive, warm environment. Interested individuals should forward a cover letter and resume to resumes@rynj.org

#### OFFICE MANAGER

Looking to hire an office manager for an Insurance agency in Spring Valley.

Hours: Mon - Thu 9-5, Fri 9-1

Past Insurance experience a plus. Pay commensurate with experience.

Please email resume to harry@safesideins.com

#### **EDUCATION SUPERVISOR**

HASC has an excellent opportunity for a Full-Time Education Supervisor in our Monsey program.

NYS Special Ed license required. SAS or SBLB a plus. The ideal candidate must be a well-rounded professional who has a solid teaching and supervisory background. Competitive salary and benefits.

To apply please send resume to: jobsmon@hasc.net.

#### MIDDLE SCHOOL MATH TEACHER

Needed Immediately:
Full time middle school math teacher
for the 2017-2018 school year at
Yavneh Academy
155 N. Farview Avenue
Paramus, New Jersey
To express interest, please submit CV to Mrs. Barbara

Rubin at barbara.rubin@yavnehacademy.org

#### IILLI WANTEL

YBH of Passaic has the following openings:

• Kindergarten PM Morah & Assistants

MORAHS & ASSISTANTS

- Elementary General Studies Assistants
- Please send resume, cover letter & references to ppersin@ybhpassaic.org

#### RENT MANAGER

RE Management Office in the Bronx seeking a F/T Rent Manager.

Located minutes from the GWB.
Basic office exp. a must.Will Train.
Email resume to: office@bbmnqt.com

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#### MOTZEI SHABBAT, NOVEMBER 4

**Shalva Band Concert** 

7:45-10:00PM, Congregation Etz Chaim, 1 Lafayette Dr, Livingston

Come see a concert experience unlike any other! The Shalva band consists entirely of individuals with special needs and exceptional musical talent. Check out their amazing music video. Tickets for the show are \$15 for adults, \$10 for students and \$36 family max. RSVP required to etzchaim@etzchaimnj.org.

Kumsitz: An Evening of Live Music

8:15PM, Congregation Beth Aaron, 950 Queen Anne Rd, Teaneck

Featuring Chanani Sandler, Benjy Rosenbluth and Stephanie Kurtzman Barat. Song and words of inspiration. Light refreshments will be served.

#### SUNDAY, NOVEMBER 5

<u>Kaplen JCC on the Palisades Annual Fall Boutique</u> 10:00AM-5:00PM

Kaplen JCC on the Palisades, 411 E Clinton Ave, Tenafly

Featuring many favorite — and new — vendors. A perfect place to purchase holiday gifts, the boutique will feature decorative home furnishings, jewelry, women's fashion & accessories, children's clothing, summer camp items and more. Visit jccotp.org/fallboutique for a list of vendors. Every purchase helps support the JCC Leonard and Syril Rubin Nursery School. The event is co-chaired by Michel Blum, Sharon Cohen, Alissa Epstein, Jenna Gutmann, Alan Hershkin, Gabrielle Marcus, Jamie Molluzzo, and Becky Singer. For more information, contact Michal Kleiman at 201.408.1435 or mkleiman@jccotp.org.

Yavneh Academy, a thriving Modern-Orthodox yeshiva day school in Bergen County, is seeking an experienced, dedicated, and passionate full-time Director to lead our new satellite day care and preschool center in Teaneck, Gan Yavneh.

The ideal candidate would possess an advanced degree in education or a related field, administrative and management experience, and a background working with young children.



The job responsibilities include designing and ensuring a safe and nurturing environment, overseeing the day to day operations of the Gan (including compliance with licensing and health department regulations), supervising and managing all faculty, and developing and implementing school curriculum and policies.

Come join the Yavneh family as we spread our wings and open the doors to Gan Yavneh.

 $Confidential\ letters\ of\ interest\ and\ C.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ interest\ and\ C.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ interest\ and\ C.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ interest\ and\ C.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ interest\ and\ C.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ interest\ and\ c.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ interest\ and\ c.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ interest\ and\ c.V.\ should\ be\ emailed\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ to\ ganyavnehresumes @yavnehacademy. or generally a confidential\ letters\ of\ ganyavnehacademy. Or generally a confidential\ letters\ of\ ganyavnehresumes @yavnehacademy. Or generally a confidential\ letters\ of\ ganyavnehresumes @yavnehacademy. Or generally a confidential\ letters\ of\ ganyavnehresumes @yavnehacademy. Or generally a confidential\ ganyavnehresumes @yavnehacademy. Or generally ganyavnehresumes @ya$ 

### **GEMACHS**

### SIMCHAS

Shtick for a Wedding

Call Wendy at 646/996-2165

## The Beth Aaron Centerpiece and Tree Gemach

Please contact bethaaroncenterpiecegemach@gmail.com or see the Beth Aaron website under the Community pull down.

#### A C.H.A.I.N A Chesed and Inspirational

**Network** 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.

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

#### **Tablecloth Gemach**

In memory of Chaim Yissachar ben Yechiel Zeidel Dov Z'l. Specialty cloths in all colors and sizes for every type of simcha. Donations will go to Project Yi'che and are tax deductible. Please contact chayemf@aol.com for an appointment

#### The Simcha Bencher & Tefillot Gemach

has black hard-covered custom made מזל מוב benchers, great for aufruf, shevah brachot, or bar/bat mitzvah family meals. Small matching siddurim also available, good for small Simcha minyan in your home. The Gemach also has Chuppah cards available! (Donations will go to Bayit Lepletot in Israel). Please email Karen at simchabenchergemach@gmail.com Bat Mitzvah Gown/Dress Gmach Now accepting dresses in excellent condition. Current styles only please. We are happy to pick up or you can drop off in Teaneck. If your unused gorgeous dress is hanging in a closet-let it put a smile on a Bat Mitzvah girls face. For more info, questions or drop off location please contact bmdressgmach@gmail.com. Enhance a simcha and do a mitzvah!

#### Fairlawn Gown Gemach

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. 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 of a picture of what you>d like to donate and a recipient can be matched.

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.

## MEDICAL EQUIPMENT

## Bikur Cholim West Englewood Medical Equipment Gemach

Wheelchairs, walkers, canes, shower chairs and commodes are available.
Text (917) 748-2956

or email bas4home@yahoo.com.

#### The Bikkur Cholim of Passaic-Clifton's Medical Equipment Gemach

Wheelchairs, walkers, crutches, canes, scooters and other medical equipment to lend at no charge. For more information or to schedule a pick up contact Yael Gotteib at 973-778-9320.

#### The Rinat Chaim Gemach

Lends new and used medical equipment. Items in good condition to those in need, for short-term or long-term use, including motorized wheelchairs, regular wheelchairs, transport chairs, walkers, knee scooters, rollators, commodes, toilet seat raisers, canes, crutches, shower chairs and bathtub transfer chairs. The Gemach will be happy to deliver the items to families when necessary and to receive tax-deductible donations. To contact the Gemach, to borrow equipment, or to contribute, please visit their website, www.rinatchaimgemach.com, or contact Yehiel Levy, info@rinatchaimgemach.com.

#### CLOTHING

Yad Leah collects modest and contemporary clothing, infant through adult, to be sent to Israel. Donated clothes must be in either excellent or like- new condition. For more information regarding drop off locations contact Jessica Katz at 973-955-0861 or via email Jessica@yadleah.org

#### 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. Tax donation letters are available for any financial and/or item donations.

#### **Preemie Clothing**

Yad Yocheved - 201 836 2071

#### Passaic Baby G'mach

Collects baby clothing in excellent condition up to size 2T as well as other baby gear including high chairs, cribs, strollers, carriages, changing tables, diapers and formula. They pick up in NJ/NY area. For more information contact Siggy Berger at 201-486-1492 or via email siggy@aishdas.org.

#### MISCELLANEOUS

### Bicycle Gemach

Rivky Klar at bikegemach@gmail.com

#### **Headphone Gemach**

Protect your child's little ears from big noises! New gemach in Bergen County offers infant and toddler sized hearing protection headphones that you can borrow for use at weddings, bar mitzvahs and other loud occasions. Visit http://musicalears.org for more info or email reservations@musicalears.org to reserve your pair.

#### Laptops and More "Gemach"

Seeking a refurbished laptop, tablet or smart phone? Have an old one, or any parts or accessories, to donate to needy individuals? Contact Mordechai Luchins at mordechai@luchins.com. This is a donation, NOT a loan.

# REAL ESTATE LINK



## OF NEW JERSEY

## **Actions, Reactions, and Transactions**



By Shmuel Shayowitz

This week I spoke with two potential clients who were both looking to buy homes. Although each circumstance was significantly different, both were

previous homeowners who purchased their current residences between 8-10 years ago. When I went through some of the documentation needed and qualification criteria required, each responded in the same way. They were shocked at the process and with all that getting a mortgage in today's marketplace entails. There's no question that the mortgage process can be an overwhelming and rigid task for many. Over the past few months, organizations such as BankRate.com, Free-and-Clear.com and NerdWallet.com, amongst several others, came out with independent surveys about the mortgage industry, which revealed some very fascinating discoveries from previous mortgage customers.

For starters, one survey revealed that one out of every six applicants said their loan had been rejected. Fifty-two percent of those who were turned away said they

\*WIN A

had been told their "debt-to-income ratios" didn't meet current loan standards. Most were not explained what that even meant, nor how those ratios were calculated or derived. Almost forty percent had been told their credit reports (or scores) weren't good enough for the loan program they requested. Again, most were not given any indication of what the credit items were that resulted in these decisions.

I can speak from personal experience in this regard because a current client of mine recently applied with one of the major commercial banks for a home equity line of credit, and his loan was denied. His calls and emails to his loan officer went unanswered. About two weeks later, he got a one page form letter in the mail saying his application was denied for "unacceptable credit," and that he should contact the credit agencies to request a copy of his credit. Not surprisingly, the bank officer wouldn't speak to him any further. I was able to help him restructure the loan terms and amounts he was looking for based on his current credit and income situation, and hope to have him approved soon enough.

There's more. Almost sixty percent of the respondents in another survey found excessive paperwork to be the most overwhelming aspect. Many noted that the sheer amount of paperwork creates significant difficulties and challenges, making the process confusing and overwhelming. The second most troubling issues for consumers were the strict qualification and requirements for loan approvals - without the upfront guidance and expectations. Unfortunately, the myriad of consumer frustrations went on.

On the heel of reading all these abysmal survey results, I was pleased when I received this letter from a client:

It doesn't make sense that we met you in person for the first time at the closing. We don't feel like we just went through a business transaction with you. What we feel we should be saying to our friends is something like this: "My uncle owns a bank, so he hooked us up with an incredible rate. Yeah, it didn't matter that the closing date kept changing. Yeah, he was totally cool with the fact that we closed three weeks later than scheduled. But you're not our uncle... and we only met yesterday, and the work you did for us was really incredible. There were a lot of crazy things that happened while trying to get to the closing date. You didn't have to do any of the things that you did for us – and we wouldn't have been upset with you. We would have understood that it's not

in your control, and sometimes things just don't work out perfectly. Well, you made sure things worked out perfectly for us at your own expense. On top of putting our own interest (pun intended) above your own, you bought us a totally unnecessary, but much appreciated gift. It feels like it's a gift on top of a gift! We're so thrilled to be homeowners. More importantly, we're thrilled to be homeowners of a house we could afford – and we have you to thank for making that price possible. Thanks for everything! Hopefully, the clients of Approved Funding help bring some favorable feedback to these surveys!

Shout out to my wonderful wife Esther -Happy Birthday!

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.

FIND THE 3

LOGOS CONTEST

## Real Estate S (1) otlight

Find All 3 Approved Funding Logos and be eligible to win\*



1654 Buckingham Road, Teaneck, NJ

Lovely 3 bedroom split level home in prime location. Situated beautifully in Teaneck on the border of Bergenfield. Lots of potential to make this home your own. Property is 150 feet deep. Don't miss this opportunity to build your own memories here.



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> **OPEN HOUSE** Sunday, November 5 11:00am - 1:00pm





Circle the 3 Approved Funding logos on the "Spotlight Photo" and email your submission to Contest@ApprovedFunding.com

> \* For more information and official contest rules visit: www.approvedfunding.com/spotlight





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## **615 WINTHROP ROAD, TEANECK**

- Most prestigious block in Teaneck
- **■** Close proximity to most Shuls
- Fabulous Two-story brick colonial
- Lot 195 x 190 (.85 of an acre/ 37,026 square feet)
- House is 6,525 square feet, plus additional full finished basement of 3,759 square feet.
- Total sq. ft.= 10,284 sq. ft.
- **■** Formal marble entry hall
- 8 bedrooms
- 8 bathrooms (6 full, 2 half)

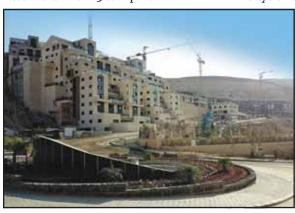
- Spacious master suite with generous walk-in closets & spa like bath
- Home office off the master suite
- Guest bedroom and full bath in basement
- Large kitchen with granite island
- Double appliances and sinks
- 3 working fire places
- 2-car attached garage
- Price \$3,800,000
- No brokers please!

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### **ISRAEL REAL ESTATE**

## Chish Nofei Israel Returns to Teaneck to Host Ramat Givat Zeev Sales Event

(Courtesy of Chish Nofei Israel) Due to the overwhelming interest in the posh Ramat Givat Zeev residential project from buyers in the Teaneck area, Chish Nofei Israel, the company that is building the real estate venture, located on the outskirts of Jerusalem, is returning with a special sales event on Thursday, November 9, at Cong. Keter Torah from 5 to 11 p.m.



During the past year, dozens of young couples and families from Teaneck have purchased a variety of palatial homes and impeccably designed apartments at Ramat Givat Zeev. Because of the unprecedented interest in this unique project, when Ramat Givat Zeev's first residents move into the beautiful town around January 18, they will discover that the price of their property will have risen in dramatic fashion. The

(Courtesy of Chish Nofei Israel) Due to rising value of these properties can be directly traced to the fact that only a few dozent Givat Zeev residential project from yers in the Teaneck area, Chish Nofei Is-

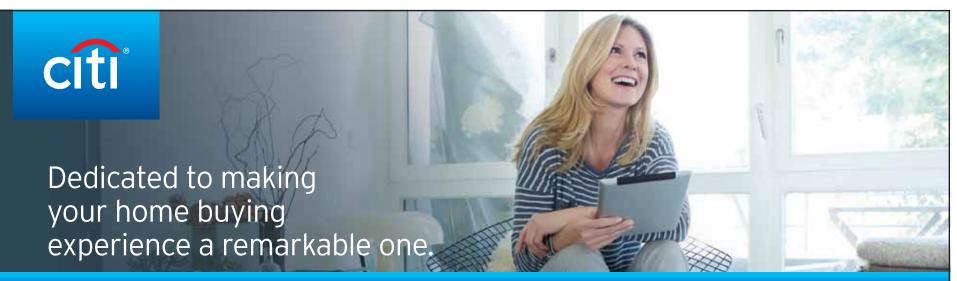
Ramat Givat Zeev's word-of-mouth allure is based on the "facts on the ground." The project is being built with high-end standards, mimicking the lifestyle that its buyers have been used to in the USA. It will

accentuate the discerning religious and cultural quality-of-life standards found in places such as Teaneck, Five Towns, Brooklyn and Queens. Ramat Givat Zeev will feature synagogues, mikvaot and quality schools, as well as a country club with a pool and gym, tennis and basketball courts, green parks and a shopping center.

Special prices for the remaining Ramat Givat Zeev properties will be featured at

the special sales event. "This is a once-in-a-lifetime opportunity to 'have it all,' living in the lap of luxury amidst the pastoral beauty of the Jerusalem hills. It's not by accident that many buyers from the Teaneck area have made their aliyah dreams come true in a unique setting," said a Chish Nofei Israel sales representative.

Congregation Keter Torah is located at 600 Roemer Ave. in Teaneck.



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balances and the qualifying closing cost credit or rate discount. Availability of the Citibank mortgage Relationship Pricing for Citibank account holders is subject to change without notice.

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## **Yeshivat Frisch Launches Inaugural Real Estate Networking Event**



Yeshivat Frisch launched its inaugural Real Estate Networking Event on October 24, featuring a talk and O&A with Harry Macklowe of Macklowe Properties. The sold-out event was hosted by Weil, Gotshal & Manges LLP in Manhattan, and chaired by Jennifer Prince, Robbie Scharf and Joseph Burry Klein. Attendees included over 130 members of the Frisch family including over 50 Frisch alumni and many friends of The Frisch School. "The mission of this program is to help our alumni and members of The Frisch School family network and create opportunities for themselves," said Frisch Director of Development Rachel Roth. "We do not see our relationship ending when our students graduate; they remain part of the Frisch community."

## How to Get Your Home in **Sale-Ready Condition**



By Susan Gerstman

**Preparing** house for walk-throughs and viewings can seem like quite an arduous and intimidating task. Here are some tips that will make the process

more manageable and a lot less scary.

#### **Your Home's Curb Appeal**

- Remove mildew or moss from walls or
- Clean and repair patio and deck area.
- Check for flat-fitting roof shingles.
- Repair broken windows and shutters. Replace torn screens; make sure frames and seams have solid caulking.
- Touch up exterior paint, repair gutters. Clean and remove rust from any win-
- dow air conditioning unit.
- Paint the front door and mailbox.

#### **General Interior Tips**

- Add a fresh coat of interior paint in light, neutral colors.
- Shampoo carpeting and replace if needed.
- Wash all windows, vacuum blinds, wash window sills.
- Clean out and organize closets; add extra space by packing clothes and items you won't need again until you've moved.
- Repair problems such as loose door knobs, cracked molding, leaking taps

and toilets, squeaky doors, closets or screen doors that are off their tracks.

#### The Kitchen

Make sure all appliances are in perfect working order.

#### The Bathrooms

- Remove all rust and mildew.
- Make sure all fixtures are in good repair.
- Replace loose caulking or grout.

#### The Garage

Sell, give away, or throw out unnecessary items.

#### The Basement

- Clean water heater and drain sediment.
- Change furnace filter.
- Clean and paint concrete floor and walls.

#### The Attic

- Make sure energy-saving insulation is apparent.
- Make sure air vent is in working order. And at this time of the year, even if you aren't getting ready to sell your home, remember to check the operation of your smoke detectors and change the batteries; inspect and ready your heating system; empty the ashes and clean the soot from your fireplace; and remember to set your clocks back one hour on November 5.

Susan Gerstman is a broker at Coldwell Banker.

## HOUSE FOR SALE



## 11 Magnolia Court, East Brunswick

3 bedrooms, 3 bathrooms \$385,000

One of the best locations in this community! This beautiful, sunny East facing townhome offers 3 updated bathrooms, newer resurfaced deck and newer front steps ınd railing. A finished basement boasts additional storage and built-in. Newer AC and energy efficient patio doors. Gorgeous custom stained glass windows in foyer and kitchen. Spacious 2 car attached garage with plenty of storage, 4 car driveway. This home is only minutes way from NYC bus, shopping and school.

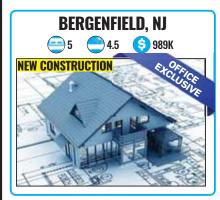


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### **507 Churchill Road, Teaneck**

\$739,000 V&N Realty 201-692-3700

1st Time Offered! Spacious 5 bedroom house in the prestigious West Englewood section of Teaneck. Churchill Road on the corner of Highgate is a beautiful location close to houses of worship in both Teaneck and Bergenfield. Large rooms lend themselves for a master bedroom either on the first or the second floor.



Gracious living room with fireplace. Formal dining room. Den off the eat-in kitchen. Large unfinished basement provides huge potential. One car attached garage with access into the house. Driveway easily has room for 7 cars. Sunday November 5th Open House from 12:00 to 2:00pm. Listed by Helene Stein







### 536 Windsor Rd, Bergenfield

\$659,000 5 Bed / 2.5 Bath Links Residential 201.992.3600

Sugar maple split with five floors of living space! Living room, dining room,



modern eat-in kitchen with double appliances, and large bedrooms. Family room and finished basement offer plenty of space to entertain guests or use for storage. Fenced-in backyard, attached garage, sump pump, alarm and sprinkler systems are some of the other features. Listed by Nina Eizikovitz.





### The Colony, Fort Lee, Apt 2K

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78% of borrowers said their closing costs stayed the same from when they selected their lender until their mortgage closed Stayed the Same 78

Decreased 16%

Increased 6%

0% 10% 20% 30% 40% 50% 60% 70% 80%

How Did Your Closing Costs Change From When Yo

Selected Your Lender Until Your Mortgage Closed?

Featured Chart of The Week Presented By

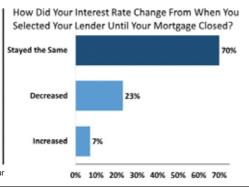
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Survey by: Freeandclean



### **ISRAEL REAL ESTATE**

## Pedestrian Scramble: A Glimpse Into King George Street



By Gedaliah Borvick

King George Street, located in the heart of downtown Jerusalem, was created in 1924 during the British Mandate

period, and named in honor of Britain's then-reigning King George V.

Twenty-five years later, after the state of Israel was created, there was a movement to change its name to King David Street. Israel's president Yitzhak Ben-Tz-vi successfully campaigned to retain the original name, reminding government officials that King George had always been a good friend of the Jews and was England's monarch when the Balfour Declaration—a crucial document in which the British government favored the establishment of a national home for the Jewish people—was written in 1917.

King George Street is famous for a lot of firsts:

24 King George Street was the address of the first Knesset building. The Knesset was housed in the three-story Froumine House from 1950 until 1966. Interestingly, the original plans were for a six-story building but only three levels had been completed when construction was suspended



Opening Day of King George Street, Dec 9, 1924.

during Israel's War of Independence. After the Knesset moved to its permanent Givat Ram campus, the building continued to house various government agencies until 2015, at which time work began to renovate the property and create the Museum of the Knesset.

King George Street was the Fifth Avenue of pre-state Jerusalem. Accordingly, it was only appropriate that this fashionable street would be home to the first elevatored building in Jerusalem, a Bau-

haus-styled building called Hama'alot House.

Jerusalem's first department store, Hamashbir, was built on King George Street above the Ben Yehuda promenade. Parenthetically, across the street from Hamashbir is my favorite falafel joint, Maoz. I was introduced to this establishment back in 1983 and it was love at first bite.



Beit Hama'alot. (CREDIT: GEDALIAH BORVICK)

Back in the 1950s, the first traffic light in Jerusalem was installed at the intersection of King George and Jaffa, which was the hub of commerce in the city.

King George Street was also the home of Jerusalem's first pedestrian scramble, which existed for many years at the same Jaffa Road intersection where the first traffic light was installed. A pedestrian scramble, also known as an "x-crossing" in England and a "diagonal crossing" in the US, is an intersection where car traffic halts so that pedestrians can cross in all directions, including diagonally, at the same time. The scramble was removed when the light rail was established along Jaffa Road, which eliminated cars from that street.

There are many landmarked buildings lining this bustling street, including The Great Synagogue, Heichal Shlomo, the Jewish Agency Building and Beit Avi Chai. If you ever find yourself in central Jerusalem with some time on your hands, I recommend that you take a stroll down King George Street and soak up its rich history by reading the many interesting plaques affixed to these fascinating preserved buildings.

Gedaliah Borvick is the founder of My Israel Home (www.myisraelhome.com), a real estate agency focused on helping people from abroad buy and sell homes in Israel. To sign up for his monthly market updates, contact him at gborvick@gmail.com.

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Rhoda is a Broker-Associate who prides herself in being competent, trustworthy and actually someone others would enjoy spending time with. Clients choose to work with Rhoda for all of this, as well as her experience and expertise.

Rhoda is a Jersey Girl at heart, but has also lived in Memphis, New York City and Los Angeles.

Rhoda is happily married and has two sons.

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### **REAL ESTATE**



### **OPEN HOUSES SUNDAY NOVEMBER 5, 2017**

	Address	Price	Description	Time	Agent	Contact
	806 Washburn Street, Teaneck	\$499,000	Lovely 4 bedroom split-level home in desirable west Englewood location. Updated kitchen and baths. Large family room plus spacious finished basement. Master bedroom with updated master bath plus three additional good sized bedrooms. Beautifully refinished hardwood floors. Freshly painted, great back property. close to all. Hosted by Debra Botwinick.	1:00-3:00p	VERA AND NECHAMA REALTY	201-692-3700
	137 Johnson Ave., Teaneck	\$585,000	Superb Condition. Beautifully Updated Colonial. 4 Bedrooms (including 1 on 1st Floor), 3 Baths. Finished 3rd Floor & Finished Basement. Whole House Generator, C/A/C, 4 Zone Gas Heat. 2 Car Garage.	1 PM – 3 PM	REAL ESTATE (201) 837-8800	(201) 837-8800
	1654 Buckingham Road, Teaneck	\$729,000	1st Time Offered! Lovely 3 bedroom split level home in prime location. Situated beautifully in Teaneck on the border of Bergenfield. Lots of potential to make this home your own. Property is 150 feet deep. Dont miss this opportunity to build your own memories here. Hosted by Eshter Shayowitz	11:00-1:00pm	VERA AND NECHAMA REALTY	201-692-3700
A	507 Churchill Road, Teaneck	\$739,000	Premiere Open House! Spacious 5 bedroom house in the prestigious West Englewood section of Teaneck. Churchill Road on the corner of Highgate is a beautiful location close to houses of worship in both Teaneck and Bergenfield. Large rooms lend themselves for a master bedroom either on the first or the second floor. Gracious living room with fireplace. Formal dining room. Den off the eat-in kitchen. Large unfinished basement provides huge potential. One car attached garage with access into the house. Driveway easily has room for 7 cars. Hosted by Helene Stein	12:00-2:00pm	UFRA AND NECHAMA BEALTY	201-692-3700
	299 W Englewood Ave, Teaneck	\$799,000	Custom Designed 5 Bedroom Home with 9 ft ceilings on first level and state of the art double appliance kitchen. Gracious Family Room adjacent to Formal Dining Room for elegant entertaining. New red oak floors throughout entire house, 2 laundry facilities. Newly refurbished lemonade porch, Timberline roof, new 3 zone HVAC, new windows. Finished basement with playroom, guest bedroom, office, laundry, half bath. Hosted By Esther Schlanger	1:00–3:00pm	VERA AND NECHAMA REALTY	201-692-3700

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## Five Reasons to Consider a Home Theater System Now

(StatePoint) When it comes to entertaining ourselves at home, there are more options than ever before. Whether you are looking to upgrade your family's existing movie night experience or you are just getting started in assembling a home theater system, here are five reasons to consider doing so now.

1. There is more media available. With so many streaming services accessible, more movies and shows are available at your fingertips than ever before, making it possible to instantly enjoy everything from recent blockbusters to classic favorites to a marathon of your favorite TV

2. You can find high-quality tech. Today's high-quality tech makes it possible to get an upgraded movie theater-like experience at home. For example, the projectors from Casio's LampFree line-up offer quick, easy set-up and reliable, brilliant images that include models that work well in any size room or home theater.

3. It allows you to get cozy. When the weather outside is frightful, why head to a drafty movie theater? Nothing beats staying-in and enjoying the comfort of your own home - you can even wear your PJs if you want!

4. You can make it a party. With a home theater system, you can invite all your friends and family over for movie nights. Ask everyone to bring a treat inspired by the movie that you'll be watching for some fun, quality time together.

5. You can save time. Sports practice, homework, the school play; your kids are busy and so are you, which

means you may not always find time for

the entire family to head to the movie theater for a specific showing. However, with a great theater in your own home, you can plan a spur-of-the-moment movie night whenever it works for your family.

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#### Jewish Spelling Bee answers (puzzle on page 72):

Here is a list of some common words (Yes, we know there are more words in the dictionary that can work, but these words are the most common):

Jewish Answers- PROPHETS, PROPHETESS, PROPHETESSES. Other Answers-HORSESHOES, SHORTSTOPS, HOOPSTERS, HORSESHOE, SHORTSTOP, THRESHERS, HOOPSTER, HOTSHOTS, RESHOOTS, SHEERERS, SHOPPERS, SHORTEST, SHOOTERS, SOOTHERS, HOOPERS, HOPPERS, HORRORS, HOTTEST, PROPHET, SEETHES, SHEERER, SHOOTER, SHOPPER, SHORTER, SOOTHES, SOOTHER, SPHERES. TEETHES, TETHERS, HERETO, HEROES, HORROR, HORSES, OTHERS, PHOTOS, POSHER, SEETHE, SOOTHE, SHOOTS, SHORES, SHORTS, SOOTHE, TETHER, TEETHE.



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